



Foodnet Meals on Wheels 2019 Annual Report



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Message from the Board Chair

We live in a special community. The Foodnet family expresses a heartfelt Thank You to all of our partners for your generosity to us in 2019. As we look back at what was accomplished in 2019, we do so realizing the unprecedented time in which we are now living. The COVID-19 pandemic we are in the midst of has put our mission into greater focus. Foodnet is 'more than a meal' to our clients and others in need. To some that we serve, the meal delivery might be the only human contact that a person has on a particular day.

While some of our operations look a little different with all the COVID-related safety precautions and physical distancing requirements, our clients continue to inspire us to work creatively. I am proud of how the Foodnet team has responded during the pandemic to ensure the continuation of our services and that the human connection part of what we do prevails. Our clients receive reassurance calls, telephonic nutrition services, case management and beautiful notes of encouragement from members of our community. While we all look forward to a day when COVID is in our past, I am confident that Foodnet will be here to weather this storm and far into the future.

Foodnet is blessed with passionate and committed staff, volunteers, and board members. As I reflect on 2019, I am incredibly grateful for all that we accomplished. In 2019, Foodnet served 171,866 meals to 795 clients. The board, staff and countless community partners finalized our 'Impact and Sustainability' strategic plan. This plan will act as a guide for the organization for the next 3 years.

Foodnet continually strives to improve its operational efficiency. In 2019, Foodnet successfully implemented an electronic fleet management system. This system has improved driver safety, reduced fuel usage, and streamlined tracking and reporting on vehicle maintenance issues. We expect that these improvements will have long-term impact in terms of safety and ongoing cost savings.



David Dier
Board Chair



Foodnet Staff

Administration:

Jessica Gosa, Executive Director
Arthur Webb, Food Service/
Operations Manager
Kelly Quinn, Registered Dietitian
Jonathan Carlton, Finance &
Administrative Services Manager
Lu Ann Morgan, Administrative
Coordinator
Roy Hogben, Administrative
Support
Lisa Krueger-Gavin, Case Manager

Kitchen, Home Delivered Meals & Congregate Meals:

*Sharon Andrews
Gary Armstrong
Peter Barton
Kathy Boronkay
Clara Bush
Valentin Klinnert
Dale Krause
Mathew Laurenson
Michael Newbold
*James Powers
John Roberson III
Faith Ross
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*Stanley Stewart
Suzanne Stroman
Linda Tallman
Peter Tubman
William Vella
David Wescott
*Curtis Wooden
*Former staff

Message from the Executive Director

As we reflect on our accomplishments from 2019, we also acknowledge the impact of the global pandemic. COVID-19 has contributed to a prolonged state of uncertainty, anxiety, exhaustion, and trauma that is felt across our nation. Racial disparities, inequities, and systemic oppression existed long before 2020, but have been amplified by this pandemic and racial violence. Perhaps 2020 will be our most important year yet. A year about progress towards critical change, informed action, innovation, listening, partnership, and acknowledgement of pain and truth.

Our world has shifted and will continue to require us to work creatively with resilience, perseverance, self-reflection, and new learning. Our clients inspire us to work in ways that we have never worked before. When COVID-19 invaded our lives in every way, Foodnet changed course and moved forward with safety protocols, program innovations, and generous support from our partners, community members, funders, board of directors, and volunteers. While so much feels uncertain and unsettled in our world, what has not changed is Foodnet's mission and commitment to our clients and community. This pandemic has underscored the significance of our services. We are still combatting some of the biggest threats to healthy aging and providing a dependable pathway to food security. The complexities of senior hunger and malnutrition persists, and our clients continue to need us to be here today and far into the future.

Our accomplishments from 2019 and years prior built a strong foundation and gave us the muscle to respond to the present-day challenges. Our clients tell us that our meals help them to continue living independently, help to manage their health, and are a service that they can trust and count on to be there for them when they need us the most. I could not be prouder of the Foodnet team. We invite you to review our 2019 accomplishments with confidence and hope for a strong future.



Jessica F. Gosa

Jessica F. Gosa, LMSW
Executive Director



Our Mission:

To provide meals and other nutrition services that promote dignity, wellbeing, and independence for older adults and other persons in need in Tompkins County.

Our Vision:

We envision a Tompkins County community in which senior hunger is eliminated, supportive services are readily accessible, and our neighbors enjoy independence without isolation.

