Over the past 41 years, the one thing that has remained constant is the fact that the meal recipient is always the number one priority. The simple fact is that this beloved priority is just as important today as it was on the first day of operations in 1972.

- Lynn Haynes, Executive Director
The organization is governed by an active and involved volunteer Board of Directors that meet monthly on the third Thursday of each month. The Board of Directors also oversees all fund-raising activities including the Annual Poinsettia Sale and Golf Scramble.

**Mission Statement**

Meals on Wheels of Norman, Inc will provide a nutritious meal to Norman’s senior, disabled, or ill residents who are in need.

**Our Vision**

Meals on Wheels of Norman will improve the quality of life in our community by providing nutritious, home delivered meals. To improve the mental health of isolated recipients by providing visitation and to advance the well being of senior citizens by providing coordination with existing services in Norman.

“Wonderful service! I’m so very grateful. Glad there are services like this for the elderly.”  
- Kathy, Meals on Wheels client
Dear Friends,

Thank you so much for all your support during 2012, a year filled with so many special moments. The Meals on Wheels 40th birthday celebration allowed a review of the last forty years. A countless number of changes have occurred over the years including staff, volunteers, and clients but the one thing that has always remained constant is the fact that the meal recipient is always the number one priority. The simple fact is that this beloved priority is just as important as it was on the first day of operations in 1972.

Meals on Wheels of Norman, Inc. is driven by the needs of the ill, disabled, and senior clientele we serve. The trying economic times have been difficult on our seniors with so many on fixed incomes. Over the years, Meals on Wheels has found it necessary to expand services to include; an emergency food closet, shelf-stable meals, pet food program, and most recently an Ensure program for those in need, but unable to afford the cost of the nutritional supplement.

National findings show that approximately 50% of all health conditions impacting our seniors are directly connected to a lack for of nutrients. The number of seniors experiencing the danger of food insecurity has increased by 78% over the past decade. A significant rise resulting in one in every seven faced with the threat of hunger. This threat impacts all of us, not only the seniors.

The results of the 2012 client survey show that 99% state that they have a healthier diet and are able to remain independent as a result of the program. Another 98% say they have improved physical and emotional health. Meals on Wheels is able to face a complex situation and give a simple solution, the daily meal delivery of nutritious noontime meals by our wonderful and dedicated volunteer drivers.

Of course none of this would be possible without the help and support of our wonderful community. The people of Norman have proven time and time again that the welfare of our senior and homebound friends are of the utmost importance. It is through our community that Meals on Wheels will be able to continue for the coming generations.

"For a community to be whole and healthy, it must be based on people’s love and concern for each other.” - Millard Fuller

Sincerely,

Lynn Haynes
Executive Director

The meals are what my doctor will be very pleased about. He wishes for me to gain up to 110 pounds. I really may make it with your help.

- Betty - Meals on Wheels client

If it were not for Meals on Wheels, I would have to move to an assisted living. I am unable to stand for any length of time.

- Gwen, Meals on Wheels client
Findings from the 2012 Client Survey show that meal recipients:

- **99%** report they look forward to the meal delivery each day.
- **99%** are able to live independently as a result of receiving services.
- **99%** report having a healthier diet as a result of the meal delivery.
- **98%** report better emotional health.
- **96%** report improved physical health.
- **95%** report feeling safer.

**More Than Just A Noontime Meal**

Meals on Wheels prides itself on being more than just a noontime meal for our clients.

**71,322 Total Meals delivered in 2012.**

- *64,711* noontime meals
- *1,654* Food Closet Requests Filled
- *2,535* Holiday Meals
- *2,422* bottles of Ensure

In addition, Meals on Wheels provided 5,623 lbs. of dog and cat food in 2012 to clients with furry companions.

**Communications**

- **Print**
  - “Meals on Wheels Express” quarterly newsletter - mailed to over 4,000 donors and businesses each February and November.

- **Electronic**
  - “As the Wheel Turns” Electronic Newsletter - Emailed to approximately 500 donors and businesses at the beginning of each month.

**Social Media and Website**

- Facebook - Meals on Wheels of Norman, Inc.
- Twitter - @mealsonwheelsok
- Youtube - Meals on Wheels of Norman
- Website - www.mealsonwheelsnorman.com

**Meals on Wheels Impact**

99% are able to live independently as a result of receiving services.
99% report they look forward to the meal delivery each day.
99% report having a healthier diet as a result of the meal delivery.
98% report better emotional health.
96% report improved physical health.
95% report feeling safer.
98% report better emotional health.
99% report having a healthier diet as a result of the meal delivery.
96% report improved physical health.
95% report feeling safer.
Clients

The individuals served by Meals on Wheels must live within the Norman city limits and be ill, disabled, or senior. Clients are asked to pay for meals based on a sliding fee scale. Scholarships are provided to those unable to afford even the lowest cost per meal. While the majority of our clients are senior, those that are not 60 years of age or older are required to have doctors’ verification for services.

“Everyone’s been so good to me. They treat me as though I am worthy.”
- Grace, Meals on Wheels client

More Than Just A Meal... Our Volunteers

Meals on Wheels is much more than a noon time meal delivery service to the frail of health and elderly of our community. A very dedicated group of volunteers offer more than just a nutritious meal. Often the Meals on Wheels volunteer driver is the only visitation the client receives during the day.

Throughout the years there have been countless occasions when our volunteers have come to the rescue of their clients.

It was not long ago that one of our volunteers rescued the escaped horse of one of her clients in rural Norman. Nancy was delivering meals when she noticed that one of her client’s horses had escaped through the gate. Luckily, Nancy had a rope in the backseat of her car and ran after the horse until she was able to coerce it back to its home.

Whether it is a life-threatening situation, a change in behavior due to medication, someone in need of a little companionship, or in need of their pets rescued, our wonderful and dedicated volunteers make a difference.

A sense of security is provided to our clients and their families, knowing that someone will be checking on them. A friendly smile always makes the day better.

Volunteer Hours

Volunteers saved Meals on Wheels a total of $248,461.29 in 2012.
Norman Regional Health System prepares all meals for our program. The food service department of NRHS offers a tremendous benefit to Meals on Wheels and its clients. Licensed dieticians determine the necessary diets of the clients that have special dietary needs (approximately 50%). Specialized diets such as diabetic, renal, healthy heart, pureed, and meals that are sensitive to certain food allergies are prepared with care. Additional care is taken by the kitchen staff to cut the meat for clients without full use of their hands. All specialized diets are confirmed by the client’s physician to ensure the appropriate needs are being met.

United Way of Norman
Meals on Wheels is a proud member agency of the United Way of Norman since 1973.

Sarkeys Foundation
A special thank you to Sarkeys Foundation for providing housing for the Meals on Wheels office.

Adopt A Route Corporate Sponsorship Campaign
An answer to difficult economic times, Meals on Wheels began the Adopt A Route sponsorship campaign to enhance funding, as well as create awareness and involvement to the Norman Community.

A special thank you to the 2012 Adopt A Route partner companies:

First American Bank
Moore Norman Technology Center
Fowler Toyota
Bob Moore Nissan
Miko Group
Flintco, LLC
Lifecare Oklahoma
Centuria Corp.
Arvest Bank
City Plumbing

A special thank you to Sarkeys Foundation for providing housing for the Meals on Wheels office.

Boyd Street Magazine
Home Instead Senior Care
Norman Regional Health System
OEC
OG&E
Riverwind Casino
Sarkeys Foundation
Sports Talk 1400 am
The United Way of Norman
The Anne & Henry Zarrow Foundation