



2022/23

**Meals on Wheels London
Impact Report**

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A LETTER FROM OUR LEADERSHIP

Meals on Wheels London has a proud history of serving the London Community. Since 1969 we have provided services that assist individuals with meal, transportation, and social support. The leadership continues to feel grateful to the volunteers, board and staff who make everything that we do possible.

Some of this years highlights include:

- Meals on Wheels London is on target with our 2023-2025 strategic plan. Should anyone want to view the plan just reach out to info@mowl.ca
- Last year we partnered with You're in Good Company to provide friendly check-ins and social calls with our clients. The program was well received as most of our clients live alone and often feel isolated. We will continue to offer this program
- To improve our ability to serve our clients in an efficient manner, our team transitioned our client management system to Alayacare. We are thrilled our new system allows us to better serve clients, volunteers and caregivers.
- We are excited to share that the board established three new committees to create better efficiencies and support for the MOWL team, led by volunteers with relevant expertise. These include the Program and Communication Committee, Fundraising Committee and the Finance and Request for Proposal Committee. We appreciate their support.
- 111,980 meals provided
- 2,062 rides to wellness appointments
- 815 Food Boxes provided

This work would not be possible without our funders and partners. Special thank you to Ontario Health, the United Way of Elgin Middlesex and all our generous donors and corporate sponsors. Your ongoing support allows us to meet the growing and complex needs of our clients. We are humbled by your loyalty.

As we look ahead, we recognize that we are still dealing with and responding to the affects of COVID 19, as it poses a real threat to those we serve. We will continue to remain vigilant and ensure the safety of our clients, volunteers and our team.

Thank you for helping our organization to fulfill our mission, vision and values. Please reach out at anytime should you have questions about this report or Meals on Wheels London.

Chad Callander, Executive Director
and
Diane Silva, Board President

VISION & MISSION

VISION

A community in which every person has a pathway to wellness and independence.

MISSION

Nourishing community wellness, one person at a time.

COMMITTMENT TO OUR COMMUNITY

- We deeply value our volunteers- they are at the heart of our work
- We honour our community through partnerships, diversity and inclusion
- We embrace organizational change and imagination
- We are socially, financially and environmentally responsible
- We deliver high quality programs and services, always
- We strive for tangible, lasting results

These guiding principles inform and infuse everything we do, day in, day out. They have been forged by a commitment to high ethical standards, transparency and accountability. They drive our priorities organizational decisions and how we accomplish our mission

IN 22/23...



**Delivered 53,466
Frozen Meals**

**8,334 Volunteer
hours provided**

**Delivered 41,783
Daily Meals**

**Over 200 Active
Volunteers**

**Conducted 484
not home
procedures to
ensure clients were
safe**

**500 social visits
for MOWL clients**

OUR FUNDERS



2022/23 saw a renewed agreement with Ontario Health West. Ontario Health has evolved over the past year to better serve Ontarians. We are looking forward to this evolution and the role our organization will play to serve individuals as part of their health care plan.



United Way
Elgin Middlesex

This year saw the United Way update their process to ensure a more inclusive and equitable granting process. We applaud their leadership in this regard. Over 35 programs across Elgin Middlesex are funded to serve the needs of their community. We are proud to be one of them and look forward to continuing to work together.



All our individual and corporate donors we consider part of the Meals on Wheels London family. Your investment in our work shows your commitment to the work we do in the community.