Who We Serve



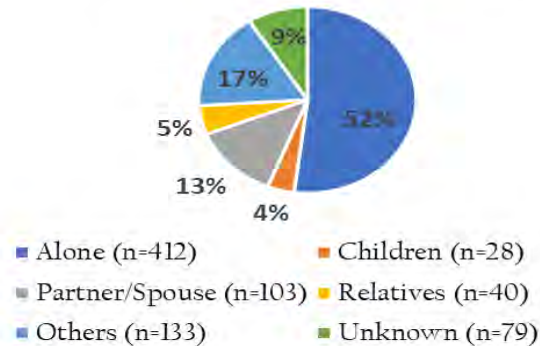
611 Home Meal Delivery Clients



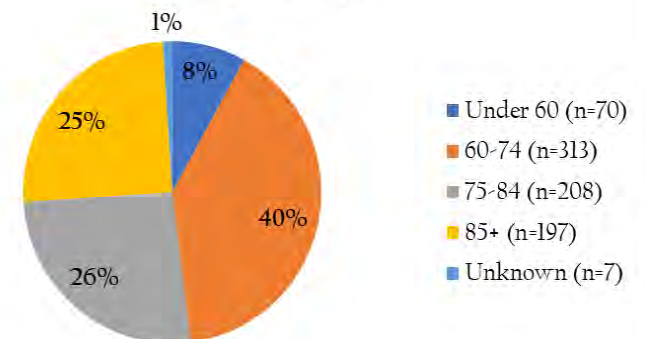
184 Home Congregate Meal Clients

795 Unduplicated Clients Served in 2019

Household Composition (n=795)



Age (n=795)



171,866 Meals Delivered in 2019

Meal Location	# of Meals Served
Titus Towers Congregate Site	8,510
Groton Center Village Court Congregate Site	5,631
YMCA Congregate Site	620
Salvation Army	195
Central Kitchen	4,267
Home Delivered Meals (Tompkins County 9 Delivery Routes)	152,643



Our Programs & Services



1,408 Blizzard Bag Meals Distributed
*included in meal totals



20,948 Weekend & Holiday Meals Delivered
*included in meal totals

Nutrition Services 2019



- ♦ 650 Nutrition Counseling Hours
- ♦ 4,268 Nutrition Education Units

** Includes initial assessments, reassessments, and 6-month follow-up nutrition counseling contacts*



Program Highlights



Home Delivered Meals Program

In 2019, Foodnet Meals on Wheels delivered 152,643 meals to more than 600 homebound older adults and others in need in Tompkins County. Each meal is delivered with a safety check, a friendly visit, and compassion. Foodnet is the only home delivered meals program that provides face-to-face contact and hot, ready-to-eat meals five days per week. Sandwich, holiday, and weekend meals are available to our clients as a supplemental service. All of our meals are nutritionally certified by our registered dietitian and are prepared fresh in Foodnet's kitchen each day.



Congregate Meals Program

The congregate meals program serves mobile older adults along the continuum of need. Older adults can enjoy a social dining experience at Titus Towers, Center Village Court (Groton), or at the YMCA on Thursdays. Social dining provides the opportunity for meaningful friendships and volunteer opportunities. Community programming, nutrition counseling and education are available monthly in each dining room. In 2019, we served congregate meals to 184 clients in our social dining rooms.



Comprehensive Nutrition Services & Referral Coordination

Foodnet's registered dietitian provides nutrition assessment, counseling, education and referral coordination. Our registered dietitian works with each of our clients to provide individualized nutrition counseling, guidance, and instruction. In 2019, Foodnet expanded the administration team and introduced a new case management position to support referral coordination services. The case manager works with clients to ensure that individuals are connected to additional supportive services in our community.



2019 Highlights



Packing Blizzard Bags with help from Security Mutual, Lansing Middle School, Cornell University, and Ithaca College



2019 Excellus Community Health Awards



Ithaca Festival Parade



2019 United Way Pacesetter organization recognition. We exceeded our campaign goal & had 100% employee participation!



Our 32nd Annual Picnic!

Foodnet in the Community



“During the past year I have noticed and been happy to experience that both the nutrient content and the variations within it have improved...Since most of us with financial constraints do not often get to eat out, the attractive plating and variations of the food give the recipients the sense that they are valued, the food becoming meaningful...The artistic character shows the caring to please and that it is not just a handout. I wish to thank the splendid personnel at Foodnet for their energy and always responsive communications.”

- Carol, Foodnet Meals on Wheels Client

2019 Program Impact



Home Delivered Participants

- ◆ 92% report that they are satisfied or extremely satisfied with their meals.
- ◆ 61% say the meals help them to continue living independently.
- ◆ 55% say the meals help to manage their health.



