

Citymeals-on-Wheels 1981–2006



25 years **34** million meals hand-delivered





25 years



34 million meals
hand-delivered



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Dear Friends,

Citymeals-on-Wheels has had a great twenty-five years. As the Citymeals family of supporters continues to grow I am reminded how powerful a focused group can become. What follows in these pages is a summary of accomplishments resulting from the hard work of our board, staff and community agencies. We could not have done so much were it not for thousands of donors like you.

Our report includes photos and stories not only from this year but from our earlier days to share the history you helped us build. A quarter century ago, we could not have imagined preparing and delivering 2.5 million meals to over 17,500 disabled elderly New Yorkers as we did during the fiscal year ending June 30, 2006. I am proud to say that for each of the last twenty-five years, we have served more meals to more people than in the year before. With your help we will continue to build on this meaningful legacy.

Each of our proud recipients is a hero. It is not easy to be old and alone outliving spouses, siblings and often even children. They are a grateful and courageous group, and I am honored to be serving them.

I send you my deepest appreciation for all you have enabled us to achieve. Your generosity inspires not only us, but the frail aged who benefit each day from your kindness.

With gratitude and warm wishes,



Joseph M. Cohen
President



Joe Cohen

Our Mission

Citymeals-on-Wheels provides a continuous lifeline of nutritious food and human company to homebound elderly New Yorkers in need, helping them live with dignity in their own familiar homes and communities.

Thanks to our partnership with the New York City Department for the Aging, along with designated gifts for administrative expenses, we are able to promise that 100% of all other donations will be used entirely for the preparation and delivery of meals.

In 1981, Gael Greene and James Beard founded Citymeals-on-Wheels by calling their friends for help in bringing Christmas meals to 6,000 aged and isolated New Yorkers who would have otherwise been all alone and hungry on that day. What started as a response to feed our City's oldest for one holiday has blossomed to ensure a continuous lifeline of food and human company, seven days a week, 365 days a year...including times of emergency like blizzards, blackouts, the 9/11 tragedy.

Citymeals-on-Wheels supplements the government's weekday meal delivery program, funding 102 neighborhood-based meals-on-wheels programs to hand deliver 2.5 million meals a year.

For two and a half decades, Citymeals' caring donors, people like you, have enabled elderly New Yorkers to age with dignity in their own homes across every community in the five boroughs of New York.

As we look to the future we remain passionately committed to growing and adapting as more New Yorkers live into advanced old age and require nourishment and friendly visits. With 14% of our meal recipients relying solely on one meal a day, we will expand our second meals program, bringing supper also, to ensure none of our elderly are nutritionally at risk. We will expand our Friendly Visiting Program and other volunteer activities to provide comfort and lighten their loneliness (many of our shut-ins see no one for days but their meal deliverer). With your generosity we will continue to reach the often hidden neighbors among us.

From its inception during the Koch administration through today, Citymeals-on-Wheels has been recognized as a positive public-private partnership in the City.



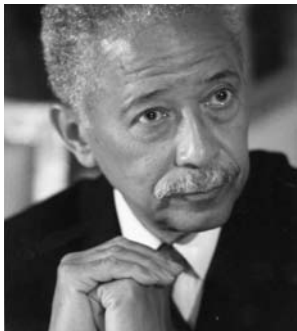
Mayor Koch

"Of all the programs for senior citizens that government has implemented, following urgings, support and assistance by the private sector, continuing at the top of everyone's list is Citymeals-on-Wheels. Now in its 25th year, its support increases every year. I'm proud to have been one of its supporters from day one."



Mayor Giuliani

"Citymeals-on-Wheels provides a critical lifeline to more than 17,500 frail homebound elderly New Yorkers. And just as important, it provides intangibles that can't be measured—like friendship, comfort and companionship. For a quarter century, working in partnership with the City of New York, Citymeals has powerfully and positively impacted the lives of hundreds of thousands of our most vulnerable citizens. I salute the founders for their vision and compassion, and the people today who carry on their important mission."



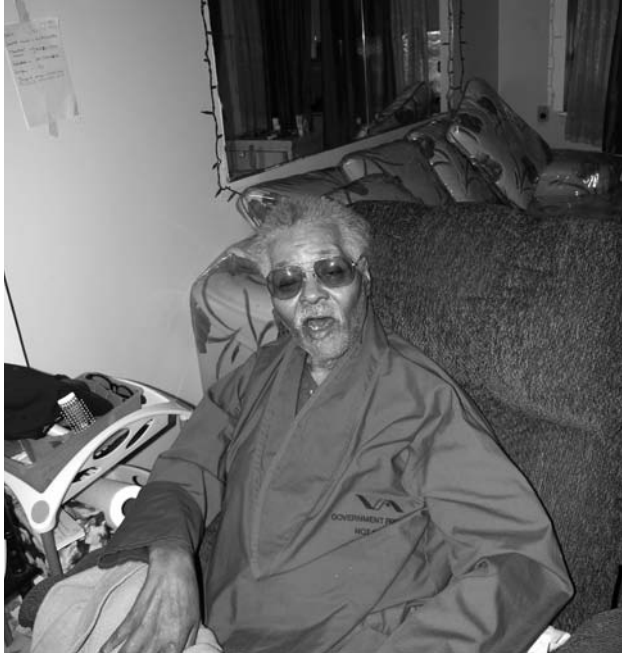
Mayor Dinkins

"I knew about Citymeals-on-Wheels before taking office in 1990. But what I have learned over the years working closely with the organization is how deeply its staff and volunteers care for our fellow New Yorkers. Citymeals has touched the lives of many of our aging neighbors who are too often unable to care for themselves. It has been a privilege to serve on the Citymeals-on-Wheels Board of Directors and to work together with such capable and compassionate New Yorkers."



