

## Payment Method

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Paid in full

Debit my credit card automatically each month for one year, starting with this month.

Form of payment:

Check

Credit Card

Type:  Visa  Discover

MasterCard  AMEX

Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Name as it appears on card:

\_\_\_\_\_

Signature:

\_\_\_\_\_

**I cannot support the Adopt-a-Neighbor program at this time. Please accept my one time donation of**

\$\_\_\_\_\_.

## Count Me In!

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We would like to arrange for a Meals on Wheels representative to speak about Meals on Wheels' **Adopt-A-Neighbor program.**

We would like more information about volunteering for Meals on Wheels.

We would like information on other opportunities to become involved with Meals on Wheels.

Name \_\_\_\_\_

Church \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

**Mail to:**  
Meals on Wheels  
1600 Willow Lawn Drive  
Richmond, VA 23230  
Fax: 804-673-5045

## Our Mission

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*To provide balanced, nutritious and appealing meals to seniors, people with disabilities and disadvantaged populations.*

*We strive to improve the physical and mental health of those served by providing, either directly or through cooperation with other organizations, a range of goods and services that improve quality of life.*

*Serving 300,000 meals each year in the City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.*

*Service began June 1, 2005 to the cities of Colonial Heights, Hopewell and Petersburg.*

***For more information contact:***

**Meals on Wheels**  
1600 Willow Lawn Drive  
Richmond, VA 23230  
Development Department  
804-673-5035  
Fax: 804-673-5045  
[www.mowdelivers.com](http://www.mowdelivers.com)



**“Blessed are those who are generous, because they feed the poor.”**  
**-Proverbs 22:9**



**Meals on Wheels**  
**ADOPT-A-NEIGHBOR**  
**PROGRAM**  
*Serving Central Virginia*

## The Critical Need

The need for food is urgent. Because of the rapidly aging population and shorter hospital stays, many homebound people are waiting for food. Solely due to lack of funding and hundreds of applications received each year, Meals on Wheels has been forced to begin a waiting list for service.

But with your help, there can be more stories like Ann's.



*Ann is a friendly 73 year-old who lives with her daughter. Diagnosed with esophageal cancer a year ago, she spends most of her time in bed because of weakness and nausea. Ann's daughter provides for her at night and on the weekends, but works full-time during the day and struggles financially, particularly with the cost of medications. Ann receives radiation treatment which leaves her feeling ill and her appetite reduced.*

*Ann feels that she has definitely benefited from Meals on Wheels. Since receiving Meals on Wheels, she has gained 15 pounds and is responding well to her treatment. Recently Meals on Wheels received a note from her daughter with these comments:*

***"Meals on Wheels has been a lifesaver for my mom. I want to thank you for all you have done for her."***

## Did You Know?

- Meals on Wheels serves nearly 750 clients every day using a corps of 2,300 volunteers?
- Meals on Wheels provides balanced lunches, optional breakfast and dinner meals, and "weekend boxes" for clients who need them?
- A full-time registered dietitian provides nutritional counseling and nutritional supplements to assist clients who are malnourished?
- A Meals on Wheels case manager provides crisis intervention and mental health referral services, and links clients to various sources for free or discounted medications, medical supplies, furniture, and fuel assistance?
- Meals on Wheels has a "Cool Comfort Campaign" to provide air conditioning units and fans to clients in the hot summer months?
- Free flu and pneumonia vaccines are provided to clients in their homes by Instructive Visiting Nurses Association?
- Meals on Wheels sends holiday gifts and birthday cards to Meals on Wheels clients?
- Meals on Wheels will serve 300,000 meals this year?

## Meals on Wheels Services



Meals on Wheels is proud to serve the homebound residents of Central Virginia from twelve distribution sites with the support of more than 2,300 volunteers. Fresh, nutritious meals are delivered Monday through Friday with optional weekend meals delivered on Fridays. We provide nutritional assessments and supplements for those who need additional nutrients.

Our services are available to homebound residents regardless of ability to pay. Every day Meals on Wheels touches the lives of nearly 750 people in our area with nutritious food and warm hearts, greeting the homebound with a smile and ensuring their well-being.



## How You Can Adopt

### Yes, I will Adopt-a-Neighbor:

\_\_\_ **\$300** = 5 lunch meals per month for one year.

\_\_\_ **\$600** = 10 lunch meals per month for one year.

\_\_\_ **\$1,820** = Remove a homebound neighbor from the waiting list for an entire year.



I would like to support the Meals on Wheels Pet Program by providing food for our neighbors' pets.

\_\_\_ **\$75** = 3 months

\_\_\_ **\$150** = 6 months

\_\_\_ **\$300** = 1 year

Your dollars will help feed a hungry person waiting for food. By taking part in the **Adopt-a-Neighbor** program, you will make a difference in the lives of your homebound neighbors.