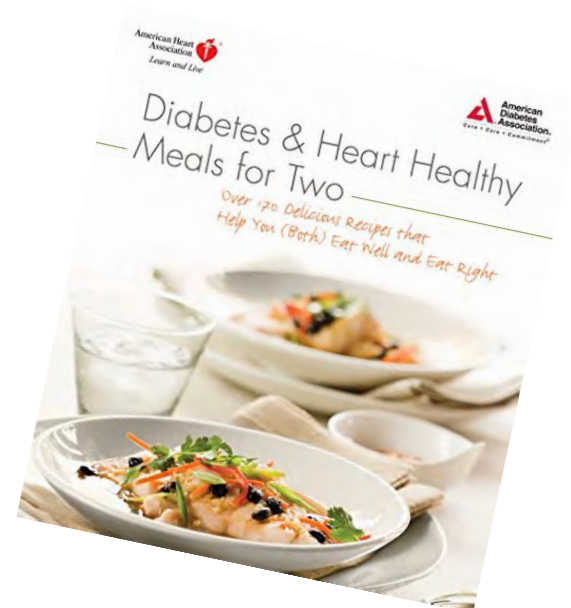
Congregate Program Participants

- ◆ 86% report that they are satisfied or extremely satisfied with the meals.
- ◆ 29% say the meals help them to manage their health.
- ◆ 34% say the meals helped them to change their diet.

Client satisfaction survey November 2019 * 44% response rate



Program Innovations



The Diabetic Education Series took place during the time period of May 2019-November 2019 on a monthly basis. Foodnet's Registered Dietitian, along with assistance from dietetic interns, and volunteers taught residents of Titus Towers who identified having a diagnosis of diabetes. The focus of each class included food preparation skills, meal planning, and other diabetic self-management tools. Participants received copies of the recipes, shopping lists at each class, as well as tips for cooking for one/two people. Each participant also received a cookbook co-authored by the American Heart Association/American Diabetes Association Diabetes and Heart Healthy Meals for Two, and few cooking utensils to support their new learning.

Food for each class was prepared in Foodnet's central kitchen and sampled during the class. Topics covered were cooking for one or two, downsizing dinner, and seasonal foods for diabetes. There was an emphasis on using locally grown foods from Farmer's Markets, making easy soups with a variety of spices, and healthy holiday eating. Through our program evaluation efforts, participants reported the following: (1) health improvement, (2) decrease in need for emergency healthcare utilization, (3) improvement in diet by making healthy nutritional choices, and (4) more familiarity with diabetes self-management.

We value interprofessional collaboration....

“I was a Dietetic Intern at Cornell University, with interests in food security, safety, and sovereignty. In Fall 2019, I worked at Foodnet Meals on Wheels in Ithaca, NY, researching relationships between dental health and nutrition. I collected data to inform a pilot research project, and found that MOW home-delivered meal recipients would benefit from dental health and nutrition support—especially in the form of mechanically soft foods. Now, MOW is writing a grant, using my data analysis, to obtain proper equipment and serve meal recipients with palatable and soft foods, ideally in order to improve nutritional status.”

—Nina Martin, 2019 Cornell Dietetic Intern



Community Learning



Caprice Pierre (Back) Cornell Nutrition Sciences, Kelly Quinn (Front), Foodnet Registered Dietitian



Danielle Klein (L), Masters in Social Work Intern, Binghamton University, Lu Ann Morgan (M), Administrative Coordinator, Jon Carlton (R), Finance/Administrative Services Manager



Grace Johnston (L), Masters in Social Work Binghamton University & Nina Martin, Dietetic Intern, Cornell University



Community Learning



We hosted a group of 6th grade students from Lansing Middle school who were part of “Be the Good” group project. They came by school bus to pack the insert bags for our blizzard bag program. These amazing students packed 450 insert bags in a little less than an hour and filled our office foyer with laughter and chatter! Many thanks to 6th grade social studies teacher, Calvin Lange (right) for reaching out to Foodnet to arrange the event, as well as accompanying the students to the packing event, and to our Food Service Operations Manager, Art Webb, for organizing the packing operation so efficiently. Our favorite quote of the day was “The most fun you will ever have while wearing a hairnet”!