Mayor Bloomberg

"For thousands of elderly homebound New Yorkers, Citymeals-on-Wheels has been the welcome knock on the door that brings a friendly smile and a nourishing meal. On weekends and holidays, and in times of emergency, it is there for those in need—more than 2.5 million times a year. Its critical mission and the dedication of its staff make Citymeals-on-Wheels a model public-private partnership. This is an organization that truly delivers. Congratulations on reaching this quarter-century milestone."



James

The room is dark with a warm blue glow from the television. James sits ten feet away, walker in front of

him, listening to old movies remembering what he saw when he watched them years ago. Now 80, he has lost his vision and most of his

mobility, but not his sense of humor, pride or memories of younger years. He is primarily confined to a reclining chair, no longer sleeping in his bed because he can't get out of it by himself.

James talks of playing the piano and singing. He sang in church choirs growing up in the Mid-West and later with big bands. He smiles proudly as he mentions what brought him to New York—a chance to sing at The Apollo Theater. He won Amateur Night at The

Apollo in the 1940s, \$10 and the chance of a lifetime.

"That was a lot of money in those days. That was some night." After singing during the big band era, James stopped performing. Rock and Roll had taken the stage, "I could sing any ballad, but I still can't sing Elvis or the Beatles; it's just not my thing." James spent many years managing maintenance at a New York nursing home. Now he is adamant about staying in his own apartment, "it's where I'm comfortable; where I belong."

New Yorkers You Don't See

Antonia

As you walk towards the glass doors of her Washington Heights building, you can see the small silhouette of 87-year-old Antonia leaning against the wall. When you enter or leave she blesses you, asking the Lord to watch over you. She came to New York from the Dominican

Republic, looking for work with her husband. Antonia speaks no English but understands the grand gestures of Preston, her Citymeals deliverer, "we need each other," she says in Spanish as she touches his forehead then kisses him. Her hands, so calloused and stiff, can no

longer do the cooking she once did. She knows everyone in her building and they know her, but she spends her time alone in the apartment once shared with her husband and son, now both dead. She keeps an old wooden baseball bat by her door, "just in case," she explains, "you know, I'm

alone." She believes she has been kept on this earth because of her faith, and wants to pass it along to those around her, "they need this goodness."



Gael Greene

Co-Founder, Board Chair



Gael Greene

“I dare not stop,” says the unstoppable co-founder and guardian angel extraordinaire. “Seventeen thousand five hundred people wouldn’t have enough to eat without Citymeals. I see frail elderly people on the street, going through garbage cans, buying cat food—maybe they have cats—but I have images of them, like those of the shut-ins we feed, in my head all the time.” What keeps her motivated after SO MANY YEARS? “I feel other people’s pain. When someone I know is suffering, I feel it. It’s so easy to see them as your own grandparents, their sense of loneliness; to see yourself...”

Twenty-five years ago, Gael read a newspaper article about homebound elderly New Yorkers not having anything to eat on weekends or holidays. Deeply disturbed, she called an equally upset James

Beard, the renowned chef and cooking teacher, who called caterer and cook book author Barbara Kafka, and thus began a round robin of fundraising. On Monday, she contacted the New York City Department for the Aging to express her righteous anger to Commissioner Janet Sainer and announced they had collected \$35,000 to feed the homebound. There was one caveat: all the money had to go towards meals, not as much as one dime could come out for a phone call. Commissioner Sainer assured her that wish would be honored. This 100% principle was and is the guiding foundation of Citymeals-on-Wheels. Gael had no sense where that gesture would lead. “I was totally naïve. I had no idea it would become what it is today.”

After making several home visits to aging meal recipients, she wrote a powerful article for New York Magazine, where she reigned as a preeminent restaurant critic. She entreated virtually everyone she knew to join her in raising money to provide continuing weekend meals. She organized the original group, called Friends of Citymeals-on-Wheels, in partnership with the Department for the Aging. Gael was on a mission.

What began in 1981 with a group of like-minded individuals and a historic public-private partnership

serving Christmas dinner for 6,000 needy elderly at a cost of \$35,000, has matured into an organization now underwriting 2.5 million meals annually, covering 40% of the costs of all home delivered meals in New York City, and raised nearly \$17.5 million this year alone.

The need is increasing as New Yorkers live longer. Gael's unswerving focus and boundless compassion are the foundation upon which these accomplishments rest. "I have a very visceral feeling about these invisible people, alone in their rooms, waiting for that meal to be delivered. New Yorkers like the idea of putting money towards something immediately doable, to someone on their block, or nearby...all these people hidden away. My job is to convey that image, so donors have a sense of what their gift means."

In addition to restaurant writing, fiction and free-lance travel journalism, Gael is unquestioning in the time and effort she devotes to Citymeals. When an interviewer once asked what was the best work she had ever done, she said it was her marriage. "Now, I must admit it's Citymeals. It's much more meaningful and certainly more long-lasting! When I see the Citymeals-on-Wheels truck on my street, I feel wonderful, thinking how far we've come. I don't worry about not finishing the food on my plate



Gael Greene and board member Jessye Norman on a meal delivery.

anymore, because I know people are getting their meal. Citymeals is about people who don't have enough to eat, and that's unacceptable to me. These people count on us now, and we can't break that lifeline."

Marcia Stein

Founding Executive Director



Marcia Stein with Dorothy in early 1996.

“I can never remember a time when I did not want to fix something in the world, to see it set right. When I was a child, I loved being able to make my grandmother smile. She was almost always sad, but when we talked about her early life, her face would light up. War had scattered the large warm family she cherished. I let her tell me about her brothers and sisters again and again...just so I could make her happy for a little while. When I go on meal deliveries and bring some company to someone all alone, I still get that same good feeling.”

