



**MEALS on WHEELS**  
MERCER COUNTY

TOGETHER, WE CAN DELIVER.

# NEWS ON WHEELS

VOLUME 9, ISSUE 2

FALL 2019

## Meals on Wheels of Mercer County

is a comprehensive nutrition program committed to providing nutritious meals and related services which are designed to promote the independence, dignity, health and well-being of our homebound participants.

### IN THIS ISSUE:

|                                       |   |
|---------------------------------------|---|
| So Much More Than a Meal...           | 1 |
| Pet Pantry                            | 2 |
| In Memory of Robert                   | 2 |
| New Look for Our Direct Mail Campaign | 2 |
| Participant to Volunteer              | 2 |
| Memorial/In Honor Donations           | 3 |
| Did You Know...?                      | 3 |

**MOWMC  
will provide  
80,000 meals  
this year!**

## SO MUCH MORE THAN A MEAL...

By Guest Columnist,  
Ewing Mayor Bert Steinmann

As any Mayor of a vibrant municipality, she comes to the door or my main concern is the welfare of our not, where to place her citizens. Ewing Township is home to meals, if she needs them over 35,000 residents, and close to to water a plant or bring 16% of those are over the age of 65. in the mail. However, Almost half of those live in poverty. that day, something was Women make up more than half the away. Ann, who usually total population, and those under 65 greets them at the door, did not answer. with a disability make up over 6%. We knocked several times, and we could Close to 5% are veterans. These are the hear a TV in the background, and what citizens served by Meals on Wheels of we thought was a faint voice as well. We Mercer County, which also counts Ewing tried the door which is usually locked. It as its home. was open. As we stepped into her home, Each year, I am invited to deliver meals all the while calling out, "Ann, Meals on to Ewing residents with some of the Wheels", we saw Ann, on the floor. As it most dedicated volunteers I have seen. turns out, Ann (who lives alone) had This happens in March during their fallen the night before and was unable to March for Meals events. I am joined by get up, or to her phone. She had laid many other politicians and VIP's who there all night, and had we not shown up want to see firsthand this "invisible" with her meal that day, who knows what population of some of the most could have happened. I immediately distinguished members of our called the Ewing EMT's, and the community. Among them are retired volunteers called the MOWMC office to teachers, public safety officers, public notify them so we could be relieved by their staff and continue on our delivery. servants, veterans of past wars, and Volunteers are instructed never to move a citizens who just worked hard every day to provide for their families; countless participant in those circumstances, but seniors who have served their to contact 911 immediately. community and country over many That day I was able to witness first-hand years, and who now struggle not only to the importance this nutrition program plays in the lives of so many seniors and remain ambulatory, but healthy and individuals with physical disabilities who independent in their own homes. live alone and have no one to look out for them. The Meals on Wheels motto is "So Much More Than a Meal", and as a Mayor what more can I ask for than such an able and committed group of committed staff and volunteers, to help me make sure the most vulnerable in my municipality are cared for. Thank you Meals on Wheels of Mercer County!

