

AniMeals Program

We know that pets are part of the family, so GSC Meals on Wheels makes sure we provide for two and four legged participants so everyone stays healthy and happy. **AniMeals** is a donation-sustained service, which provides weekly deliveries of pet food, litter, treats and toys to clients who find it hard to maintain the nutrition of their companion animals. We realized that many of our seniors were sacrificing their own nutrition and giving their meals to their pets. This program makes sure that everyone eats and has the nutrition to keep them happy and healthy.

As you gear up for the holidays, learn some important tips for keeping your pets clear of the following unhealthy treats, toxic plants and dangerous decorations.

- Securely anchor your Christmas tree so it doesn't tip and fall, causing possible injury to your pet. This will also prevent the tree water—which may contain fertilizers that can cause stomach upset—from spilling.
- Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems.

For more tips, head to our website at GSCMealsonWheels.org/ArtfulAging and look under our Pet Parent section.



Subaru Share the Love Event

Nov. 19, 2020 - Jan. 4, 2021

When you purchase or lease a new Subaru this season, ask your Subaru dealer to donate \$250 to Greater Spokane County Meals on Wheels! Your new ride can help us deliver lots of meals.

Tax Deductions

A new law from the CARES Act includes a new deduction for charitable donors who do not itemize when filing their tax returns. You will be allowed to take a special tax deduction up to \$300 to reduce your tax liability while you help support GSC Meals on Wheels. Make your donation online or by mail: GSCMealsonWheels.org or 12101E. Sprague Ave, Spokane Valley, WA 99206

Who Are We?

Headquartered in Spokane Valley, **Greater Spokane County Meals on Wheels** is celebrating 40 years as the only non-profit meals service that provides meals and services to seniors all across Spokane County including Spokane, Spokane Valley, Liberty Lake, the West Plains area, Deer Park, Valleyford, Rockford, Fairfield and the unincorporated areas of Spokane County. In total, our volunteers travel the 1,800 square miles of Spokane County each day and deliver over 250,000 meals to seniors each year. In addition, we help our vulnerable elderly neighbors live independently in their own homes by offering eyes-on wellness checks and connecting our participants to valuable services. Making sure the elderly don't feel isolated or alone is as much a part of our mission as making sure they receive a hot, nutritious meal. **More Than a Meal – Greater Spokane County Meals on Wheels.**



12101 E. Sprague Ave.
Spokane Valley, WA 99206
509-924-6976
gscmealsonwheels.org



A Lifeline That Needs Your Support



Meals on Wheels
Greater Spokane County



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Welcoming Space

Our kitchen is at the heart of what we do here at GSC Meals on Wheels. Every morning before the sun comes up, our crew is hard at work making delicious, nutritious meals for seniors all across Spokane County. As the demand for our services goes up, so has the wear and tear on our equipment. We are especially grateful for the businesses and foundations that have stepped up to keep us cooking during these uncertain times by helping us purchase the food, supplies and kitchen equipment we need to keep delivering to those who need us.

Thank You!

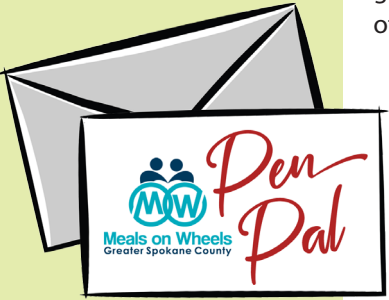
City of Spokane Valley
Innovia
Spokane Valley Chamber of Commerce
Kaiser Permanente
Spokane County United Way

Improvements

For decades we've used our kitchen as one of the pick-up locations for meals. Our volunteers would arrive and stand out in the snow and rain to get their bags. Not only was it uncomfortable, it also posed a health hazard as the concrete got wet and slick. A new awning has provided relief and a great place to welcome our volunteers.

Imagine slicing up 60 turkeys by hand. That's what we were facing until funds became available for a new industrial slicer. It came just in time the week before Thanksgiving.

Who doesn't own a kitchen mixer? We didn't for several months as our old work horse finally gave out. This new 60-quart mixer will enable us to whip up those delicious meals in a fraction of the time.



Pen Pals Program

Connecting with others has been difficult for all of us over the past 10 months. This is especially true with seniors who were already experiencing isolation. Here at GSC Meals on Wheels we've been working on ways to help our seniors stay connected and ease their sense of loneliness. One of the ways is through our senior-to-senior Pen Pal program. We've connected seniors with similar interests to send cards and letters to each other. The best part is there is no postage involved. Our regular drivers deliver the letters when they bring meals.

From Our Executive Director

As the dawn of a new year approaches, I think it is appropriate for us as an organization to look back on all the challenges we overcame in 2020 and celebrate the volunteers, donors, and community partners that made it possible. In fact, I can say with 100% certitude that Greater Spokane County Meals on Wheels is exiting the year 2020 as a stronger and more resilient organization. This is excellent news as long before COVID-19 came to visit us, we knew that we were facing a monumental challenge with the projected rise in the senior population that is looming over the next 10 years.



We are facing a “silver tsunami” as it’s known in the industry. The entire nation is looking at this demographic shift and it’s potential to strain infrastructure of organizations serving seniors. So, we must remind ourselves that this is still great work that needs to be done and though the year 2020 will be behind us, the mission to fight senior hunger and isolation continues.