When Gael Greene called Commissioner Sainer, Marcia, then Bureau Chief of the 200-person New York City unit for delivering direct service to New York's 1.3 million elderly, volunteered to take on an additional task.

Building an organization that would make Gael's dream a reality. And so, Citymeals-on-Wheels became one of the first public/private partnerships in America. It is this passion and tenacity that fuel Marcia's extraordinary leadership to this day.

Marcia speaks ardently about what keeps her going. “The letters I receive from the grateful older people we nourish makes me feel I am putting my life to good use, that I will leave something behind of value. I am also tremendously heartened when I see increasingly generous gifts from our 50,000 donors. I always believed people would respond if they could only meet the courageous elderly who receive meals at home every day. I have never been disappointed. I think of these donors as our Citymeals family. We promise that 100% of their gifts will go

entirely for the preparation and delivery of food to New York's frail aged. That is what we have done for 25 years. We have board members who pay for our overhead and sponsorship of our special events, but everything else goes right into a special fund earmarked just for home-delivered meals."

If you ask Marcia what her proudest achievement is she will tell you "34 million meals delivered to the door at times when our elderly neighbors would have been alone and hungry. But I could not have done it alone. It took Gael Greene's vision and dedication, the willingness of Commissioner Sainer and Mayor Koch to take a chance on a new way to generate services and the caring hearts of thousands of donors."

Looking ahead, Marcia identifies three challenges:

1. To keep pace with the growing need, the explosion in the number of New Yorkers living to 85 and beyond. There has been a 20% growth in this group in just ten years and the trend is expected to continue.
2. To meet the varying needs of elderly New Yorkers as they advance into old age. More and more people will require special meals for diabetes, soft diet foods. Many will need more than just one meal a day.
3. To bring more human company into the homes of elderly meal recipients, 70% of whom live all alone.

"Loneliness and malnutrition are two conditions we can improve," Marcia says. "When someone is all alone and a volunteer comes to visit, that person is no longer alone. When a nutritious meal is delivered to the door, a frail elderly person is no longer hungry. We are optimistic about what we can achieve, especially when we look back to 1981 and see how much we already have been able to do together."



Marcia Stein with Ingrid, 2006.

Janet Sainer

Charter Board Member
Former Commissioner Dept. for the Aging

Janet Sainer answered the phone on a November day in 1981, with no idea she was about to make history. As Mayor Ed Koch's Commissioner for the New York City Department for the Aging, she was the go-to person for any and all senior-related activities. At the time, the city was providing only weekday, no weekend, meals for the homebound elderly. And only on days City offices were open. On holidays there were no hand-delivered meals.



