

Together, We Can Deliver.



2024 IMPACT REPORT

OUR MISSION



With an unexpected change in leadership In August of 2023, I was asked to assume the role of Interim President and CEO of the organization. After nearly two years of service I like to say that I have gone from "Interim" to "Indefinite" and am committed to lead the organization for the foreseeable future. It is truly a privilege to do so, and I grow fonder of the mission each and every day. I have been struck by the devotion and capabilities of our staff, the amazing generosity of the community to provide the necessary financial support and the overwhelming commitment of our volunteers who deliver meals - and much more - day-in and day-out to our many homebound neighbors in the Tulsa area. And to top it off, the numerous expressions of gratitude by our dear clients inspire all of us to work even harder to meet the needs of the rapidly increasing senior population.

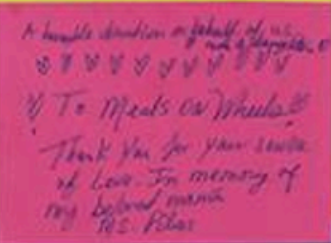
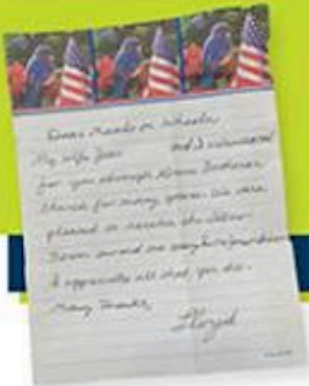
We are very pleased with the introduction of new events and programs during 2024, and happy to report that we achieved an operating surplus for the first time since 2020! We were also able to shore-up our endowment with some very generous end-of-year gifts.

We still face challenges as remnants of certain Covid-era funding fall away and continually rising costs put pressure on fundraising and operational efficiencies but we are optimistic that with your continued support we can meet those challenges and focus on combatting the triple threat of aging - poor nutrition, loneliness and loss of independence!

Jay Betz

— Jay Betz
President & CEO

Meals on Wheels of Metro Tulsa



IMPACT AT A GLANCE



392,376
Meals
Delivered



2,482
Homebound
Seniors Served



810
Volunteers



39,891
Volunteer
Hours



468
Home Safety
Projects



12
Ramps
Built

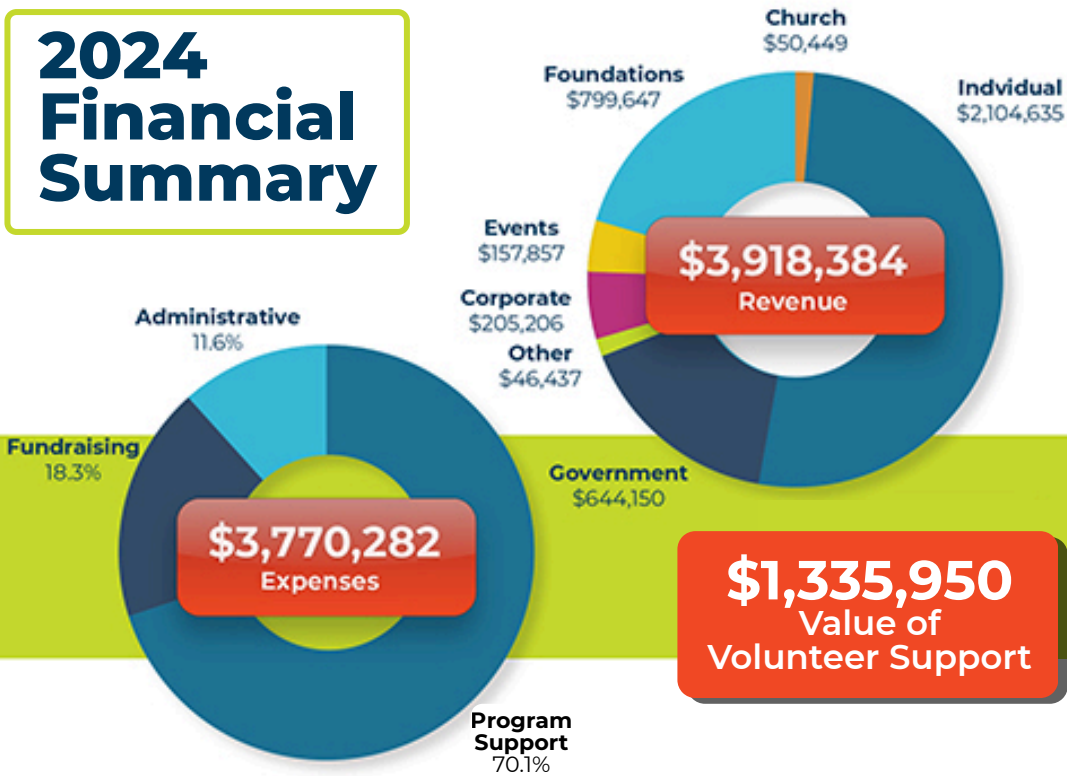


39,146
Wellness
Calls



213,096
Pet Meals
Served

2024
Financial
Summary



OUR PROGRAMS

Meal Delivery

The Heart of Our Mission

In 2024, we delivered over 392,000 nutritious meals to 2,482 seniors and homebound neighbors across the Tulsa metro area, operating from 12 distribution sites. Our meal delivery program provides critical support — offering not just healthy, medically tailored meals, but also connection, safety checks, and peace of mind to those who need it most.