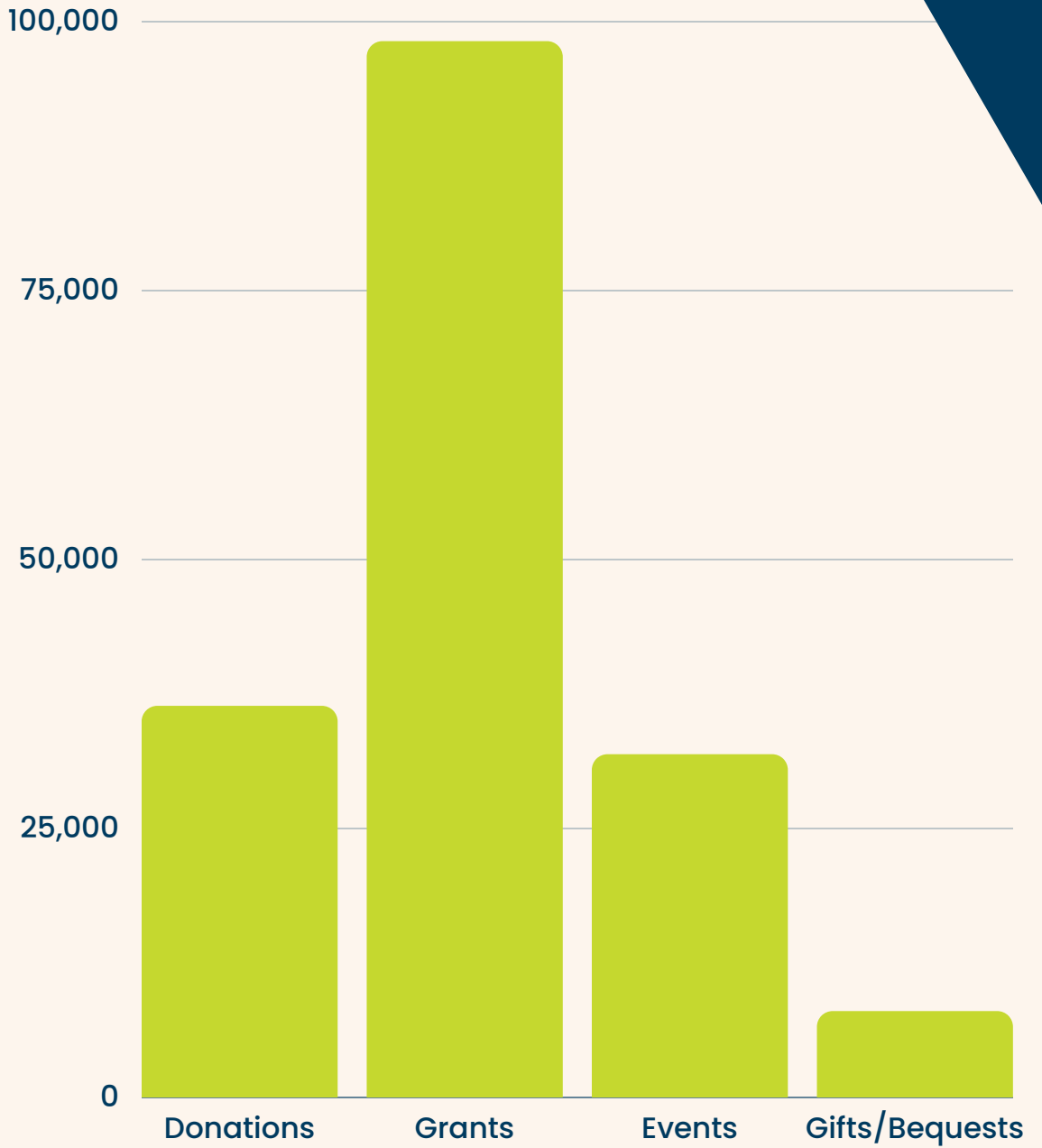
DONATIONS, GRANTS AND SPONSORS

Donations
\$36,363

**Events
(Sponsors)**
\$31,868

Grants
\$98,120

**Major
Gifts/Bequest
s**
\$8,000



SPECIAL EVENTS AND SUPPORTERS

Each year MOWL seeks support from our community in the form of grants, sponsorship opportunities and special events. We are so thankful to have such incredible community-minded supporters supporting us and those we serve!

If you or your business would like to help further our mission and be listed on next year's list of supporters, please reach out!

Marching for Meals 2023

Our annual March for Meals event has been taking place for over 26 years! This year our goal was to raise \$30,000 to provide 12,000 meals to members of our community. And we did it! Thank you to our sponsors:

Thank You to Our Grantors

- Amazon Gives Grant
- Senior's Centre Without Walls
- Westminster College Foundation
- Maple Leaf Community Fund
- London St. Thomas Association of Realtors Association of Realtors
- Seniors Community Grant - Ministry of Seniors & Accessibility
 - Smith Family Foundation
 - London Lawyers Feed the Hungry
 - Allan & Susan Edwards Family Fund

Our Sponsors



Top Sponsor

TRICAR

Move Sponsors



CIBC PRIVATE WEALTH
WOOD GUNDY
David Hooper, CFP
www.davidhooper.ca



CIBC PRIVATE WEALTH
WOOD GUNDY



Performance Sponsors



Community Sponsors



Holiday Sponsors



Meals on Wheels London Statement of Financial Position

(The following information summarizes the financial position for the year as at March 31st, 2023)

