

MORE THAN A MEAL

MEALS ON WHEELS OF LONG BEACH

2022 IMPACT REPORT



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Dear Meals on Wheels of Long Beach Friends and Family,

As we celebrate another year of success, we are celebrating all of you. Your support and friendship carried us through the pandemic and allowed us to address an unprecedented 50% increase in demand for our services. More homebound neighbors than ever before are receiving fresh, nutritious meals and the human connection that is vital to their health and wellbeing. You are the force that allows us to *Nourish, Comfort and Protect* those in need.

Our new and improved website makes it easier for our clients, their families, and the public to find important information about MOWLB services and upcoming events. In addition, the mowlb.org site offers contributors a variety of ways to make a seamless, safe, and secure donation. Becoming a member of the MOWLB family is as easy as 1-2-3 click!

Please take a moment and enjoy our 2022 Impact Report and see just how much we do to support the independence and wellbeing of our homebound friends. We hope you will continue to support our work!

Bill Cruikshank
EXECUTIVE DIRECTOR



Our Future Looks Bright,

The Board, Executive Director, and Staff developed a three-year strategic plan and worked diligently to support our vision in four key focus areas; Fundraising and Marketing, Board Development, Program Services and Operations, and Human Resources. We are taking measures to expand our funding base using technology. We are focusing outreach efforts to increase our capacity through the use of internet, social media and community presentations. The diversity and expertise represented by our Board Members has expanded. We are grateful for the many volunteers that make this work possible and acknowledge their contributions.

Most importantly, we are strengthening the connections and collaborations with community organizations that have enabled us to truly become "more than a meal."

Nancy Lewis
IMMEDIATE PAST PRESIDENT



OUR 2022 STATS

We Nourish, We Comfort, We Protect

January 1, 2022 - December 31, 2022

In Our 51st Year of Service...

CLIENTS & MEALS:

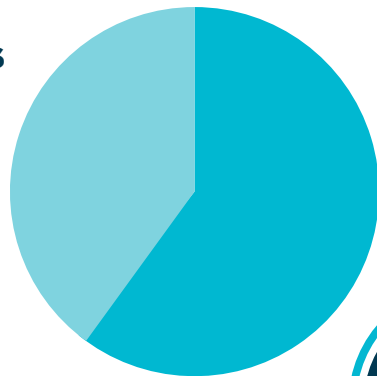
TOTAL CLIENTS SERVED:	855
NEW CLIENTS ENROLLED IN 2022:	277
PETS SUPPORTED:	254

TOTAL SERVED MEMBERS: 1,109

TYPES OF MEALS SERVED:	64
MEALS DELIVERED:	193,314
WELLNESS CHECKS COMPLETED:	96,957

● **60% of clients pay privately**

● **40% of clients are fully funded**



37,004

VOLUNTEER HOURS

NUMBER OF VOLUNTEERS: **324**



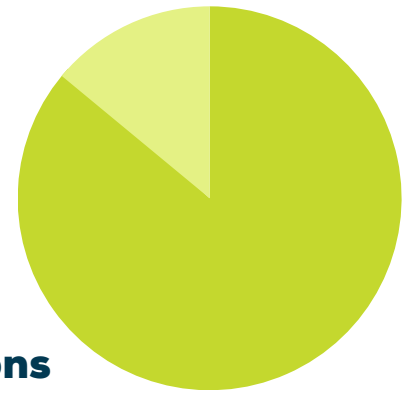
VOLUNTEERS:

VOLUNTEERS HOSTED:	324
INTERNS HOSTED:	70
NURSING STUDENTS HOSTED:	60
STAFF MEMBERS:	11
TRANSITIONAL SUBSIDIZED EMPLOYEES:	25

TOTAL WORKING MEMBERS: 490

● **86% of donations used for program costs**

● **14% of donations used for administrative costs**



193,314

MEALS DELIVERED

OVER **800** CLIENTS SERVED

OVER **5,000,000** MEALS DELIVERED SINCE 1971



FROM THE SERVICE TO SERVICE

A story of valor and volunteering.

Leroy Jackson: Veteran, Volunteer, Slushie Enthusiast. After volunteering for over 8 years, Leroy has become a fixed member of the MOWLB family. Leroy did not begin his service to others with us, however. After first joining in 1976 through the Delayed Entry Program, Leroy served in the U.S. Army until 2003.

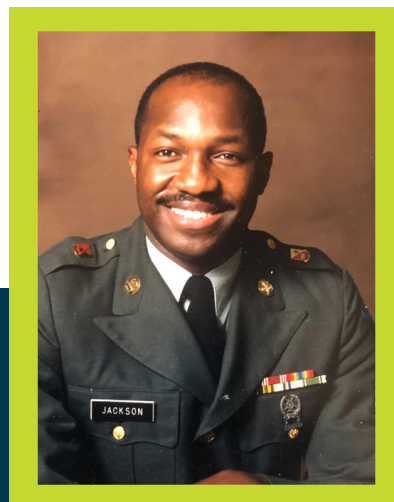
During his time in the Army, he worked on early satellite dishes. In discussing this, Leroy reflects on how frequently we are unaware of the rippling effects our actions have on the world around us, "None of us knew the impact of what we were doing. We just kept going to work."

