



**MEALS on WHEELS**  
SOUTHWEST OH & NORTHERN KY

# FRIENDS AT THE DOOR

February 2025

## TOGETHER, WE DELIVERED!

*Your support made it possible for us to reach nearly 10,000 seniors throughout 13 counties and provide them with essential services last year.*



**1,168,622**

MEALS DELIVERED TO HOMES

**79,268**

GROUP MEALS SERVED

**250,000**

SNACK BOXES PRODUCED

**44,586**

TRANSPORTATION TRIPS MADE  
(NOT INCLUDING MEAL DELIVERY)

**28,856**

POUNDS OF PET FOOD DELIVERED TO  
PET-OWNING CLIENTS

**7,711**

HOURS OF CARE COORDINATION  
AND PROTECTIVE SERVICES

**428**

SENIORS TRAINED ON DIGITAL  
LITERACY AND DEVICES

**4,682**

INDIVIDUALS WHO VOLUNTEERED  
THEIR TIME TO OUR SENIORS

**1,977**

ATTENDANCE AT ALL HEALTH &  
WELLNESS PROGRAMS

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# DRIVING INTO THE FUTURE

*A Letter from Mike Dunn  
CEO of Meals on Wheels*

## DEAR FRIEND,

Happy belated New Year! 2025 is up and running here at Meals on Wheels of Southwest OH & Northern KY, and we are off to a great start. We recently began a very important strategic planning process which will help us create an organizational plan to navigate the next three to four years. We will engage many stakeholder voices (especially the seniors we serve and their families) to ensure the community has input on our future plans.

The Meals on Wheels Board of Directors will vote on the new plan at their August meeting, and the plan will go into effect on Jan. 1, 2026. We will keep you abreast of our progress on the new plan.

Our second annual Meals Madness Gala is coming up at the Cintas Center on March 19 as we honor our friend Paul McPherson Brunner as our 2025 Much More than a Meal Honoree and recognize the Girl Scouts of Western Ohio as our 2025 Collaborative Partner of the Year. I hope you all are able to join us—proceeds from the evening will help us deliver upon our mission of

delivering essential services that promote the independence of seniors so they may remain in the comfort of their own homes.

Likewise, I would like to take a brief moment to highlight a newer program we offer seniors that would fit under our tagline of “much more than a meal.” We hope to grow the program in 2025 because it is already making a difference in the lives of our early adopters. It is called Digital Connect. This program improves access to technology and digital literacy for seniors. Specifically, Meals on Wheels provides tablet devices when one qualifies. Read more about the program below.

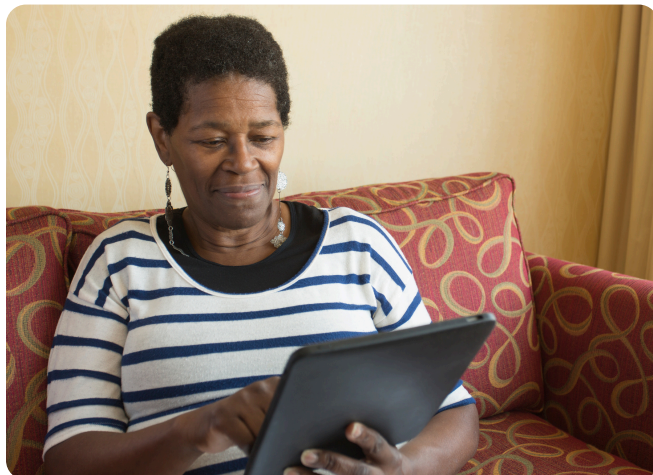
Be on the lookout for a significant announcement from us in the coming months regarding our future growth plans. We look forward to sharing our exciting news.

Have a wonderful 2025!



## DIGITAL CONNECT

Qualifying older adults, ages 60 and up, can learn foundational digital skills that equip them with the essentials of operating a tablet device. They must complete four foundational classes about usage, and upon completion they receive their own tablet to keep and four hours of complimentary, one-on-one tech support with our trained coordinators!



