

*"The Meals on Wheels service has been such a blessing. The people who come cheer me up when they bring the meals. I feel so grateful for the service". - Sharon S.*



Every day, hundreds of our senior neighbors and friends across Skagit County experience hunger and isolation.

Thanks to generous donors like you and the work of dedicated volunteers, Meals on Wheels delivers more than 2,600 nutritious meals to 420 homebound seniors each week.

Having a hot and nutritious meal delivered by a caring volunteer helps maintain good health, provides peace of mind to friends and family, reduces common feelings of loneliness and isolation, and puts a smile on the face of both the recipient and volunteer. Another important benefit is the daily wellness check which ensures there are no immediate health or safety issues, which are especially important during the colder winter months.

What a challenge it has been for Meals on Wheels the last few years. While continuing to safely navigate the challenges of the pandemic and meet the needs of our community, we welcomed the opportunity to serve more homebound seniors than ever before. With the collaborative efforts of volunteers, staff, and the support of the Skagit County community, last year we were able to accommodate for a 23% increase in demand – 116,200 meals!



## Meals on Wheels | Skagit Council on Aging

P.O. Box 693 | Mount Vernon, WA 98273

Skagit Council on Aging is a tax deductible 501(c)(3) tax-exempt non-profit organization.

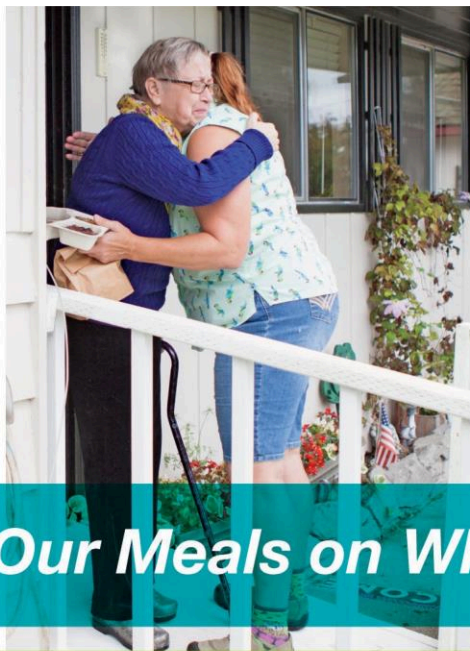


### Supporting seniors with meals and independence

- \$45 to help provide a senior one week of meals.
- \$90 to help provide a senior two weeks of meals.
- \$180 to help provide a senior one month of meals.
- My \$ \_\_\_\_\_ gift to help feed local seniors.

Make check payable to: *Skagit County Meals on Wheels*

To make a credit card or online gift, see reverse side ►



## Our Meals on Wheels recipients say it best...

*“I have found the Meals on Wheels have helped me get a well balanced diet. It has helped me stay healthy”.*

*- Jim P.*

*“I love Meals on Wheels. Great variety and creative dishes. I look forward to the nice people who deliver it too”.*

*- Kay E.*

We anticipate that even more seniors will need our help in the coming year and thank you for your consideration to support them. Your gift, no matter the amount, will help provide nutritious meals, support health and dignity, and most of all – provide a sense of comfort knowing that someone cares.

Meals on Wheels provides a lifeline to better health, reduced isolation, and the chance for homebound seniors to live with dignity and independence in their own homes. Please consider making a gift today. Every donation will help meet the needs of seniors in our community during the holiday season and beyond. Together, let’s deliver!

**On behalf of our staff, volunteers, and especially those we serve, thank you for your support.**

### Credit Card Gifts:

MasterCard  Visa

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Phone# \_\_\_\_\_

To make a donation online, please visit: [Marchformeals.org](http://Marchformeals.org)

***Thank you for your generous support!***

Your gift is tax deductible to the extent allowed by law.

We respect your privacy. Personal information will not be shared outside our organization.



**MEALS on WHEELS**

SKAGIT COUNTY

TOGETHER, WE CAN DELIVER.

Skagit Council on Aging

P.O. Box 693

Mount Vernon, WA 98273

*This program is a life saver!*

*- Bruce B.*