Even now, Leroy's service causes ripples of impact throughout our community. As a Veteran, Leroy can connect on a deeper level with many clients who have also served. He recounts a special connection with one in particular: Leroy Fetter, another Army Veteran. Fetter, who describes himself as "an urban guy who found himself in Vietnam," was drafted in June of 1962 and served until his discharge in 1964.

In reflecting on his two points of service, Leroy J. focuses on the invisible thread that tethers all of us, and our community, together. He recounts noticing this thread in small situations, like when a client's daughter recognized him while grocery shopping, or larger ones, like meeting a client that's a fellow Veteran and shares his name.

Leroy is proud to be a Veteran and a MOWLB Volunteer. He emphasizes the importance of kindness and helping others whenever possible, "If you can, you should... why not give someone a helping hand? You never know when you'll need one."

*"I hope to be remembered
for being kind"*
-Leroy Jackson



*Leroy Jackson in 1994,
U.S. Army*



*Leroy Jackson in 2022,
MOWLB volunteer*

24,000
**MEALS DELIVERED TO
VETERANS AND SPOUSES**





118

Dogs Served



136

Cats Served



39,624

Pounds of food delivered



254

Pets kept with their owners

MEET CLIENTS

LAREY AND SUGAR

More than a Pet: A MOWLB client story.

Larey, age 89, is an Air Force Veteran and retired Air Traffic Controller. After 58 years of marriage, Larey's wife passed away, leaving him with Sugar, their beloved dog, as his only companion. Larey's family adopted Sugar as a 2-year-old pup from the pound in 2004. Today, she's about 21 years old and although she has progressively lost her vision and hearing, she still keeps Larey on schedule.

"She wakes me up every day at 5:30 A.M. and makes sure we walk the block twice a day," Larey shares. Much like her internal alarm at 5:30 A.M., Sugar is also familiar with the MOWLB delivery schedule. Larey says that every day, right around 10:30 A.M, Sugar will sit and wait at the front window for their Meals on Wheels visitors to arrive with dinner for both her and Larey;

"I love all the meals, but Sugar is a little more picky... she likes the canned food more than the kibble."

Larey, a self-described "lifetime dog person," shares his gratitude to MOWLB for not only serving him, but Sugar, too. "It's hard to imagine what life will be like without Sugar... I'm grateful for the years I've had, and grateful to have kept her, even though I now need a caretaker myself."



Larey and Sugar, 2022

**Special Thanks to
The Grandpaws Foundation,
Bloomfield Animal Hospital, and
Plato Treats for their generous
donations of pet food and treats**

*"Without Meals on Wheels,
neither of us would eat"*
-Larey

A BRIGHT FUTURE

As we celebrate our successes of 2022, we are also looking toward a bright future. We envision growth in all elements of our organization, from client support to volunteer engagement.

In 2023, We Plan To:



WANT TO HELP US REACH THESE GOALS?

Visit our website www.mowlb.org or reach out to us at (562) 439-5000 to find out how!

STAY UP TO DATE VIA SOCIAL MEDIA:

 Facebook: Meals on Wheels of Long Beach

 Instagram: @mealsonwheelsoflongbeach

 Twitter: @MealsOnWheelsLB

 LinkedIn: Meals on Wheels of Long Beach

FOUNDATION AND COMMUNITY PARTNERS

We would like to extend our deepest gratitude to the donors listed below, whose extraordinary generosity pushes us to serve more and do more for our members in need. Although not listed below, in the last year we have had thousands of donors supporting our community and keeping our wheels rolling every single day.

Special Thanks to the Peck Family for their continuous and generous support

Alpha Gamma Delta Foundation

Bess J. Hodges Foundation

California Community Foundation

City of Long Beach

City of Signal Hill

Donald L. Davis Fund

Employees Community Giving Fund of Boeing

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Finance of America Cares

Freeman E. Fairfield Foundation

Golden Age Foundation

The Green Foundation

Heart of Ida

John Porter Trust Fund

Josephine S. Gumbiner Foundation

Long Beach Community Foundation

Long Beach Police Officer's Association

Meals on Wheels America

Meals on Wheels of California

Molina Healthcare

The New L. Family Fund

Office of Supervisor Janice Hahn

Park Bixby Tower Foundation

Pathways

Performance Plus Tire

Pfaffinger Foundation

Port of Long Beach

The Ralph M. Parsons Foundation

SCAN Health Plan

Sempra Energy Foundation

S. Mark Taper Foundation

SuperCare Health

Teichert Foundation

Welbe Health

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