



**MEALS on WHEELS**  
SAN FRANCISCO



Willie, age 89

Mary, age 80s



# Agenda

A woman with dark hair in a braid, wearing a dark blue long-sleeved shirt and a high-visibility safety vest with reflective stripes, is smiling and loading a large green bag into the back of a white van. The van's side panel has circular icons and the words 'MEALS', 'SAFETY', and 'VISIT'. The background shows a red building and some outdoor equipment.

1 Meals on Wheels San Francisco: Who We Are

2 Who We Serve

3 What We Do

4 Senior Isolation and Loneliness





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Who We Are



# Meals on Wheels San Francisco

## Our Mission

Meals on Wheels San Francisco is committed to the belief that all seniors have the right to live independently with dignity and respect in their own homes for as long as safely possible.

It is our mission to provide isolated homebound older adults in San Francisco with nutritious meals, daily human contact, and supportive services to prevent their premature institutionalization.





# Who We Are

5K

Clients

35

Kitchen Staff

30

Drivers

12

Social Workers

3

Nutritionists



**DANGER**  
DO NOT CLEAN  
MACHINE WHILE  
ENERGIZED  
  
DO NOT PLACE HANDS  
BETWEEN PLATES  
WHILE MACHINE IS  
OPERATING





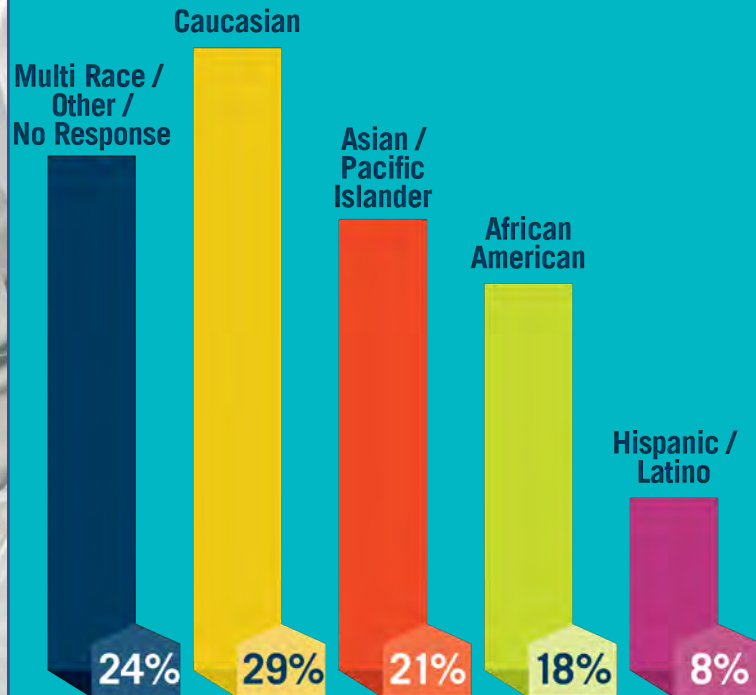
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# Who We Serve





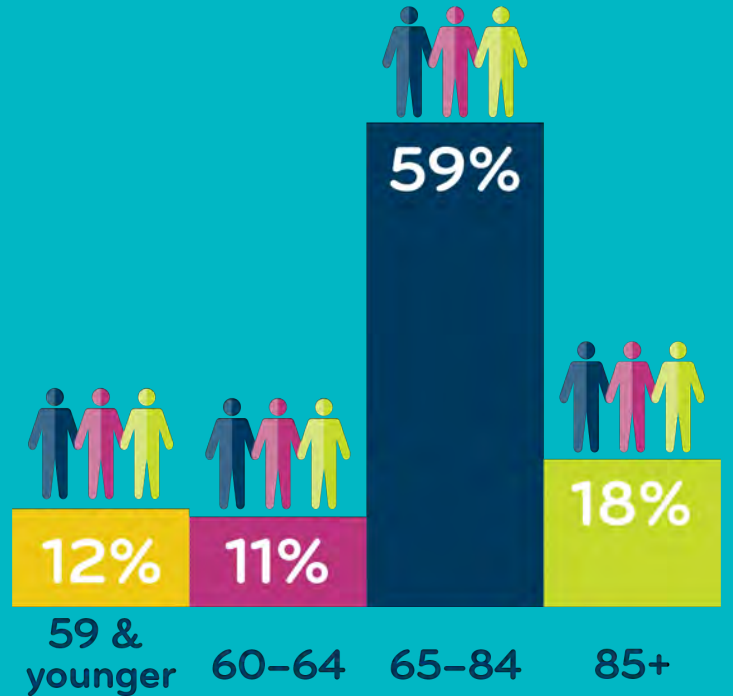
# Who We Serve



56% Male

43% Female

1% Transgender





## Where is “home”?

Our goal is to help S.F. seniors remain at home anywhere in the city.



