Dear friends,

We’ve shared many remarkable moments in my first few months as President/CEO, highlighted by the grand opening of the Meals on Wheels Hardesty Service Center in September - a literal beacon of Hope for the seniors we serve. The new state-of-the-art kitchen let us serve over 2,100 clients this year while having the resources to provide seniors Independence from food insecurity well into the future.

The Compassion of our volunteers is a MOW hallmark, with hundreds participating in our annual Thanksgiving Day of Service and ensuring over 1,200 seniors were greeted with a warm meal and a smile. Volunteers are critical to meal delivery and to programs like PAWS and Home Safety that allow our clients to stay in their own homes safely and with Dignity.

The community’s generosity was evident throughout the year, with critical operational support from our local Foundations, corporate and business partners, our friends of faith, and, of course, our thousands of individual donors. Thank you for your belief in our mission, and I ask you to join me again in 2023 as we continue to serve our purpose; no senior or person who is homebound is hungry or lonely!

Yours in service,

Katie Oatsvall, MPA
President & CEO

THE POWER OF THE KNOCK.

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels means nourishment for the body and soul.

A senior can receive one year of Meals on Wheels service for roughly the same price as a one-night stay in a hospital. Meals on Wheels provides a cost-effective solution that serves us all.

26% of Oklahoma seniors are threatened by hunger.

50% of seniors living alone struggle to pay for basic needs.

80% of low-income seniors are not receiving the support they need.

90% of recipients say MOW improves their health and safety.

36% drop in hospital stay rates after only 30 days of MOW services.

2/3 of seniors report the meals make up half or all of their meals.

We cannot do it alone. It takes all of us to keep the Meals on Wheels movement going.

Katie Oatsvall, MPA
President & CEO
MORE THAN A MEAL

Our mission is to provide nutritious meals, wellness checks, and caring contact to elderly, disabled homebound, and others in Tulsa and surrounding areas. Frequent in-home visits and wrap-around services provide unique opportunities to meet nutritional needs, combat social isolation, and address safety hazards. Meals on Wheels allows seniors to age with dignity in their own homes - where they want to be.

HOME MEAL DELIVERY
The primary mission of Meals on Wheels of Metro Tulsa is to provide nutritious meals, wellness checks, and caring contact to elderly and disabled homebound individuals in Tulsa and surrounding areas.

CARE NAVIGATION
While there are many services available in our community, they can be hard to find and navigate. Our Care Coordinators are trained to be familiar with the services in our community and how to access them. We assess each clients' needs and discuss the options in the community available to meet those needs.

HOME SAFETY
Our Home Safety Program is designed to help support independent living by providing simple, minor home repairs. Something as simple as a grab bar in a bathroom or a functioning smoke detector can greatly reduce the risk of injury to our elderly or disabled clients.

PETS ASSISTING WELLNESS IN SENIORS (PAWS)
The PAWS Program is designed to support the companion animals of our homebound recipients. In doing so, it also ensures that our recipients maintain healthy diets without sacrificing their meals to protect their pets from hunger.

FEED OUR FUTURE
There are many students in Tulsa who leave school on Friday not knowing where their next meal will come from. This program assists students who face persistent food insecurity and hunger.

Together, We Can Deliver
MealsOnWheels.org