



NEWS ON WHEELS

A Meals on Wheels of Mercer County Publication January 2024

Click the video below for a special
THANK YOU from our Board President, Brandon Gaines.
Help us deliver even more meals in 2024!

DONATE NOW



Participant Spotlight - Beats for Soul

Beats for Soul is a music therapy program created by two TCNJ Bonner Community Scholars, Jessica Damanski and Simranjot Mann, that aims to connect our participants with dementia to their love of music.

It has been shown that music is associated with reduced anxiety, pain, and blood pressure. For people with dementia, the regions of the brain that encode memories related to music are some of the last to be affected by the disease. Therefore, music can reduce agitation and anxiety in both the patient and caregiver. Seeing this as an opportunity, Jessica and Simran collected information about the music preferences of five Meals on Wheels participants with dementia and created a music playlist for each person. They downloaded the playlists onto MP3 players and distributed them to the participants in late

October.

The response to the Beats for Soul program has been very positive. Caregivers have expressed their gratitude and said that their loved ones really enjoy the music. The success of this program speaks to the healing and unifying power of music.

In Memory & In Honor Donations

Tribute donations received between September 1, 2023 through November 31, 2023 are now listed on our website [HERE!](#)

If you would like to make a donation In Memory or In Honor of someone, you may do so [HERE](#) and select 'Tribute Donation' in the drop down. Please leave details regarding names and acknowledgement in the notes box.

MOWMC in Our Community

MOWMC has been selected again as a **Stop & Shop Community Bag Program Nonprofit Partner!**

Be sure to stop in and purchase a bag today!



Here's To Another Year of Making an Impact!



What better way to ring in 2024 than buying a reusable \$2.50 Community Bag at our selected Stop & Shop store? For every bag purchased this January, \$1 will be donated to our organization.



800 F Denow Road, Pennington NJ

stopandshop.2givelocal.com
Community Bag Program



www.mealsonwheelsmercer.org

Princeton Garden Club

Thank you to the The Garden Club of Princeton and their **president Jane Murphy** for the beautiful holiday arrangements for our participants! An additional thank you to the Mount Family at **Terhune Orchards** for hosting the Club while they carefully prepared each piece!



NJ Center for Nonprofits Conference

MOWMC staff attended the 2023 **New Jersey**

Nonprofits Conference. This conference brings the New Jersey nonprofit community together to share information and experience, during thought-provoking learning sessions. MOWMC staff Amy R. Flynn, CFRE, Beth Englezos and Evett Shulman spent the day with colleagues discussing issues relevant to challenges we face and lessons we've learned.



Thank You to Amanda Duspivia from the **Credit Union of NJ** for delivering holiday cheer to the office!



Volunteer Spotlight

Thanks so much to volunteer **Mary Beth Wood**. Mary Beth is coordinating the MOWMC Pet Pantry, which is a big job! We currently have 64 pets that receive food from our Pet Pantry. Pet food gets delivered once a month to participants for their pets. Mary Beth collects donations and prepares packages for each participant based on their pet's need. Thanks to Mary Beth for keeping our participants and their furry friends healthy and nourished!



MOWMC Updates

Welcome to **Eugene Kutcher** for joining the MOWMC Board of Trustees! Mr. Kutcher is the Dean of the Norm Brodsky College of Business at Rider University. Kutcher joined the Management faculty at Rider in 2007, and

served as its department chair before assuming the deanship. He earned his bachelor's degree from Rutgers University, his master's degree from Montclair State University, and his Ph.D. in Industrial Organizational Psychology from Virginia Tech. His areas of research focus include organizational culture, employee engagement, and talent management. Gene lives in Mount Laurel with his wife, Jen, and three sons.



A special welcome to Louis Todd V, grandchild to our
Director of Program Services, Ruth Todd!



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



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