



A Meals on Wheels of Mercer County Publication October 2024

## Welcome F.I.S.H Participants & Volunteers to MOWMC!



*Friends In Service Here* (F.I.S.H.) of Hopewell Valley, a grassroots meal delivery program serving Hopewell and Pennington made the decision to legally dissolve. After more than 50 years of serving homebound seniors throughout Hopewell Township, the Board of F.I.S.H. wanted to accommodate their patrons as best as possible, and chose to transition services to MOWMC.

"We recognize how important F.I.S.H. has been to the Hopewell Pennington Community – neighbors helping neighbors by providing hot, delicious meals, as well as love and compassion to friends in need. MOWMC is honored to be entrusted to continue this remarkable legacy of caring," Amy Flynn, CEO of MOWMC, said.

MOWMC began serving participants in Pennington and Hopewell on September 30th. Our thanks to MOWMC Team Members, Ruth Todd and Lisa Kasabach, who have been working diligently to make the transition as seamless as possible.

If you or someone you love is interested in enrolling in the meal delivery program [CLICK HERE](#).

# VOLUNTEERS

## NEEDED

### We need YOUR help:

Meals on Wheels of Mercer County is looking for dedicated individuals in our community to deliver meals with us.

**Let's make a difference for our neighbors in need.**



Meals are picked up at Rider University Mon-Fri 10-10:30 AM

**HELP NEEDED ASAP**

**Open Routes Available  
Throughout Mercer County  
Flexible Scheduling!**



**MEALS on WHEELS**  
MERCER COUNTY

Contact Us Today!  
[www.mealsonwheelsmercer.org](http://www.mealsonwheelsmercer.org)  
609-695-3483

If you live in the Pennington-Hopewell area, we have a convenient new volunteer opportunity for you! We now deliver every day to residents in Pennington and Hopewell.

If you would like to volunteer to serve our neighbors in need [CLICK HERE](#).



## Paws For Our Cause Walk

&

## Family Wellness Fair

OUR EVENT IS FAST APPROACHING... REGISTER TODAY!

Featuring:

- Exercise Demonstrations
- Food, nutrition, and wellness exhibits
- Pet Adoption
- Pet Costume Competition
- Food Truck Rally
- Basket Auction
- Give-Aways and More!

**Free Ice and  
Pup Cups!**



**Pet Costume Competition!**

**DO YOU HAVE A  
CUTE PET?**

**DO YOU LOVE  
HALLOWEEN?**

**REGISTER NOW FOR  
#PAWSWALKNWELLNES  
S TO JOIN THE MOWMC  
PET COSTUME  
COMPETITION**



I Want To Register!

ALL PROCEEDS WILL HELP KEEP OUR SENIORS AND THEIR PETS  
HAPPY, HEALTHY & TOGETHER!



If you have any questions, you can email Aylin at [outreach@mealsonwheelsmercer.org](mailto:outreach@mealsonwheelsmercer.org) or call (609) 695-3483.

## MOWMC Welcomes Lisa and Aylin



**Lisa Heredia**

We're excited to introduce Lisa Heredia, who joined MOWMC in September as our Program Services Coordinator. A graduate of Arizona



**Aylin Ismayilova**

We're excited to introduce Aylin Ismayilova, who joined MOWMC in August as our Outreach Coordinator. A

State University with a B.S. in Sustainability, Lisa brings a wealth of experience to our team and we can't wait to see the impact she will make on our community.  
Welcome aboard, Lisa!

graduate of Penn State University with a B.A. in Journalism, Aylin is actively involved in our development efforts and marketing strategies, helping to expand our outreach and impact.  
Welcome aboard, Aylin!

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## MOWMC In Our Community

### Community Fest



A day of good food, great music, fantastic weather, and a community coming together!

On September 21st, Ewing Township and *The College of New Jersey* hosted a festival to signal the start of fall with craft and food vendors, along with a car show, bookfair and a variety of performances.

MOWMC was one of the nonprofits invited to participate and volunteers Sharon and Luke were on hand to share their experiences as delivery volunteers!

MOWMC is in need of volunteers like Sharon and Luke. If you want to learn more about the opportunities available, [CLICK HERE](#).

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## MOWMC Spooky Festivities...



**"TRICK OR TREAT" ON WHEELS**



Happy Halloween! Meals On Wheels of Mercer County will be participating in Trunk or Treat at TCNJ, Lot #4 on October 26th at 3-4:30 PM!

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



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