Assets	2023	2022
Cash	\$22,200	\$127,722
Account Receivable	\$71,828	\$124,700
Prepaid Expenses	\$12,025	\$40,242
Investments	\$718,432	\$652,618
HST Rebate	\$9,187	\$9,366
Inventory	\$775	\$3,610
Capital Assets	\$19,697	\$20,314
	<u>\$854,144</u>	<u>\$978,572</u>

Full financials can be found:
<https://mowl.ca/about-us/financial-statements-and-reports/>

Meals on Wheels London Summary of Financial Position

(The following information summarizes the financial position for the year as of March 31st, 2023)

Liabilities	2023	2022
Accounts Payable and Accrued Liabilities	\$154,645	\$117,076
Government Remittance Payable	\$2,091	\$4,283
Repayable to Ontario Health	-	\$12,918
Deferred Revenue	<u>\$17,327</u>	<u>\$24,631</u>
Deferred Capital Contribution	<u>\$20,245</u>	<u>\$20,314</u>
	\$194,308	\$179,222
Net Assets		
Reserve Fund	<u>\$659,836</u>	<u>\$799,350</u>
	<u>\$854,144</u>	<u>\$978,572</u>

COMMUNITY MEAL PROGRAMS

Did you know?

Meals on Wheels London doesn't just provide daily meals, frozen meals and transportation services to clients but we also offer them to community organizations!

Why?

We recognize that many of these groups could benefit from the use of MOWL programs in the delivery of their services. For example, our daily meal program is provided to adult day programs to provide affordable and nutritious meals. Our frozen meals are provided to community groups to distribute to those in need. All these programs are offered at a community rate as we are committed to being a community leader.

How can you access?

Are you working with a group and/or organization that would be interested. Just reach out to us at info@mowl.ca or call 519-660-1430.



THANK YOU BUSINESS CARES



BusinessCares *Food Drive*

Every year for the past 23 years the Business Cares Food Drive undertakes a campaign to support the London Food Bank. On December 21st, 2022 individuals gathered to announce that the campaign raised over 550,650 pounds worth of food!

In the words of campaign chair Wayne Dunn, "We know Londoners are struggling with the ongoing ramifications of COVID 19, employment challenges, and issues cause by inflation and rising costs of living. But despite all that, Londoners showed the depth of their resolve to support those who need it most."

We want to echo the comments made by Wayne. By supporting this campaign you're supporting over 25 agencies who help to provide food security in London by partnering with the London Food Bank.

We are one of those agencies! We want to thank Business Cares and the London Food Bank for their ongoing support. For showing we're a community that cares.



OUR TEAM

2023/2024 Board of Directors:

Diane Silva, President	Debra Belanger, Director
Brian Costigan, Vice-President	Tim D'Souza, Director
Jenn Costa, Treasurer	Paul Noon, Director
Tony Crncich, Secretary	Lindsay Cammalleri
Penny Finneron, Director	Sara DeCandido
	Gary Lowe

A big thank you to our outgoing Directors:

Paul Connor

Sally Bennett - We want to thank Sally for over 7 years of service on our board!

Thank you to our incredible and hard working staff team:

Staff

Chad Callander; Executive Director
Susan Edginton; Manager, Client Services
Rebecca Soltan; Manager, Finance and Human Resources
Laura Christie; Volunteer Coordinator
Devon Mota; Community Development Liaison
Kerri Mesman; Client Services Associate
Jo-Anne Doxtator; Client Services Associate
Temitope Akinsola; Administrative Assistant
Avyn Watterton; Finance and Administrative Assistant

Depot Staff: Katherine Clarke, Stacey Marhue, Nancy Southern, Wendy Ferris and Janet Ward

Van Drivers: Rodey McIntyre and Stephen Strutt

and... OVER 200 Volunteers!!





Get in touch



519-660-1430



info@mowl.ca



www.mowl.ca



356 Queens Ave., London, Ontario, N6B 1X6

Get Social With Us



<https://www.facebook.com/MealsOnWheelsLondon>



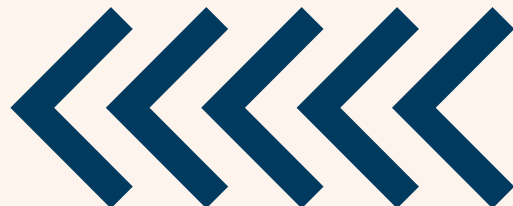
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MEALS on WHEELS
LONDON





Fresh Meal Program