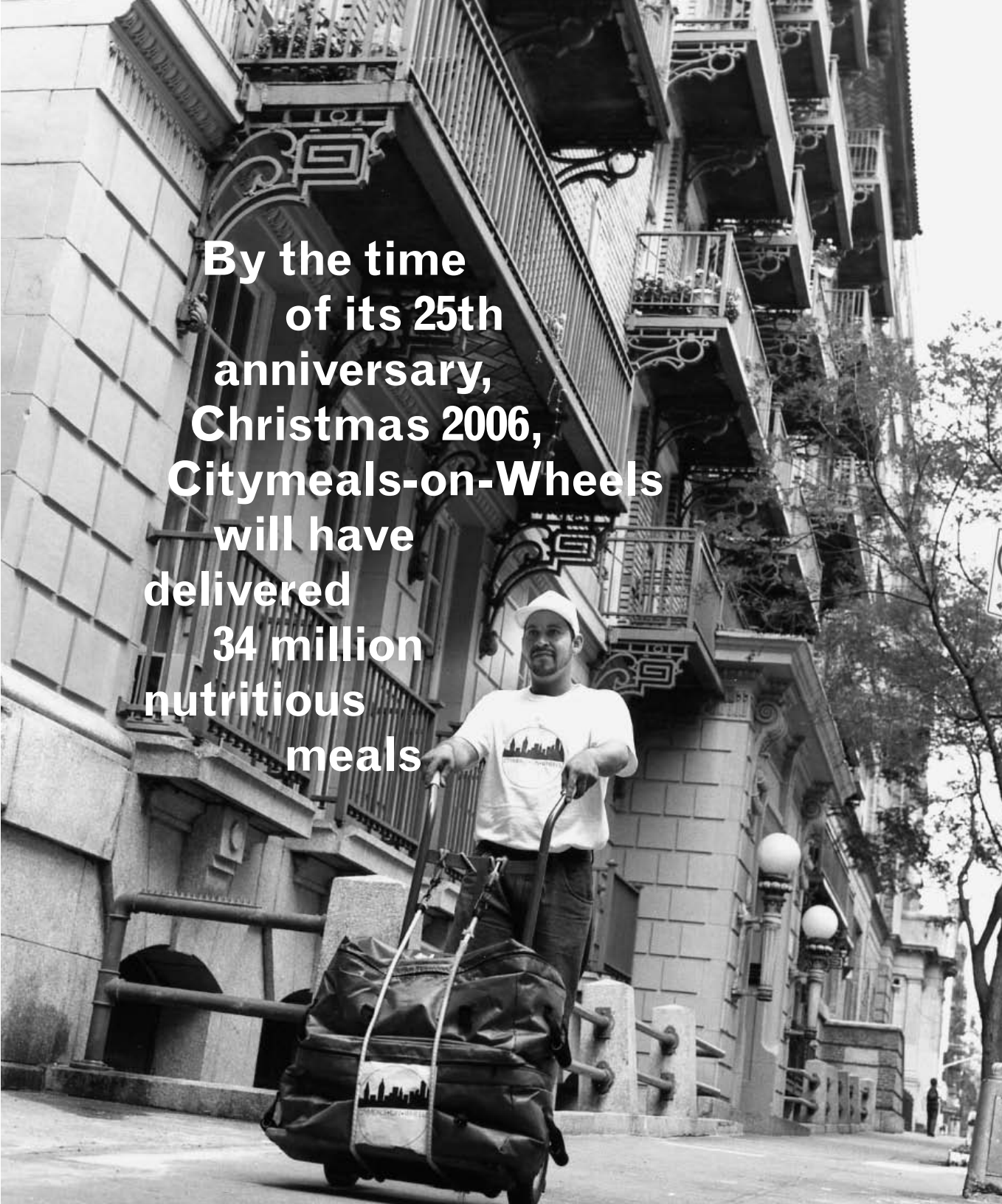
Janet Sainer

On November 22, 1981 a newspaper story reported of elderly shut-ins saving scraps from weekday meals to make it through Thanksgiving weekend. The phone call, from an impassioned and incensed Gael Greene, having just read the article, moved Janet. "She was so angry that the city wasn't feeding these people. I told her the number of people in need far outweighed our funds." But Janet understood, having spent the early years of her long and successful career as a social worker working with the elderly. She fully grasped the problem. "I knew what she wanted was wonderful. I told her I'd be happy to work with her," Janet says, in spite of the challenges she envisioned. This was the initial step leading to a pioneering public-private partnership.

Gael raised funds over the weekend for Christmas meals; Janet would administer their distribution. "We were the first city agency that sought outside funds," Janet adds, a groundbreaking task, but worth the effort. She cut through the bureaucratic red tape, involved her boss, Mayor Koch, and eventually made the joint venture work. As the program developed, it was a win-win for all involved. "It was very exciting. Here we saw an unmet need being addressed." From that first year of 6,000 Christmas dinners to currently serving 2.5 million meals a year to over 17,500 people, Citymeals-on-Wheels has grown as the elderly population has grown and Janet has been there for the entire twenty-five year journey, moving from Commissioner to active member of the Citymeals board.

Janet fondly remembers her mother Matilda, a school principal and single parent who instilled in her daughter compassion, strength and determination. Both Janet and her mother received their college degrees the same year! "I saw my mother as an outstanding woman, doing the best she could, not just for herself, but for others." Janet continues to be inspired by her. Now 88 and still a Citymeals-on-Wheels board member, Janet remains an integral part of what she considers a remarkable institution, one which certainly could never have developed without her early involvement. "I'm proud and delighted to be doing something that enriches the lives of people."

**By the time
of its 25th
anniversary,
Christmas 2006,
Citymeals-on-Wheels
will have
delivered
34 million
nutritious
meals**



About the People Citymeals Serves

To qualify for home-delivered meals, a person must be over sixty years old and have a physical or mental disability so severe it prevents them from shopping or cooking for themselves.

Meal recipients are chronically disabled by conditions such as vision loss, diabetes, arthritis, and heart disease. They



are not so ill as to require institutionalization—if food and a little company come to the door every day.

The age of meal recipients is increasing rapidly. New York City is home to nearly 1.3 million seniors 60 and older. The number of the oldest elderly, those 85 and more is growing the fastest. Over 75% of meals-on-wheels recipients are over 80 years old; 12% are over 90; more than 100 have lived at least a century.

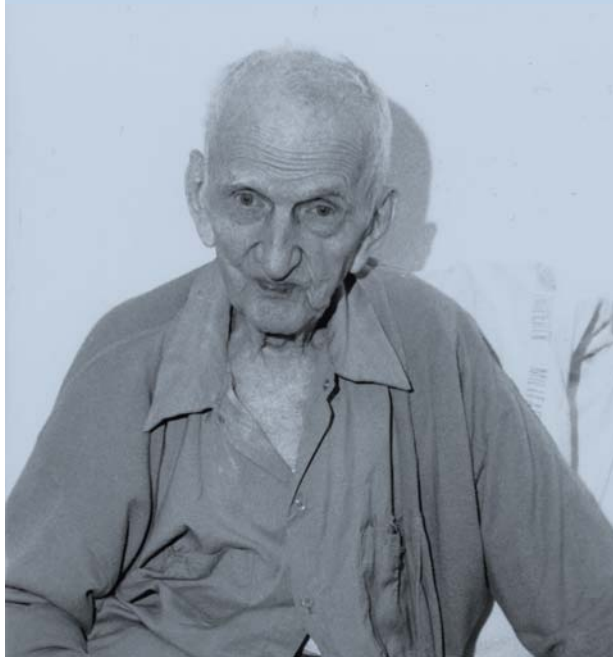
73% of recipients are women. They live longer than men, suffer from a life-long pattern of income disparity, and often outlive potential caretakers

like spouses, friends, even children.

Homebound elderly are usually isolated. 75% live alone; 40% rarely or never leave their homes; 8% have no one to talk to.

In fiscal year 2006, Citymeals-on-Wheels, delivered 2.5 million meals to over 17,500 elderly New Yorkers.

For 25 years, 100% of contributions from the general public have been used exclusively for the preparation and delivery of meals. Administrative costs continue to be covered by designated grants from our board members, several corporations and foundations, and the City of New York.



Citymeals-on-Wheels works through a public/private partnership with the New York Department for the Aging (DFTA) raising private funds to provide weekend, holiday, emergency and waitlist meals to supplement the government's weekday home-delivered meals program. Citymeals contracts with 102 community-based meals-on-wheels programs, operating out of senior centers, churches,

Terrence Cunningham

"I have a program to run. I have seniors to take care of." Responsible for delivering approximately 800 meals a day, Terrence knows everything about getting meals to the doors of his elderly recipients. He fixes trucks, answers phones, and makes sure all incoming food is kosher, even the coffee the staff carries in for themselves in the morning. Terrence began working at JASA South Brooklyn in 1987. Over the years, he has played many roles. Once it became evident how well he treated the elderly and how much he cared for them, he

was quickly recruited to be a meal deliverer. He delivered meals for six years before joining the management team.