**FOR COMPLETE INFORMATION ABOUT DIGITAL CONNECT, CONTACT PROGRAM MANAGER BRE WILLIAMS AT 513-244-5492 OR [BWILLIAMS@MUCHMORETHANAMEAL.ORG](mailto:BWILLIAMS@MUCHMORETHANAMEAL.ORG).**



# LIVING THE MIRACLE

## Senior Spotlight by Kara Harper

"I was born in the backseat of the car, 80 years ago...on Valentine's Day." If you have met Donna Kinney more than once, chances are you have heard her share this origin story.

Curious, I asked, "Donna, why is this such an important part of your story?" Her answer unfolded a tale of resilience and drama. Donna explained, on that Valentine's Day, her mother did not have a phone. She yelled out the window for help. A passerby ran to a nearby business to call Donna's father who rushed home. But Donna was not about to wait for the hospital. On the way there, as her father slammed on the brakes, Donna made her grand entrance—both she and her mother landing on the floor of the car.

"People say, 'I am so tired of hearing that,'" Donna laughed. "But do you know, 80 years ago, what a miracle that was? They did not have the technology they have now. We were just very lucky."

Listening to her story, I could not help but reflect on how her very existence seems like a miracle. Donna agreed and shared even more remarkable stories from her life. She survived an assault and robbery 24 years ago and is a proud three-time cancer survivor.

"I have a shirt that says, 'Live life. This is not a



*Donna Kinney at a social event hosted by Meals on Wheels' Health & Wellness Program last Halloween.*

dress rehearsal.' And it is not," she told me.

For Donna, living life fully means embracing simple joys. "I get up every morning at 7 a.m. to feed the birds. I speak to my neighbors in the morning. I watch the sun come up. It's a great way to start my day—a reminder that 'I got another day.'"

Our conversation meandered through topics like religion, marriage, women's empowerment and even which side we like to part our hair on. But what stood out most was how talking to Donna felt like an invitation—to be curious, to be yourself and to live life fully.

*Kara Harper is Meals on Wheels' Health & Wellness Program Coordinator and engages seniors like Donna at our Health & Wellness events. To learn more about these opportunities, contact Kara at [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org)*



## VOLUNTEER WITH US!

Our incredible volunteers fuel the Meals on Wheels mission in several ways. Corporate teams, schools, student organizations, individuals and families are all part of our growing volunteer community. You can help us pack weekly snack boxes, deliver birthday bags, pack pet food, make birthday bags, help in our kitchen, make weekly calls to our seniors, play games at senior centers and more.

**TO LEARN MORE, CONTACT VOLUNTEER ENGAGEMENT MANAGER TAMMY HITCHCOCK AT 513-244-0668 OR [THITCHCOCK@MUCHMORETHANAMEAL.ORG](mailto:THITCHCOCK@MUCHMORETHANAMEAL.ORG)**

# YOU ARE INVITED!

WEDNESDAY, MARCH 19, AT 6 P.M.  
SCHIFF FAMILY CONFERENCE CENTER AT  
XAVIER UNIVERSITY'S CINTAS CENTER



Get into the thrill of the NCAA March Madness tournament for the second annual Meals on Wheels Meals Madness Gala! This celebratory evening will include dinner, drinks, entertainment and a silent auction. All proceeds from the event will help us drive our mission of serving over 10,000 seniors with essential services.

A special program, hosted by WLWT News 5's Sheree Paoello, will honor Paul McPherson Brunner as the 2025 Much More Than a Meal Honoree. We will also recognize the Girl Scouts of Western Ohio as our 2025 Collaborative Partner of the Year.



*Scan for details, or visit  
[muchmorethanameal.org/madness](https://muchmorethanameal.org/madness)*



*WLWT News 5 Anchor Sheree Paoello as emcee at the Meals Madness Gala in 2024.*



*Rick Wagner and Meals on Wheels Board Chair Mary Wagner at the Meals Madness Gala in 2024.*



*Meals on Wheels Board Member/2024 Much More Than a Meal Honoree DJ Hodge with Barbara Turner.*



*Table settings and decor follow the theme of the NCAA March Madness basketball tournament.*

**FOR SPONSORSHIP OPPORTUNITIES, CONTACT EVENTS & PARTNERSHIP MANAGER BETSY ADAMS AT 513-244-5490 OR [BADAMS@MUCHMORETHANAMEAL.ORG](mailto:BADAMS@MUCHMORETHANAMEAL.ORG).**

*Photos of the 2024 Meals Madness Gala by Jenn Prine Photography.*