



A Meals on Wheels of Mercer County Publication August 2024

## Meet "Patricia"

Since spring 2023, Patricia has been receiving meal deliveries. After a difficult year marked by the passing of her beloved husband, and a sudden illness that left her physically unable to shop or cook for herself or her dog, she turned to Meals on Wheels of Mercer County for assistance on the days when "Mother Hubbard's cupboard was bare."



**Donate Now to help other neighbors like Patricia!**

## MOWMC In Our Community

**Paws for Our Cause Walk & Family Wellness Fair:**  
*Registration now open!*

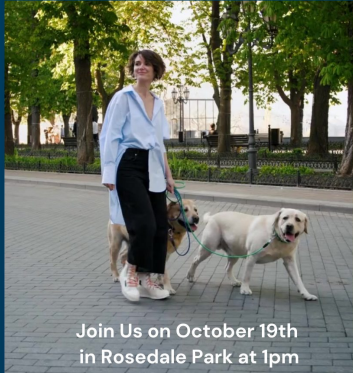
We are excited to tell you that  
**OUR [REGISTRATION PAGE IS OPEN!](#)**  
Please take a moment to register for the Paws For Our Cause Walk & Family Wellness Fair by Meals on Wheels of Mercer County. Feel free to share the link and encourage your friends and family to join as well! We have also added a senior discount rate for individuals 65 and older.

### **Personal Fundraising:**

To generate excitement & buzz, we would love to see *you* create a team, or individual fundraising

Paws for Our Cause Walk & Family Wellness Fair

Registration Now Open!



Join Us on October 19th  
in Rosedale Park at 1pm

Click the link to  
register now!

(Individual, Family, & Senior  
registrations available)

page, to share on social media (Facebook, LinkedIn, X) by clicking [HERE](#).

Check out [Evelt's page](#) and feel free to use the same language!

Staff is here to help!

Contact Jabeen at [jobaray@mealsonwheelsmercer.org](mailto:jobaray@mealsonwheelsmercer.org) or 609-695-3437 x106 with any questions.

Also, in some exciting news... joining us at the Walk will be



## MOWMC News

Dedicated MOWMC summer Interns **Kennedy & Oretha** organized hygiene bags for MOWMC participants, which were delivered in addition to meals.

We will be saying goodbye to them in the coming weeks - so if you see them, be sure to say thank you for their commitment to our participants!

Items for these kits (including toilet paper, toothbrushes & toothpaste, and tissues) were donated by the **NJ Department of Transportation**.

*Note: We always welcome any non-food gifts that can be distributed to participants in addition to meals!*

Meals on Wheels of Mercer County (MOWMC) is currently **delivering meals to over 300 people per day** - a record high!

We know that nutritious meals are the cornerstone of health and vitality, and especially important for those who are 60 and above.



According to the **Food Research & Action Center**, "Managing health, eating well, or handling chronic disease, is daunting for households grappling with poverty-related hunger. Inadequate access to nutritious food increases the risk of chronic health conditions like diabetes, obesity, heart disease, and mental health disorders."

If you, or someone you know is 60 or above, and cannot shop or cook, please call us.  
We want to help! **(609)695-3483**

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## Look for our Annual Report coming in September!

Each year, the Annual Report reflects MOWMC's accomplishments throughout the Fiscal Year - this year, representing July 2023 through June 2024.

We are proud to announce that, over the course of the fiscal year, we **distributed 104,379 meals - with 280 volunteers covering 12,452 shifts!**

**THANK YOU** to our donors, volunteers, and community partners  
for your support in making this happen.

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[Donate Now](#)

If you would like to make a donation **In Memory or In Honor** of someone,  
or set up recurring monthly giving, you may do so **HERE**.

*You may also view our latest tribute dedications **HERE**.*

**Contact Us: (609) 695-3483 or Email at [info@mealsonwheelsmercer.org](mailto:info@mealsonwheelsmercer.org)**



Meals on Wheels of Mercer Coun | 320 Hollowbrook Drive | Ewing, NJ 08638 US

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