



MEALS on WHEELS
SOUTHWEST OH & NORTHERN KY

MEDIA KIT

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Ohio & Northern Kentucky](https://www.linkedin.com/company/Meals-on-Wheels-Southwest-Ohio-Northern-Kentucky)*



ABOUT US

Meals on Wheels of Southwest OH & Northern KY is a leading senior service provider in Greater Cincinnati. Our mission is to deliver essential services that promote the independence of seniors so they may remain in the comfort of their own homes. We provide:

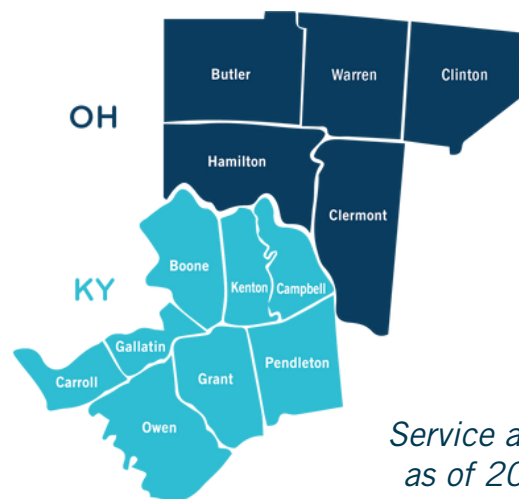
- Home-delivered meals
- Social services
- Pet support
- Health and wellness
- Congregate meals
- Transportation services
- OTR Senior Center

We are an official member of Meals on Wheels America, and our regional organization is one of the largest in the country. Every year, we reach nearly **10,000 seniors throughout 13 counties** with our services.

Meals on Wheels aims to maximize the health and wellbeing of seniors, our community, and the economy. We do so by addressing two increasing challenges and their negative impact: **social isolation and loneliness, and hunger and malnutrition**. These critical needs are detrimental to the physical, emotional and mental health of adults aged 60 and older. Our services are designed to meet those challenges head-on so that seniors maintain their independence with dignity.

Our production facility includes a restaurant-grade kitchen and a distribution center. Our fleet includes **50+ vehicles for transportation services and home-delivered meals**. We're fueled by a dedicated team of **140+ employees** and a growing community of **4,600+ volunteers**.

WE DELIVER MUCH MORE THAN A MEAL.



*Service area
as of 2024*



OUR SERVICES AND PROGRAMS

HOME-DELIVERED MEALS

- 50+ nutritious meal options
- 7 therapeutic meal options that meet special health needs, including cardiac, diabetic and renal diets
- Snack boxes, milk and bread included in deliveries

CONGREGATE MEALS

- Nutritious meals served in group settings at 20+ area senior centers, Monday through Friday
- Prepared in our restaurant-grade kitchen and delivered to partnering senior centers

SOCIAL SERVICES

- Senior care coordination
- Financial case management
- Guardianship services
- Protective services
- Independent living assistance

TRANSPORTATION SERVICES

- Medical appointments
- Senior centers
- Grocery stores
- Social events and activities

PET SUPPORT

- Weekly dog- and cat-food delivery
- Therapeutic robotic dogs and cats that provide companionship

OTR SENIOR CENTER

- Managed by Meals on Wheels
- Breakfast and lunch served every weekday
- Games, special events and activities
- Welcoming social environment

HEALTH AND WELLNESS

- Fitness, social events and activities
- In-person and virtual programs
- Digital literacy classes and tablet device training
- Friendly Callers Club volunteer opportunities
- Group trips to restaurants, museums and community attractions



2024 BY THE NUMBERS

MEALS

- Seniors who received home-delivered meals: 6,468
- Seniors who received congregate meals: 1,362
- Total meals delivered to homebound seniors: 1,168,622
- Total meals served in congregate settings: 79,268
- Pounds of pet food delivered to dogs and cats: 28,856



SERVICES

- Individual transportation trips made: 5,357
- Group transportation trips made: 39,229
- Total transportation trips made: 44,537
- Seniors enrolled at OTR Senior Center: 124
- Seniors who received protective services: 280
- Total hours dedicated to protective services: 7,711



HEALTH AND WELLNESS

- Seniors who participated in virtual programs: 258
- Total attendance of in-person programs: 1,977
- Number of health and wellness opportunities offered: 483
- Seniors trained on digital literacy: 428
- Tablets distributed to low-income senior housing communities: 129



VOLUNTEERS

- Corporate volunteer partners: 48
- Individuals who volunteered with us: 4,682
- Birthday bags delivered to seniors by volunteers: 2,730
- Total hours invested by volunteers: 10,883

A LOOK AT THE CRISIS ON AGING

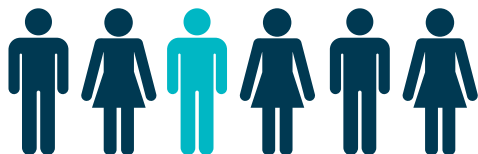
The number of Americans aged 60 or older is growing rapidly—roughly 12,000 individuals turn 60 each day. With it, the demand for services to support those seniors is also growing. Senior population growth outpaces younger generations, leading to heightened age dependency.



There are currently 79 million seniors in the U.S. This population is set to reach 91 million by 2030 and 112 million by 2060.



1 in 4 seniors experiences social isolation and loneliness, which may not seem like a health issue but can impact an individual's wellbeing physically and psychologically.



1 in 6 seniors faces the threat of hunger. Challenges related to mobility, transportation, finances, personal support and isolation can contribute to this critical need.

Source: Meals on Wheels America, mealsonwheelsamerica.org/learn-more/the-issue

HOW MEALS ON WHEELS IS RESPONDING

We deliver much more than a meal. Every meal delivery and program engagement embodies compassion, support, service and connections for our seniors in three key areas.

NUTRITION

Our menu options for home-delivered meals and congregate meals are nutritious and include fruit, vegetables, protein and dietary essentials.

CONNECTION

Between in-person activities, meals served in community spaces, our senior center and our delivery drivers, we provide critical touchpoints that alleviate isolation.

PROTECTION

Our programs and services give us the chance to check on seniors' welfare at home, and our social services team provides attention and response to ensure seniors are safe and their basic needs are met.

ORGANIZATIONAL DETAILS

Meals on Wheels of Southwest OH & Northern KY is a 501(c)(3) tax-exempt organization. We are proud to partner with the Council on Aging of Southwestern Ohio and the Northern Kentucky Area Development District to meet the needs of seniors in our area. We are funded in part by the Elderly Services Program where funds are received through senior-service tax levies of Hamilton, Butler, Warren and Clinton counties. We also receive a portion of our funding from the Older Americans Act, Ohio Department of Aging, Ohio Department of Medicaid, State of Kentucky and payroll taxes of the Northern Kentucky fiscal courts. We rely on generous individuals, foundations, corporate sponsorships, private foundations, clubs and leaders in the community to enable us to support seniors in our 13-county footprint. All 100 percent of charitable giving stays in the region.



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Connie Baker, Chief Operations Officer	Matthew Melody, Chief People Officer
Michael Beck, Chief Production Officer	Robin Rodgers, Chief Financial Officer



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