Born and raised in Jamaica, Terrence moved to New York in 1986. The Brighton Beach community he serves now has changed his life. His lively Jamaican accent is spiced with Yiddish... mentions of "schlepping through the snow" in order to serve meals after a blizzard crippled most of New York City last February, "his work is a mitzvah" and he proudly wears a "MOW" (Meals-on-Wheels) hat

synagogues and community agencies throughout the five boroughs of New York. These community providers identify eligible clients and prepare and deliver nutritious daily meals.

Each meal center creates menus reflecting the culture and ethnicity of its local community. Every meal provides one-third of the Recommended Dietary Intake of major nutrients for an elderly person.

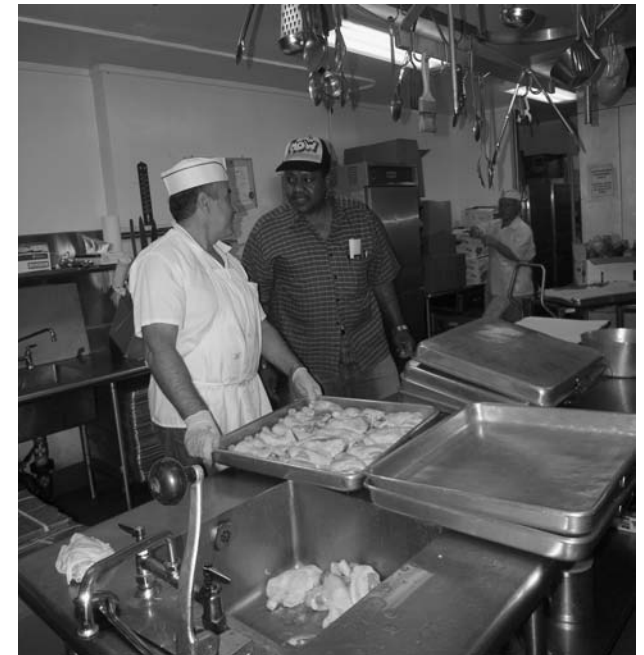
made for him at a bat mitzvah. Standing outside on the boardwalk, he greets two older neighborhood women. He knows their first and last names and he asks about family; he even greets one in her Russian native tongue... and these are not even his meal recipients.

Terrence has served hundreds of the elderly in Brooklyn, staying in touch over the years and recognizing their voices when they call. He becomes serious when he talks about making sure his team of deliverers know not to

hesitate calling for help if a meal recipient does not answer the door. "We have saved quite a few lives. We don't waste time," he says. From across the office, his assistant interrupts to add just how much, "saving people is intrinsic to his nature. It's not just what he does, it's who he is. He cares deeply."

And how does Terrence feel about working six days a week, passing up seven weeks of vacation last year? "This is where I need to be now. My reward will be upstairs. Ashem (God) knows."

How Citymeals Helps



Meals Make the Difference



used to remain closed. Citymeals funding allows many centers to remain open now on holidays for those who are able to walk in and staff and volunteers deliver meals to the homebound. Also, now many centers can deliver two meals the day before a holiday under contract with Citymeals.

Citymeals funded the preparation of 48,414 holiday meals in fiscal 2006 at an average cost of \$4.93. We did this by:

- ▶ Providing funding for local meal centers to prepare and deliver fresh meals on holidays such as Thanksgiving and Christmas
- ▶ Supplying local meal centers with festive catered dinners for Thanksgiving and New Year's Day.
- ▶ Working with New York's restaurant community to host gourmet dinners for their elderly neighbors on Thanksgiving Day.

Weekend Meals

Citymeals contracts with local meal centers to prepare and deliver nutritious meals on Saturdays, Sundays and holidays as government funding only covers meals Monday through Friday and not on holidays.

In fiscal 2006, Citymeals-on-Wheels funded the preparation and delivery of 1,170,522 weekend meals, serving 13,468 homebound elderly New Yorkers every weekend. The average cost of a weekend meal was \$5.16

Holiday Meals

Holidays are particularly lonely for our elderly neighbors who may have outlived spouses, friends and sometimes even their own children and yet these are days when government-funded programs

Holiday Food Boxes

When local meal centers must close throughout the year for holiday observances, we are there to guarantee that homebound clients have food. We provide boxes of shelf stable food and special treats —canned tuna and chicken, shelf stable milk, cookies, crackers and juices, a total of 367,916 shelf-stable meals during these times. We receive incredibly moving letters from our aged recipients when these boxes arrive.





During fiscal 2006 Citymeals provided holiday boxes for Summer Heat, Labor Day, Yom Kippur, Columbus Day, Thanksgiving, Season's Greetings, New Year's, Martin Luther King Jr. Day, President's Day, Purim, Passover, Good Friday, Memorial Day, Independence Day. Every box contained a holiday greeting card from Citymeals and/or from the generous donor who underwrote the cost of the specific holiday box. The average cost to deliver a boxed holiday meal was \$6.08.

Weekday Wait List Meals

Citymeals helped 38 local meal centers prepare and deliver 335,000 weekday home-delivered meals. Without this vital program, 1,404 vulnerable seniors would have languished on waiting lists until space opened in the government-funded weekday meals program. Weekday meals cost an average of \$5.27.

Emergency Food Packages

Citymeals-on-Wheels sends a large box of non-perishable food to every homebound client in late fall. This Emergency Food Package means security for our vulnerable elderly through the harsh winter months, when bitter winds and icy sidewalks can make getting to the corner nearly impossible. Not only do our frail aged have insurance in such emergencies, they also have treats they might not see otherwise. Clients are encouraged to keep some food on hand in case a winter weather emergency keeps their regular meals deliverer from getting to them.

