



ANNUAL  
REPORT  
2007-2008



Dear Meals On Wheels,

Dear Supporter,

# Our Mission

Meals On Wheels of San Francisco exists (MOWSF) to **alleviate the food insecurity and loneliness experienced by seniors** who want to stay in their own home but cannot shop or prepare meals for themselves.

It is our mission to **provide isolated seniors with nutritious meals, daily human contact, and supportive services** to prevent their premature institutionalization.

# Our Programs

## Home Delivered Meals

We provide two meals per day, seven days a week, 365 days a year. We offer low sodium, diabetic and mechanically softened meals for clients with special dietary needs.

## Social Work

Our professional staff conducts regular visits , provides referrals and ongoing monitoring.

## Case Management

Case workers assist clients who encounter crises or have special needs.

## Nutrition Counseling

Registered dietitians advise clients on how to manage and minimize chronic conditions.

## Volunteer Services

We match homebound seniors with volunteers to lessen senior isolation.

## Congregate Meal Site

The Dorrwin B. Jones Senior Center at Trinity Episcopal Church, 1669 Bush Street, serves a hot lunch to an average of 130 seniors each weekday.

## Home Safety Program

We provide grab bars, railings, smoke detectors, and other items to improve safety in the home.

## Emergency Client Needs Program

We offer items such as microwaves, small refrigerators, shower chairs, bath mats, medisets, coolers, and bed linens.

## Petpal/ PAWS Partnership

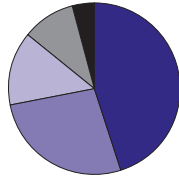
MOWSF has partnered with PAWS to deliver pet supplies monthly to MOWSF seniors' pet companions. Supplies are donated via our partnership with the PETCO Foundation.



# Our Clients

## Ethnicity

Caucasian	45%
African American	27%
Asian/ Pacific Islander	14%
Hispanic	10%
Other	4%



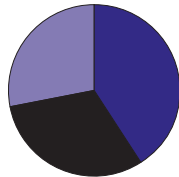
Meals On Wheels of San Francisco serves the seniors in San Francisco with the greatest physical, social and economic needs. The seniors we serve are frail, isolated, and confronted with the anxiety that the cost of living may one day outweigh their limited income.

All of our clients are physically challenged due to a variety of conditions such as heart disease, cancer, vision loss and diabetes.

- 65% are on modified diets
- 63% are low income
- 62% live alone
- 60% are over 75 years old

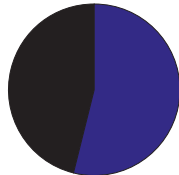
## Age

60 - 74	41%
75 - 84	31%
85 +	28%



## Gender

Female	54%
Male	46%



# 2008 Accomplishments

- ☺ 806,665 meals delivered to homebound seniors
- ☺ An 11.5% increase over 2006-07 and 56,665 meals over our 2007-08 goal
- ☺ 2,198 unduplicated seniors served, a 9.8% increase over 2006-07
- ☺ 918 seniors removed from the waiting list and placed on our program
- ☺ 4,563 hours of social services provided
- ☺ 1,060 hours of nutrition counseling provided by registered dietitians to 1,279 seniors
- ☺ 514,577 modified meals delivered to seniors with special dietary requirements
- ☺ 35,281 meals served at the Dorrwin B. Jones Senior Center
- ☺ 333 seniors served at the senior center

