

## OUR ROADMAP TO SERVE SENIORS AT SCALE

As we chart a way out of the COVID-19 crisis and towards a more stable future, Meals on Wheels America is taking bold steps, leading the field to come to the aid of the significant and growing number of seniors experiencing hunger and isolation. Leading a network of local programs serving virtually every town and city in America; decades of unique in-the-field experience; reliable data and analysis; well-honed best practices; formidable leadership; and a door-opening reputation, Meals on Wheels America has launched its *Go Further Fund*.

The Fund is intended to ensure our sustainability and directly help scale our vital lifeline for older adults by specifically supporting communities in crisis, building capacity and driving innovation in how our nation will tackle these issues head-on. We will continue to do whatever it takes to ensure Meals on Wheels remains the solution that's fully able to support our nation's seniors – today, tomorrow and for many decades to come. In light of the pandemic-driven exponential rise in demand for our services, coupled with the challenges of a senior population projected to double over the next 40 years, the needs for strong leadership and audacious action across the national network have never been greater.

## ADDRESSING THE UNMET NEED

Millions of seniors are experiencing hunger and isolation across the country. Although the network of organizations with the skills and know-how to care for them is already embedded in communities nationwide, funding and resources have long lagged behind the senior population's pace of growth, leaving more and more hungry, alone and vulnerable. Even prior to the pandemic, nearly 9.7 million seniors in America were threatened by hunger and one in four was lonely. These conditions are proven to increase the likelihood of a number of harmful health issues that impede an older adult's ability to remain living independently in their own home, and more must be done on a national and local levels.



# NATIONAL LEADERSHIP DRIVING LOCAL IMPACT

Meals on Wheels programs provide home-delivered and/or congregate meals to seniors nationwide. The local focus of the network of these community-based programs across the United States enables us to better plan for and respond to the unique needs of specific communities, all while backed by the resources and scalability of a much wider-reaching system. Supporting this local focus is **one of the most powerful attributes of the national Meals on Wheels network.**

Meals on Wheels' approach to service delivery helps older adults who may be struggling with loss of mobility and other impacts of aging by addressing three of the biggest threats to aging in place and maintaining independence: hunger, isolation and in-home safety hazards. Meals on Wheels programs deliver nutrition services, social companionship, regular safety and wellness checks, and access to myriad other community-based services that may be essential to keeping older adults healthy, safe and independent in their own homes and communities.

While the specific services delivered may shift to meet the needs of individual communities, what bonds our network is its universal commitment to **delivering so much more than a meal** – offering a proven approach for impacting a senior's health and well-being in a meaningful and significant way. Now more than ever, we need our full network of local programs to bring these services to scale – but this can only happen with the support of partners stepping up to invest in our time-tested strategies, helping us ensure that seniors aren't left hungry or alone. **And that's where you can help.**



## MAKE YOUR GOOD GO FURTHER

We've developed a strategic roadmap that will guide our efforts to combat senior hunger and isolation both today and for years to come. When you invest in the Go Further Fund, you're making this roadmap a reality – bolstering our ability to provide Meals on Wheels' services to older adults in need across the country.

### OUR ROADMAP FOR FIGHTING SENIOR HUNGER AND ISOLATION

Your generosity can help us build the foundation needed to take us through the following phases of this strategic roadmap and ensure our nation keeps an ongoing focus on caring for homebound seniors struggling with independent living.

#### SUPPORT COMMUNITIES IN CRISIS

We will provide emergency grants and national support to local Meals on Wheels programs that need immediate assistance to meet the basic nutrition, socialization, and safety needs of seniors.

#### BUILD CAPACITY

We will invest in infrastructure, training, and technology to ensure Meals on Wheels America and our network stay strong and prepared to address seniors' basic and evolving needs and meet growing demand.

#### DRIVE INVENTIVE PRACTICE

We will partner with our network to identify new socialization, nutrition, and safety interventions, pilot promising practices, evaluate outcomes and scale solutions that make the greatest impact.

Please join us in our efforts to ensure that America's seniors are not left hungry and alone. If you are interested in discussing partnership opportunities, including investing in the Go Further Fund, please reach out to Kristine Templin, Chief Development Officer, at [ktemplin@mealsonwheelsamerica.org](mailto:ktemplin@mealsonwheelsamerica.org).