In November 2005, Citymeals delivered 17,398 Emergency Boxes. Each box contains the equivalent of 12 nutritious meals plus extras like coffee, tea, peanut butter and whole-grain breakfast cereal. Citymeals shipped additional Emergency Food Packages in August 2005, February 2006, and May 2006 to more than 660 meal recipients who were identified as nutritionally at risk. Each Emergency Food Package costs \$50.00

This year, Citymeals also delivered Summer Heat Emergency Packages with extra water to all our meal recipients...and sent water to meal deliverers as well.

Supper Meals

A joint study with Cornell University recently identified 14% of Citymeals' clients as at risk for malnutrition. These elderly are the poorest, frailest and most isolated. They do not have the means to supplement their one daily home-delivered meal.

In Fiscal 2006, Citymeals delivered 229,891 supper meals and doubled the number of aged on the Supper Meal program to just over 1,000 served through 16 local meal centers. Citymeals is committed to expanding the Supper Meal program to meet this unsettling, indeed, unacceptable need. It is our goal to serve supper to 1,400 of the City's most frail in fiscal 2007.



Views from Behind the Doors

Bao and Jin

The bureau was covered with pill bottles. There were more on the coffee table next to the Chinese newspaper Bao, 74, reads every day. Jin, 76, is diabetic, has high blood pressure and has had two strokes. She rarely leaves their tiny third floor walk-up apartment. They are cheerful and affectionate with one another. As Bao moves his chair closer to his wife of 52 years, in spite of his arthritis, heart problems, and their meager circumstances, he insists



he is the best person to care for her and refuses any outside help.

Bao was an electrician back home in Guongzhou, China, Jin a homemaker.

They enjoy television, particularly the Chinese channels. Bao, now an American

citizen, wants to learn to speak English but has memory problems.

Spending most of the day home alone, having someone else to talk to gives Bao and Jin great pleasure. They are extremely grateful for Citymeals-on-Wheels, which in addition to the home delivery of nutritious Chinese food, brings a welcome and friendly visitor to their door each day. Citymeals means "one less thing we have to worry about."



Minnie

The apartment was dark and overly warm, the floor ragged linoleum. In a small bedroom, on the edge of a bed covered with piles of undiscarded memories, perched Minnie, 85. But the dimness of the light was mitigated by Minnie's unstoppable radiance. "After July, I'll start on 86." The lone survivor of six siblings, she says, "I'm still here—for some reason the good Lord said I should stay."

A chambermaid at the Algonquin Hotel for 25 years until retiring in 1981, Minnie speaks proudly of her role as shop steward and "mother hen" to her female coworkers. "I loved to make things sparkle. It made me feel good when people told me how happy they were with my work." Minnie laughs recalling evenings of dinner, drinks and good friends, when her husband Nathaniel—

"Boot"—would entertain with impromptu soft-shoe dancing. Whether joining him in a duet or cheering him on, Minnie and Boot enjoyed 37 years together until his death in 1981. In 1997, she had a knee operation. "Since then, I started to go down, down, down." Her only child, Shirley, died in 2003 of diabetes. With rare exception, she hasn't left her apartment since.

Looking out her window, she sees her old friends sitting outside. "I don't need to be out anymore. I don't miss it. I'm happy. I have my TV, my puzzles. And I love basketball!" Barely able to walk, Minnie looks down at her torn sneakers. "I need shoes... I worry about my rent, my phone, my life insurance. Citymeals is so wonderful. I couldn't afford food..."

Citymeals-on-Wheels works with volunteers from all walks of life and all city neighborhoods to bring more human contact and companionship into the lives of isolated elderly New Yorkers. In Fiscal 2006 the Citymeals volunteer network doubled to over 500 providing support through a variety of programs:

Weekend Meal Deliveries

Every weekend, individuals and teams of volunteers deliver meals and spend a few minutes visiting with meal recipients.

Senior Script

Elderly recipients send hundreds of letters each year to Citymeals thanking us for their meals and sharing stories about their lives. Volunteers respond to these hand-written heartfelt notes with warm individual letters.



Senior Chat

Each week volunteers visit via phone with lonely meal recipients. Volunteers make calls from their homes or offices on their own schedules, and report any problems or emergencies back to Citymeals.

Friendly Visiting

New satellite volunteer sites are now operating in Bay Ridge, Brooklyn; Chelsea; Central Harlem; Coney Island, Brooklyn; East Harlem; Long Island City, Queens; Midtown West; Northeast Queens; Prospect Hills, Brooklyn; Queens Village, Queens; Upper East Side; and Washington Heights/Inwood. Fully trained volunteers visit meal recipients in their own homes and bring a caring human connection into their lives. Long lasting and mutually rewarding relationships develop during these visits.

During Fiscal 2006, the Friendly Visiting program was funded through a New York State grant sponsored by State Senator David Paterson and by a demonstration grant from the Starr Foundation.

Handmade Birthday and Holiday Cards

Adults are not the only volunteers at Citymeals. Children in New York City public and private schools creatively design holiday and birthday cards for their homebound elderly neighbors. Over 23,000 children deliver warmth and learn personal fulfillment through giving to others.

Volunteers Build Connections



Board member Kathleen Turner with Muriel

Volunteers Deepen Relationships



Miriam

Miriam Israels came to Citymeals-on-Wheels, following two successful careers. She worked as a secretary in New York until her forties, followed by twenty-eight years in Mexico, as the director of a school with 85 teachers and thousands of students.

Born and raised in Brooklyn, Miriam was

heavily influenced by her grandmother who spent every Friday, making a table full Shabbat packages to hand out to those less fortunate in the community. In 1983, upon her return to New York, and already a "senior" herself, Miriam wanted something to occupy a few hours each week and a way to give a little back to her home city.