Around 325 volunteers are needed each week to coordinate packing and delivering meals. While many delivery routes are covered by dedicated individual volunteers, we're proud to welcome businesses, faith groups, schools and other organizations for days of service that meet urgent local needs. In 2024, we were thrilled to have several teams from across Tulsa joined us to deliver meals to support our most vulnerable population.

PAWS

Pets Assisting Wellness in Seniors

When you're living alone, a pet can mean everything — companionship, comfort, and a reason to get up in the morning.

PAWS — Pets Assisting Wellness in Seniors — was created to support both our clients and their beloved companions. In 2024, we delivered 213,096 meals to 728 pets — totaling 157,930 pounds of dry food. We also provided leashes, harnesses, toys, and treats, ensuring that pets are not only fed, but cared for with dignity and love.

Thanks to the compassion of our donors, volunteers, and community partners, our clients are able to keep their favorite companions healthy and happy.

Home Safety

Securing Independence at Home

A safe home is essential for seniors to live independently. In 2024, our Meals on Wheels of Metro Tulsa home safety team completed 468 critical home improvement projects, including ramp builds and safety upgrades tailored specifically for veterans.

Our work ranges from installing smoke detectors, handrails and grab bars to painting house numbers on curbs — all simple fixes that dramatically reduce falls, increase mobility, and help clients stay safe in their own homes longer.

Wellness Calls

Keeping Tulsa Connected and Supported

Wellness calls are a lifeline extending beyond meal delivery, offering meaningful connection and peace of mind to seniors who may feel isolated. Volunteers made over 39,000 wellness calls last year, providing not only health and safety checks but also companionship to brighten days and combat loneliness. Our trained volunteers also identify potential ways to improve clients' quality of life.

Healthcare Partnership Program

Expanding Access. Deepening Impact

Launched in July 2024, our Healthcare Partnership Program (HPP) bridges hospital care and home recovery. Partnering with local hospitals, HPP delivers meals and provides wellness checks to high-risk patients after discharge, supporting them during vulnerable recovery days. In six months, the program served 60+ patients, helping reduce readmissions and improve health outcomes. Feedback from partners and families has been overwhelmingly positive—proving that healing can continue at home with good nutrition and support.

EVENTS



Dinner With Friends A Celebration of Community and Cuisine

We were excited to host two Dinner with Friends fundraising dinners in 2024. These dinners bring together gourmet food, wine, storytelling and friends for memorable dining experiences supporting the important mission of Meals on Wheels of Metro Tulsa. Chef Bill Lyle of the Summit Club prepared an amazing Indian feast for our first dinner, and partnered with Chef Miranda Kaiser to showcase the flavors of the Middle East in our second dinner.



Thanksgiving Day of Service Bringing Joy on the Holidays

Thanksgiving Day is our favorite delivery day of the year. With hundreds of volunteers and their families, we delivered hot traditional Thanksgiving meals to 896 clients who might otherwise have spent the holiday alone. This fun family event makes the holiday special for so many of our clients.



Ramp Builds Restoring Independence

Home entry shouldn't be a barrier to safety and freedom. Meals on Wheels of Metro Tulsa works with community partners to sponsor our ramp builds to remove those barriers with custom ramps that help homebound clients reclaim their independence.

In 2024, we completed 12 ramp builds with volunteer teams, making client homes accessible. This home enhancement is life-changing for clients, making their homes safer, easing their daily life, and giving them a new bridge to independence.



PAWStober Fest A Day for Pets and Purpose

Our inaugural PAWStober Fest in 2024 was truly one for the dogs — and cats! Sponsors, volunteers and supporters of our PAWS (Pets Assisting Wellness in Seniors) program came together for a fun evening celebrating the furry friends who mean so much to our clients. Participants enjoyed a mocktail bar, a silent auction, and a pet costume contest, all benefitting our PAWS program.



Summer Fan Drive Relief When It's Needed Most

Oklahoma's summer heat can be unforgiving — especially for seniors and homebound neighbors without reliable ways to stay cool. During our 2024 Summer Fan Drive, we mobilized our community to provide critical relief. With the support of generous donors, local businesses, and partner organizations, we distributed over 150 box fans directly to clients most at risk of heat-related illness.



Volunteer Appreciation Celebrating The Heart of our Work

Our Volunteer Appreciation Event is a way of giving back to those who give so much. In 2024, volunteers and their family members joined us for an afternoon of recognition, food, and fun — a small gesture of thanks for the enormous impact they make year-round.

From games and laughter to special moments shared between staff and volunteers, the event was a celebration of community and the power of giving back.

Matt Horeled, Chair | Mark Hurley, Immediate Past Chair
Andrew Ziola, Treasurer | Karen Bouteller
Philanna Davenport | Rony Gadiwalla | Ginnie Graham
Laurie Gero | Jim Langdon | Shannon O'Doherty
Ashley Otto | John Richer | Justin Sheets
Kari Shults | Jeffrey Smith | Anthony Stewart
Annie Tomecek | Kevin Turner

MISSION

Our mission is to provide nutritious meals, wellness checks, and caring contact to elderly, homebound, and disabled individuals in Tulsa and the surrounding areas. By combatting the triple threat of aging — hunger, isolation, and loss of independence — we empower seniors to age with dignity in their own homes.

LET'S CONNECT



MOWTulsa



meals-on-wheels-of-metro-tulsa



@mowoftulsa

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Visit www.MOWTulsa.org to learn more