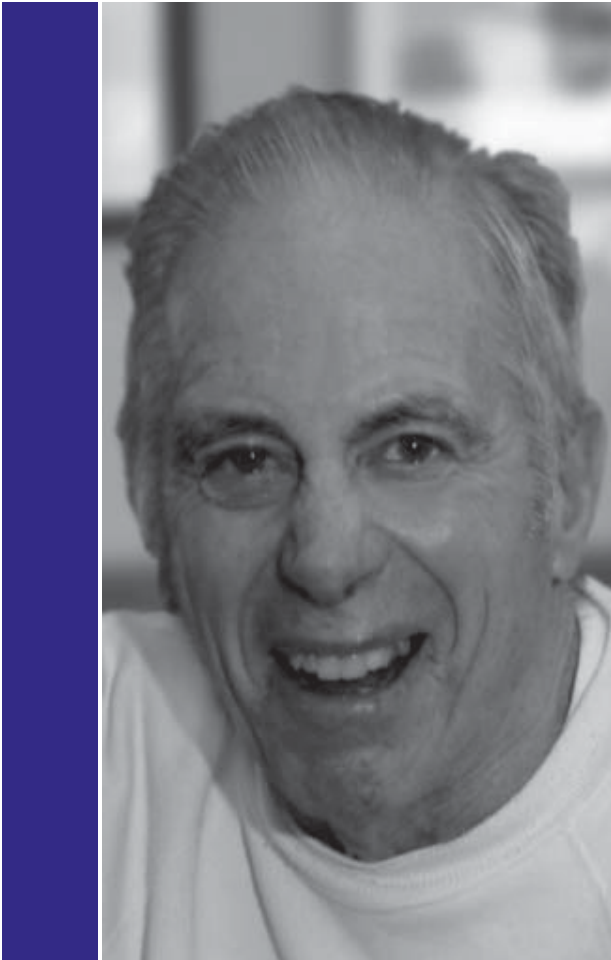
# Finances

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# Audited Numbers

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# Thank you to our generous supporters...



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# The Vision Forward

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In addition to increasing the number of meals we serve each year, MOWSF is dedicated to constantly improving the quality and effectiveness of our services. During the 2008-2009 fiscal year we will focus on the following four areas:

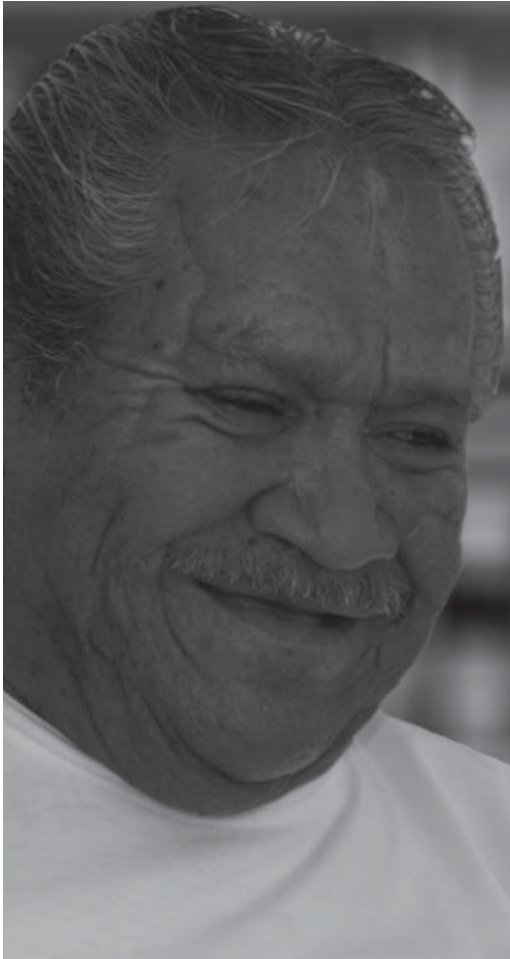
- ☺ No senior shall wait more than 30 days for services, and, we will ensure that seniors in emergency need receive our services within 3 to 5 days.
- ☺ We will maintain 85% or better client satisfaction with our meals while maintaining the most cost effective cost per meal for home-delivered meals to seniors in San Francisco
- ☺ We will ensure high quality human contact and reduce isolation for MOW clients by maintaining a quality/stable driver and social work team and through rapid expansion of volunteers who serve as friendly visitors for our seniors.
- ☺ Through referrals to services and our own programs work to meet MOWSF client needs beyond nutrition – most importantly, safety in the home.

## Legacy Society

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**Fund the future of Meals On Wheels of San Francisco (MOWSF) through your estate planning or special legacy giving.**

By leaving an investment to MOWSF, you become a member of The Legacy Society, a group of extraordinary men and women from all walks of life who have created a lasting gift for MOWSF. Members of the Society are people who have demonstrated their belief in the work and mission of MOWSF by including the organization in their estate plans; it is a deep and moving commitment.



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