The Mayor's Office of Volunteers referred Miriam to Janet Sainer, then Commissioner for the Department of the Aging.

Sainer quickly put her to work as Citymeals-on-Wheels' first volunteer. Miriam answered the phones and helped Janet and Marcia Stein write notes to Citymeals' donors. Later she worked with the restaurant community to develop some of Citymeals-on-Wheels first partnerships and is proudest of the Corporate Dineout, still running each year, raising enough annually to provide over 180,000 home-delivered meals. The formula was

simple: she asked leading restaurants to donate tables of six, later "sold" to corporations for thousands of dollars and not a penny went to overhead; 100% of the proceeds went to food. "That was my baby. The end result is that we were feeding people. It was, and is, so amazing to me." "We can't pay for anything; everything was to be donated. We're Citymeals-on-Wheels, and every penny goes to meals." No one could resist Miriam's passion.

Roger

At 27 and a newcomer to New York City, Roger began delivering meals in November 2005. Now a full-time writer for an on-line financial magazine he still finds time to volunteer. "My mother is very religious, very big on giving back. She is definitely my inspiration." He finds the elderly present a great

challenge and deep satisfaction. "They're always grateful. They truly understand I'm taking valuable time out of my weekend to volunteer and they appreciate it. Often, I'm their only human contact."

Recently, 78 year-old John, a wheelchair-bound client was added to Roger's delivery route. Roger arrived

to find the apartment in shambles and filth everywhere. His new client was clearly unable to care for himself, but was unwilling to ask for help or move to a nursing home. He had no surviving family members. While Roger and a buddy cleaned the apartment the next week, John mentioned his

birthday was in a few days. The following week, Roger stopped by to wish John a happy birthday, and that was it. Now, after his Saturday meal deliveries, he spends a few hours with John. "If I don't show up, he misses me. Now he's my responsibility. It makes me feel good to brighten someone's life."



Donald Tober

Original and Current Board Member

"I can't save the whales, I can't save the ozone, but I can save some New Yorkers," says Donald Tober, a man endowed with a profound sense of community spirit, the energy and skill to follow through on whatever he undertakes, and a deep caring soul. Why Citymeals-on-Wheels?

"Citymeals is the most compelling non-profit I know of. It's humanity. For me, it's a privilege."

An original Citymeals board member, Donald remains, after 25 years, as fervent and committed as in the early days. "When Gael called me in 1981, she wanted \$425." He sent her a check, which at the time provided holiday meals for

100 people. "There is no way of resisting Gael Greene. Every non-profit should have a person you can't say no to."

He recalls going on a meal delivery with Marcia Stein on the Upper West Side. "It was February 1982 and it was cold. We knocked; it took a while before someone finally answered. The man was curled up, leaning

against the wall," he says, indicating the man's obvious discomfort. "But when he saw me and Marcia standing there in the hall, he straightened up and smiled! He was in his 80s, an old actor, with no Social Security. It's the kind of thing you never forget. It's burned into my memory."

His zeal for Citymeals is palpable. "I'm an enthusiastic person. I have to maintain what I came for, to complete the task. Maybe next year, I can feed 20,000 people."

A man of many passions—art, food, and serving the community he loves—Donald has whittled the philosophy of giving to "the three Ws: wealth, work and wisdom. If you don't have one, give the other." Donald Tober practices what he preaches.

Corporate Donor Spotlight



Board member Donald Tober with meal recipient, 1989.

The Future Is Now

Now it is time to plan for the next twenty-five years and begin to put those plans into action. We need to reach every elderly New Yorker still in need, to anticipate the needs of aging baby boomers and serve those on our rosters in the best ways possible.

Over the next quarter century, Citymeals will face even greater challenges with the expected surge in the number of homebound elderly. As life expectancy and the age of meal recipients increases, so does the need for programs to support these older, and potentially sicker New Yorkers.

Citymeals is currently piloting a diabetic meal program on a local level to meet the growing rates of obesity and diabetes in many of our communities. More than 800,000 New Yorkers currently suffer from diabetes. In conjunction with the Wartburg Lutheran Mobile Meals Center in East New York, Brooklyn and Brookdale University Hospital, the pilot introduces diabetic medically approved meal services to those who would otherwise be unable to eat our traditionally prepared meals. With only 100 initial slots, there is room to expand not only in Brooklyn, but across all boroughs.

Union Settlement of East Harlem is working with a nutrition consultant, as is Glenridge Senior Center, to teach kitchen staff how to prepare healthier meals. The fat content in meals has been reduced; herbs and spices have been introduced. And most important, the feedback from meal recipients is very positive.

Citymeals would like to expand these programs to other communities and to begin serving other medically approved types of meals including renal diet and soft foods.

Twenty-five years ago, Gael Greene and James Beard could not have imagined their Christmas meal delivery would grow to become a \$17 million a year program serving over 2.5 million meals to more than 17,500 homebound New Yorkers annually. We must now imagine what it will take to do the job for the next twenty-five years and find the money to make it happen. If history is any judge, you, the generous family of New Yorkers, will heartily respond to the challenge.

We are on the cusp of a tremendous opportunity to increase the quality of life for the City's growing population of homebound elderly. Citymeals-on-Wheels, with your help, stands ready to meet the challenge.



Loyce Godfrey

“You know how they say God has a purpose for you?” Loyce Godfrey’s words best describe how she was initially drawn to the work she does. She has been working with elderly New Yorkers since the mid-1970’s, and is currently involved in projects addressing nutrition and the elderly. She is primarily a food service management consultant with a very progressive way of thinking.