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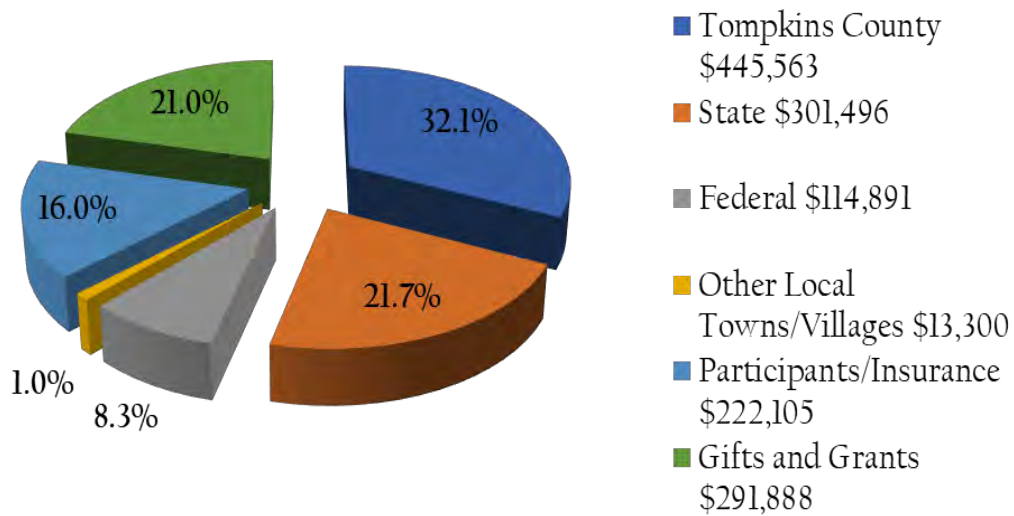
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2019 Volunteers in Action

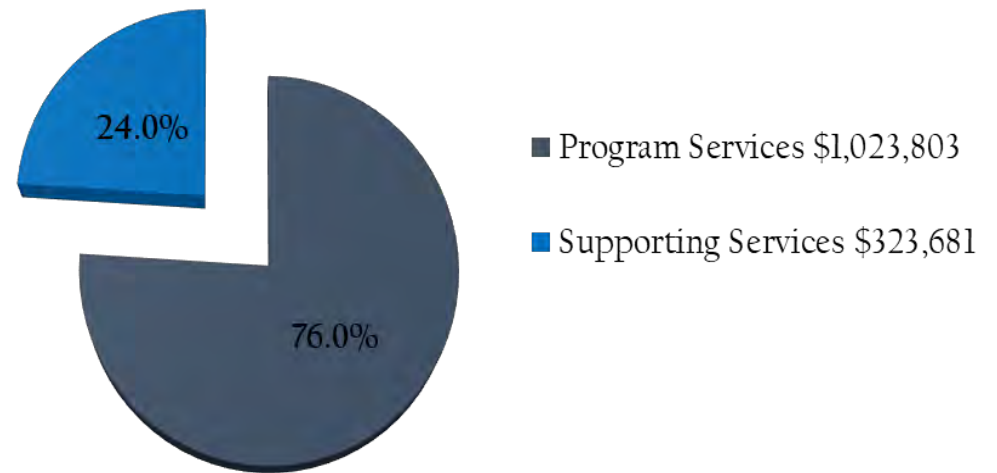
Over 100 dedicated volunteers provided support with congregate meal dining service, meal packing, administration, board membership and committee work. Thank you!



2019 Financials



2019 Total Revenue \$1,389,242



2019 Total Expenses \$1,347,484

“I am proud to support Foodnet for its extraordinary efforts to provide ‘more than a meal.’ Foodnet is uniquely positioned to provide a daily smile and critical safety check to our most vulnerable.”



Karen Fritz
2019 Board
Member



“It is a real honor to be on the Board of Foodnet with a staff as caring and as dedicated as our staff is.”
Lynnette Scofield
2019 Board Member

Thank you for making a difference!