In the modern nonprofit sector, there is a great emphasis on evidenced based practices and data that shows the social impact we are having. With the roll out of our new routing software, ServTracker, we are doubling down on that approach. Yet, if you’ve ever delivered a meal to a senior, you don’t need a great deal of data to know our approach works. You know how grateful they are to receive it and you can feel the warmth and joy they have for just seeing you face to face. No one doubts the importance of eating at least one nutritious meal in each day and there is plenty of data that highlights the imminent danger of social isolation.

We know what we do works and now it is simply a matter of firing for effect. That is to lean into what works and recruit the volunteers we need for the future. That is to partner with local businesses and like-minded nonprofits so that the solution to senior hunger and isolation is a community solution. With great appreciation, we receive the benevolence and generosity of private donors and steward those funds well to make a lasting impact over the decades to come. At the end of the day, we are one generation of Spokane County citizens taking care of another. People helping other people is how we made it through 2020 and I have a suspicion that’s how we’ll make it through the decade to come as well.

Thank you on behalf of all the seniors we serve for your generosity, time, and support. Here is to 2021 and future without precedent for us all.

Jeff Edwards
Executive Director
Greater Spokane County Meals on Wheels

Volunteers Needed

As we add more and more participants to our program, more volunteers are needed to help deliver our hot meals with a smile. This is especially true of the City of Spokane and the outlying areas of the county. If you can spare 1.5 hours to drive once per week, per month or as a substitute driver, please contact us at (509) 924-6976 Ext 106 or fill out an application on our website: GSCMealsonwheels.org/GetInvolved. Sign up your business and help get your name out in the community while you help deliver meals!

A Lasting Gift

There are 77,000 people over the age of 60 living Spokane County right now. That number is expected to increase to 97,000 in ten years. As we look to the future, more and more people will come to rely on the services offered by GSC Meals on Wheels. By including our organization in your will or estate, you can provide a meaningful and impactful way to support the most vulnerable seniors in our area.

Please consider making a powerful, long-term impact in supporting our vision in which all seniors in Spokane County live nourished lives with independence and dignity. Call **Janet at (509) 924-6976 Ext 103** for more information.



Looking Good

GSC Meals on Wheels has so much great news to share and now we’ve got a new website to make information easier to find. One of our big additions is the “Artful Aging” section. Here you will find tips and resources to help you connect with the community and make your life easier. Don’t miss a special treat, our “Cooking with Confidence” cooking program.

Check it out at GSCMealsonWheels.org.



A Slice of Generosity

What would Thanksgiving be without turkey, stuffing and a slice of pumpkin pie? Our thanks to **Bryann and Urban Settlements** for making a delicious donation of pies, which were delivered to our seniors all across Spokane County on Thanksgiving Day. That’s really something to be thankful for.

Warming Up The Winter

Thanksgiving started early for GSC Meals on Wheels as we accepted gifts from the residents of the **Broadway Court Estates**. Each year, a group of residents knit hats and scarves as well as taking up a donation drive. The money is tallied up and then distributed to a few lucky nonprofits. GSC Meals on Wheels was one of those nonprofits and we are so grateful to be included in this wonderful event. Our thanks to everyone at Broadway Court and Cindy who acted as the host.



Weather Woes & Blizzard Blues

The weather outside can get frightful this time of year so we are busy packing up our emergency food packages. We call them **Blizzard Boxes** and again this year a group of students from **Pioneer Elementary School** helped us make the delivery special. Each student decorated a show box and added a heartfelt note. The boxes were then filled with shelf-stable food that will get our clients through three days of the worst weather. Throughout our 42 years, we’ve never missed a meal delivery but we’ve got our clients covered no matter what this winter season brings.

Recipe for Health

Meet the host of our new “**Cooking with Confidence**” show, **Brianna Rice**. Bri is our Senior Nutrition Program Coordinator and works to promote the Basic Food Program. The show highlights recipes that are easy, low-cost and provide nutritional value without a list of exotic ingredients.



Whether or not you consider yourself a cook, Bri can help you make the most of what’s in your cupboard, give you information about Basic Food, and help you understand the benefits you deserve. See for yourself at GSCMealsonWheels.org/Artful-Aging.

Basic Food

Did you know less than half of seniors (60+) who qualify for **Basic Food** use their available benefits? Many seniors don’t realize that income is not the only thing that determines Basic Food benefits. For example, some of your medical expenses can help you qualify for the program. Call GSC MOW today at (509)924-6976 and ask for Bri. She can assist you with all your Basic Food questions and the application process. Let us help you get the groceries you need.



Spreading Sunshine

Sunshine Health Care Facilities is a local business that has been providing seniors with healthcare options since 1949. They’ve officially joined us as a Community Partner and we are eager to share with our clients and supporters their wealth of information and resources. Welcome!

Project Warm-Up

Project Warm-Up is a massive undertaking involving nearly 100 AmeriCorps Seniors volunteers putting in thousands of hours of work throughout the year to knit, crochet, quilt, and sew warm winter accessories for low-income and homeless people in our community. This year, their volunteers produced over 9,000 items which we distributed to 45 local agencies including GSC Meals on Wheels. These hats, blankets mittens and scarves will be sent to our clients to keep them warm this winter. Thank you for including us!