Her expertise and range of experience are two reasons Citymeals-on-Wheels asked her to assist one of its participating community agencies, Union Settlement in East Harlem. Loyce’s goal is to bring healthier food to the neighborhood’s homebound elderly, a group with a wide range of nutritional issues. She began this project as a silent observer. She watched the kitchen staff in their daily routines, ordering food, prepping and cooking

meals, then packing them for delivery. At each step, she identified ways to make meals healthier and increase efficiency. Since Loyce arrived, the Union Settlement staff has improved their purchasing and now order poultry and meat in portion-appropriate units rather than by the pound. This created less preparatory work and provides more accuracy in meeting nutritional guidelines.

There are also savings since there is less waste. With more time free they can organize the next day’s meals, starting items that take longer to prepare. Although chicken is purchased skinless to lessen fat intake, they quickly realized that the bird becomes dry during cooking. Loyce taught them to marinate the meat overnight and cook it at different temperatures to increase flavor and maintain moistness. She



encouraged the use of natural broths and healthy oils over butter; garlic, herbs and spices instead of simply salt. The kitchen has also added whole grains in their meals—no more white bread or rice.

As East Harlem began rolling out these new healthier meals, the positive feedback came quickly. “They all love the fresh flavors!” Loyce says proudly.

Loyce’s efforts in East Harlem are just the

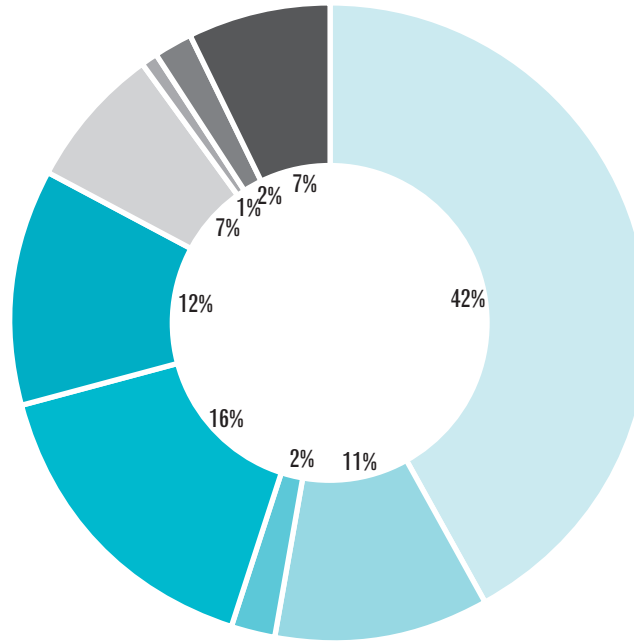
beginning. Her goal is to bring healthier meals to the homebound elderly across all five boroughs of the City. These efforts are helping New York’s frailest citizens, people unable to shop or cook for themselves, to better manage conditions like diabetes, or prevent its onset. “I have been on this path for so long...we have a responsibility and obligation to do this,” Loyce says with conviction, “its criminal not to.”

Healthier Meals for Improved Aging

Funds Spent, Restricted

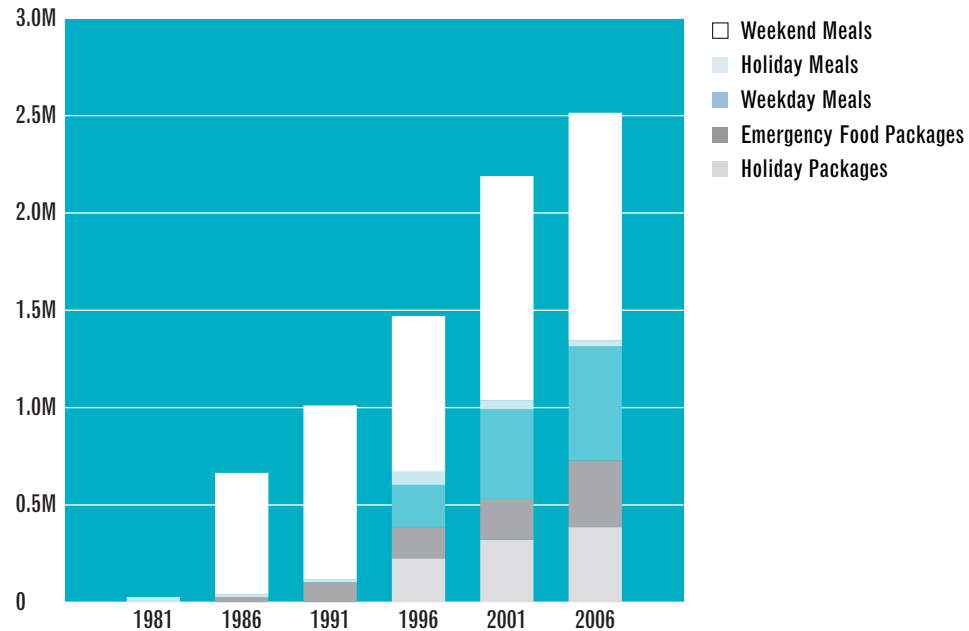
100% of all contributions to Citymeals-on-Wheels from the general public are used exclusively for preparation and delivery of meals. Not a penny is used for administrative costs. This graph represents how general donations (“restricted funds”) were used on FY06.

All funds needed to cover administrative and fundraising expenses are raised separately and specifically for these purposes. The major sources of administrative funds are grants from foundations, corporate sponsors, the City of New York, and Board members of Citymeals-on-Wheels.



FUNDS SPENT, RESTRICTED	FY2006
Weekend Meals	\$5,849,608
Weekday Meals	\$1,503,201
Holiday Meals	\$274,035
Holiday Meal Packages	\$2,226,737
Emergency Food Packages	\$1,725,027
Supper Meals	\$1,005,075
Outreach	\$54,384
Case Management & Friendly Visiting	\$224,301
Program Coordination	\$985,068
Total	\$13,847,435

Number of Meals Funded



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