

A MESSAGE FROM CHRISTINE SCIMIA, BOARD CHAIR



Dear Friends,

Meals on Wheels Diablo Region has had a busy 51st year! We expanded services into underserved areas in East County; launched a cutting-edge new app to improve response time for critical issues; and - as always - continued to deliver a full range of services allowing seniors to live independently and with dignity. All this great work and more made us **Antioch Chamber of Commerce's Nonprofit of the Year**. And we couldn't have done it without caring community members like you!

Next up? Hiring a new Executive Director! Over the past year we utilized the expertise of qualified interim leadership to refresh our systems and prepare for the future. Our search has just launched, and we hope to announce a new E.D. by the end of the year. Stay tuned!

Thank you again for joining us in this important work. Whether you're a volunteer, a donor, a partner, or a caring friend, your generosity changes lives. Seniors throughout the county live better lives because of you!

Christine Scimia



PROGRAM ACHIEVEMENTS

MEALS ON WHEELS



73 Delivery routes in **19** cities
1,641 Clients served
401,294 Meals served

FALL PREVENTION



134 Homes modified
147 Home safety assessments
155 Matter of Balance certifications
727 Presentation attendees

C.C. CAFÉS



1,522 Clients served
46,945 Meals served at our six cafés

FRIENDLY VISITORS/CALLERS



208 Clients visited
78 Clients called
99 Intergenerational program

CARE MANAGEMENT



Care Managers connected with **1,435** low-income seniors with emergency services including housing, food and healthcare.

HEALTH & WELLNESS



729 clients participated in physical fitness and nutrition-based programs including: Tai Chi, Low Impact, Bingocize®, and nutrition education.



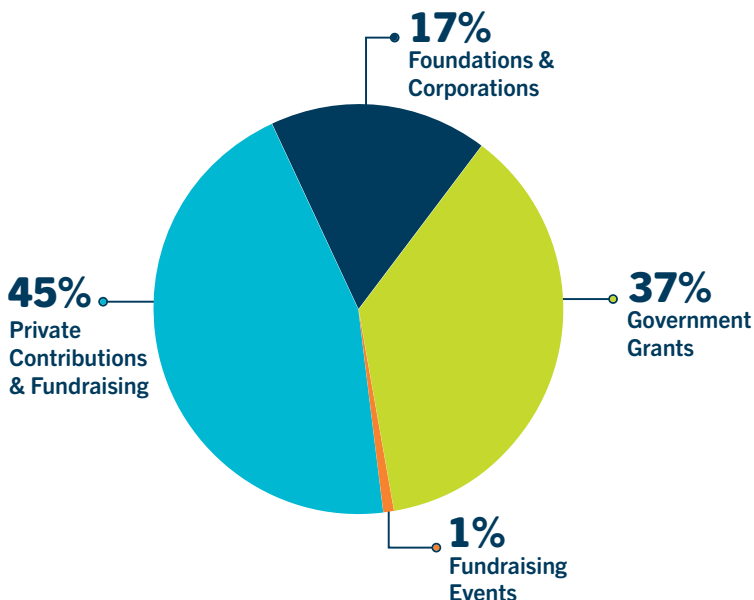
HIGHLIGHTS

- Expanded Service:** Added 13 new meal routes in underserved areas of East C.C. County, increasing service by over 10%!
- Field Leader:** MOWDR is among the first to launch a new app-based health and safety monitoring program, ensuring real-time assistance for seniors in need.
- Home Visits:** Client Support Associates assessed the conditions of over 4,000 seniors in their homes.



FINANCIALS

SOURCES OF REVENUE



REVENUE2,728,659

EXPENSES2,489,121

INCREASE IN NET ASSETS239,538

TOTAL OPERATING REVENUE: \$2,728,659



ACKNOWLEDGING OUR AMAZING VOLUNTEERS

THE CORNERSTONE OF MOWDR OPERATIONS

46,945
Meals served to C.C. Café guests



10,400
Hours spent connecting with isolated seniors



90,290
Volunteer hours given



1,500+
Total Volunteers



223,600
Client wellness checks done



“I met my Friendly Visitor Bob and we kinda hit it off. I thought he was great! He likes to do things I like to do, he helps around the house, he backs me up ‘cause I forget some of the stuff I need to do. He’s like a son.”

“Volunteering for Meals on Wheels has been an amazing experience. I’ve learned so much from visiting and delivering to the clients. It’s so uplifting to see someone’s face light up when I bring their meal and chat. I feel like I’m making a real difference!”



Thank you to our committed supporters and partners for investing in the health of seniors

FOUNDATION AND CORPORATE DONORS

Bay Area News Group, East Bay Times, and Contra Costa Crisis Center – Share the Spirit Grant
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Touchpoint Foundation
WestAmerica Bank

GOVERNMENT FUNDERS

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Contra Costa County Employment & Human Services
Contra Costa County, CDBG
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City of Concord
City of Pleasant Hill
City of Richmond
City of San Pablo
City of Walnut Creek
Concord Pleasant Hill Health Care District
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Keller Canyon Mitigation Fund

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FY 2018 - 2019
ANNUAL REPORT SNAPSHOT