



More than a Meal

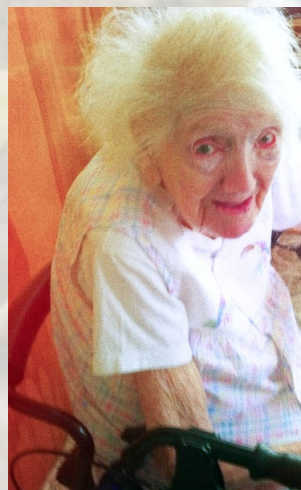


north of the river

Meals on Wheels



“Oh my! Meals on Wheels has revolutionized my nourishment. Everyone has been so precious. They bring us such joy. We love the personal touch, interaction and outreach. This is more than a meal for us.”



North of the Rivers Meals on Wheels program serves our local senior community with heart. We provide isolated homebound seniors in North of the River district with nutritious meals, daily human contact and supportive services to prevent their premature institutionalization.

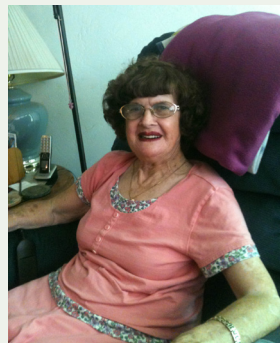
We deliver approximately 213 meals daily, Monday through Friday, 250 days each year. Last fiscal year, 2015-16, Meals on Wheels served over 53,000 meals to home bound seniors. This service enables seniors to remain independent and in their own homes longer. Meals on Wheels is not an income based program. For each meal there is a suggested \$2 donation. However, if a senior is unable to pay, they will not be turned away.



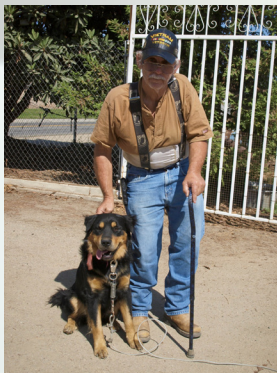
Although we deliver much needed nourishment, the most valued aspect of this service is the connection developed between delivery drivers and recipients. Our seniors become part of our family. We very often are the only person to have contact with these seniors each day. Our drivers are trained to recognize and report neglect, abuse, and deterioration of health of our seniors. We then are able to get these seniors the help they need.

The seniors who qualify for the Meals on Wheels service are homebound due to chronic disabilities that prevent them from shopping for food and preparing meals to meet their daily nutritional needs. They must be over 60 years of age and have a doctor's referral. However, seniors over the age of 80 years do not require a doctor's referral. Spouses and caregivers may also receive meals as long as the eligible person remains in the household.





"My drivers are excellent, very caring and well mannered. The nourishment is good, the food is important. But the friendships I've made with the drivers is what I look forward to most."





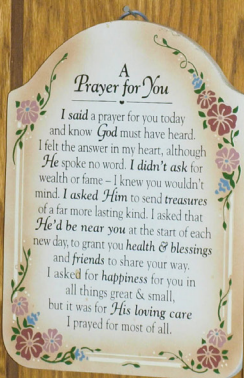
"I can't cook anymore so it has been a great help. The people are caring and wonderful! I recommend this service highly."



Meals on Wheels is funded by County, State & Federal grants, Kern County Aging and Adult Services and NOR's general fund. We also rely heavily on sponsors and volunteers. We have 9 dedicated Meals on Wheels volunteers who make a huge impact in the lives of our homebound seniors. These volunteers are vital to our program and we could not operate without them.

Due to the ever growing need for Meals on Wheels, the rising food, fuel and supplies costs and funding levels remaining stagnant each year, we have had to develop a waiting list. We currently have numerous seniors just waiting to receive a warm, nutritious meal.

There is a great need in our community. Let's work together to fill that need. Please consider becoming a sponsor, either corporately or individually. Adopt a senior or an entire route. This is a tax deductible donation through our North of the River Foundation. Also consider becoming a delivery driver. Drive once or twice a week, make new friends and help someone in need.



Meals on Wheels

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