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\$10,000 AND UP

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Ms. Katie Forker, In Memory of Olan Forker
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Stephen Bloom, In Memory of Max Bloom
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Nita and Brad Griffin, In Memory of Walter J. Griffin
Mr. Thomas Howarth, In Memory of LeRoy
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Heather and Charlie Tallman, In Memory of Rena Anderson
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Randy and Ron Ehrenberg, In Memory of Eric Lawrence Ehrenberg
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Helen S. Morse, In Memory of George Spann
Mrs. Barbara Nowogrodzki, In Memory of Richard Nowogrodzki
The Broadhead Family, In Memory of Marie A. Myers
Brett de Bary, In Memory of Professor Jaroslav Vanek
John Mecenias and Dvora Milner, In Memory of David Parks
Robert and Roberta Kohut, In Memory of their Parents
Ms. Ramona Mawhorter, In Memory of Jacob Ryan Marks
Ms. Ramona Mawhorter, In Memory of Charles (Charlie) Martin Guedon
Louise Bement, In Memory of Laura Pier Smith
Rose Bethe, In Memory of Anne Winter
Cayuga Medical Center Human Resources, In Memory of Marie A. Myers
Ms. Nancy Connelly, In Memory of Evelyn Kramer
Ms. Sandra C. Helde, In Memory of Walter J. Griffin
Gary Macera, In Memory of Theresa Consolina and Angelo Anthony
MarthaAnn Moses, In Memory of Katie Payne
Donald and Marie Edwards, In Memory of Madison Wright
Mr. Thomas George, In Memory of John Praast
Joanne Fortune, In Memory of Dr. Robert Foote

MEMORIAL GIFTS, continued

Ms. Josie Schug, In Memory of Marie A. Myers
Joseph and Karen Brand, In Memory of Danny Weber
Sylvia Dickinson, In Memory of Don Dickinson
Ms. Eniko Farkas, In Memory of Louis Farkas
Kathleen Jacklin, In Memory of Hazel Jacklin
Gail Wagner, In Memory of Jane Wagner

GIFTS IN HONOR

Anonymous, In Honor of the Foodnet Staff
Meals On Wheels New York State, Inc., In Honor of Jessica Gosa
Pat and John Gaines, In Honor of Jessica Gosa
Bill and Sarah Demo, In Honor of John Gaines IV
Anonymous, In Honor of Stan Quinn Jr. and Ron Ronsvalle Jr.
Nita and Brad Griffin, In Honor of Steve Griffin
Linda and Ed Pasto, In Honor of the Foodnet Staff
David and Amy Iles, In Honor of a great leadership team
Mr. Steve Bogdanowicz, In Honor of John (JB) Heiser
Mark Spadolini and Deb Mohlenhoff, In Honor of Clyde Baker
Randy Allen, In Honor of John Gaines IV
Jody and Brian Earle, In honor of generous food angels-Ken and Cathy Paddock
Heathy Community Alliance, In Honor of Jessica Gosa
MaryAnn and Brian Pitzer, In Honor of Valentin Klinnert
Donna L. Scott, In Honor of John & Pat Gaines
Roger and MaryAnn Simpson, In Honor of Kelly Quinn and Jessica Gosa
Mr. & Mrs. David Newlove, In Honor of Emily D. Metz
Nancy VanOrman, In Honor of Cindy Pataki
Mr. Michael Clouser, In Honor of Eleanor Clouser
Mrs. Carol Hockett, In Honor of Bill Tomek
Ms. Barbara Knuth, In Honor of Ruth G. Knuth
Jean McPheeters, In Honor of David Dier and Lynnette Scofield
Lou Munch and Sue Maloy, In Honor of John Gaines and Steve Griffin
Emily Parker, In Honor of Jessica Gosa
David Salomon, In Honor of the Hardworking Volunteers
Ms. Cynthia Easton, In Honor of Shirley Boykin
Gail Wagner, In Honor of Anne Humphrey
Freddy Villano, In Honor of Tim Riley



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Roger and MaryAnn Simpson
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TCAT
Wegmans Food Markets, Inc.



Meals for Tomorrow Circle



Making a lasting difference to ensure our older adults and others in need can live without hunger and isolation.

Bequests
Proceeds of Real Estate Sale
Proceeds of Personal Property Sale
Charitable Annuity
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Life Insurance



There are many opportunities to make a lasting difference at Foodnet Meals on Wheels. Two of our Meals for Tomorrow Circle donors share their insights.

“My wife Pat and I have been making modest gifts to the Foodnet annual appeal for over 8 years. We wanted to make larger gifts but there were so many competing needs that we haven’t been able to until now. Pat and I were working with a financial planner to arrange for the best use of our financial resources. We wanted to include Foodnet in those plans too.”

—John & Pat Gaines

“I have been an active volunteer with Foodnet for more than ten years, first as a board member and then assisting the director in development strategy. I have seen the quality of the service Foodnet delivers in this community and my husband and I agreed that we wanted to make a commitment that went beyond what we give annually. To that end, we have made Foodnet the beneficiary of a life insurance policy. Our insurance company made the transfer using a standard form at no cost to us.”

—Lorraine Johnson



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