



NEWS ON WHEELS



A Meals on Wheels of Mercer County Publication March 2024

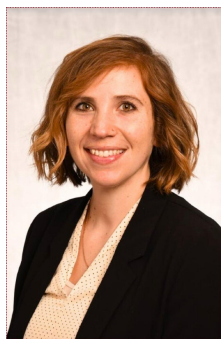
MARCH FOR MEALS IS HERE!

Thank you to all of our **partnering local restaurants** (new and returning), who are helping us raise awareness around senior hunger.

During March for Meals, **you** can help us **"Save Lunch"** for our senior neighbors simply by having a wonderful meal at one of our participating restaurants.

We are also hosting **community VIP's to deliver meals** throughout the month.

Please visit our website [HERE](#) for more information regarding participation days for restaurants and a list of Champions delivering meals!



March is National Nutrition Month!

As **Registered Dietitian Nutritionist Day** is March 8th, we would like to take this opportunity to celebrate the work of one of our community partners. The daily meals we deliver are overseen by a Amy Schaub, Licensed Registered Dietitian Nutritionist (MS, RDN, LDN) and follow all NJ Standards for The Nutrition Program Serving Older Adults.

The comprehensive nutrition that MOWMC provides is thoughtfully created by Amy, in collaboration with Executive Chef Blanca, to satisfy the diverse preferences of over 300 participants. Amy oversees high quality meals which are nutritionally balanced and medically tailored as needed, as well as educational materials on nutrition for our participants.

Amy has been at Rider University for four years - during which she has dedicated her time to helping students, staff, and the community better their health with nutrition. She accommodates and advocates for students with food allergies and dietary restrictions, provides nutrition education and free nutritional counseling and educational talks to Rider students and staff.

Amy stated: "My job can be difficult, but there is nothing I'd rather be doing. There's a feeling of accomplishment and inward peace to know that my education and skills are going towards benefiting those who truly need it. Knowing that I can help people eat, and that they like what they eat, is the most gratifying experience, and an honor."

We are grateful for all the work Amy does to keep our participants happy and healthy!



Pictured to the left: Amy speaking with Colleen Kelly and Kerri Smith from fellow MOWMC community partner **Catholic Human Services Foundation.**



Volunteer Spotlight

TCNJ's Student Nursing Association and Bonner Scholars (led by **Simran Mann**) purchased and assembled Valentine's boxes that included stuffed bears and thoughtful, handwritten messages for our participants.

The homebound individuals we serve greatly appreciate all of the thoughtful gifts we receive from supporters like Simran & the TCNJ community throughout the year!

We are always looking for meal delivery volunteers!
If you are interested, please click [HERE](#) to fill out an application.

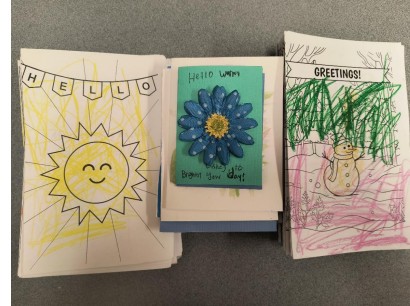
MOWMC in Our Community



MOWMC CEO Amy Flynn & Board President Brandon Gaines attended a Grant Award Ceremony for the **Lawrence Township Community Foundation**, which supports local non-profits that provide critical assistance to local residents in need.

Thank you to the **Mercer County Library staff** who organized a Martin Luther King Jr. Day of

Service project, as well as the **patrons who creating cards for our participants**. Community members of all ages created these handmade cards to brighten the day of our homebound neighbors!



Library coordinators included: Andrea Merrick, Dana Benner, Jamie Clay, Andrea Cozzitorto, Christine Crawford, Rebecca Eaton, Emily Frey, Sharon Galbraith Ryer, Anna Van Scoyoc, Sharon Wang, & Kim Livingston.

Thank you to all those who have hosted pet food drives for our Pet Pantry - including **Complete Health**.

A special thank you to the parishioners of **Incarnation-St. James Church** in Ewing, who donated close to **350 pounds of pet food!** (pictured to the right)

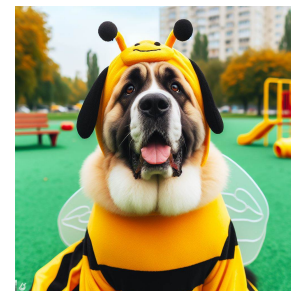


Because of generous donations and pet food drives hosted throughout the year, our homebound participants do not have to worry about how to feed their pets - often times their only companion.

SAVE THE DATE!

Our **2024 Pet Walk** will be held on on
Saturday, **10/19/24**
at **Rosedale Park in Pennington**.

More information in the coming months!



Donations

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.

You may also set up **recurring monthly or quarterly giving** via our [website](#).

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



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