**Tenderloin = 24%**

**South of Market, Civic Center = 19%**

**Richmond, Sunset, Forest Hill = 14%**

**Bayview Hunters Point, Visitacion Valley, Potrero Hill = 12%**

**Pacific Heights, Western Addition = 10%**

**Mission, Upper Market = 9%**

**Chinatown, North Beach, Russian Hill, Nob Hill = 7%**

**Excelsior, Ingleside = 5%**

Clients live in every neighborhood in every type of housing



A man with a mustache, wearing a red button-down shirt, stands in a kitchen. He is looking out a window and gesturing with his right hand towards several potted plants on the windowsill. The plants include a large green vine and some smaller herbs. On the windowsill, there is also a white cup and a bottle of dish soap. In the background, a chalkboard has the address '777 VALENCIA' and some dates written on it. To the left, a refrigerator is partially visible with some magnets and a calendar on it.

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## What We Do

Kurt, age 75



# Our Services

## Social Work



**3,217 seniors in SF**  
assessed by our  
Social Work team

## Safety Checks



**284,884**  
daily wellness visits  
in 2022

## Volunteer Services



**542 volunteers**  
made cards, delivered items to  
seniors, or contributed in other ways

## Nutrition Counseling



**1,685 seniors**  
received nutrition  
counseling in 2022



# Our Impact



**20,193 meals**

delivered to San Franciscans  
impacted by COVID in 2022

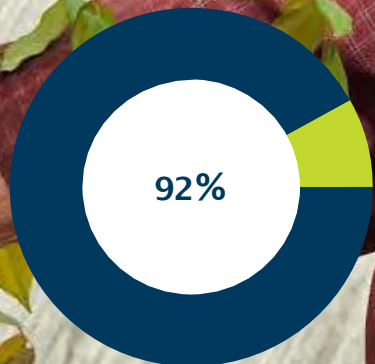


**12,608 people**

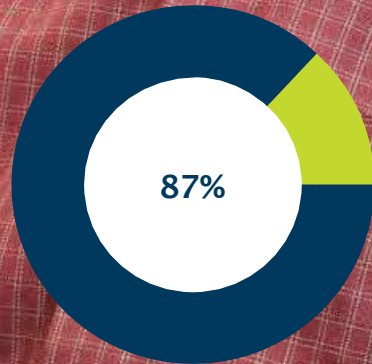
served in all programs,  
regions, and ages in 2022



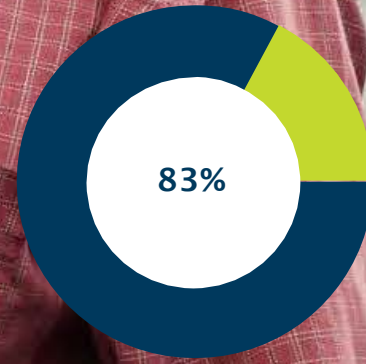
served, a **2% increase**  
from 2021



REMAIN AT HOME



SAFE AND SECURE



IMPROVES THEIR HEALTH



# Volunteer Opportunities

## Grocery Shopper

460+ shopping trips annually



## Client Needs

Deliver MOWSF provided household items



## Cards for Seniors

12,500+ cards sent annually



## Home Delivered Groceries

350,000 lbs. of food  
packed and delivered annually



## Friendly Social Caller

650+ calls annually





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Senior Isolation and Loneliness





# Isolation and Loneliness



**67%**  
of San Francisco  
seniors  
**LIVE ALONE**



**14% of seniors in SF**  
have poor mobility or are bedbound



# Loneliness and Isolation

Isolation and loneliness  
lead to an increase in:



Pain



Anxiety



Depression



Insomnia







## Loneliness and Isolation

### Isolated seniors experience:



7% increase in mobility issues



12% decline in daily activities



14% increase in mortality



# Isolation Support Program



## Phone Check-in

- MOWSF checks in on our clients at least quarterly
- Allows us to meet city requirements for funding
- Quick call to get feedback on our service and have a friendly chat

## Monthly Birthday Bag

- MOWSF gives each client a bag of cookies and a card
- A small treat, since our clients rarely receive sweets
- Reminds our clients that someone is thinking about them





A photograph of a woman with long brown hair and a blue cardigan laughing while looking at an elderly woman. The elderly woman, Verna, is wearing a blue robe over a floral patterned shirt and is also laughing. They are indoors, with a plain wall and ceiling visible in the background.

**Contact Us:**  
**[volunteer@mowsf.org](mailto:volunteer@mowsf.org)**  
**415-343-1286**

Verna, age 96

**THANK YOU!**



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