



You Can Help Meals on Wheels Support the Health, Safety, and Independence of Lopez Island Seniors Throughout 2021 and Beyond!

While we are all looking forward to the day it is safe to gather with friends for lunch at the Lopez Senior Center, the San Juan County Meals on Wheels Program is busier than ever, delivering approximately 2,400 nutritious meals to 175 homebound and self-isolating seniors each month. When the senior centers closed in March 2020 due to the pandemic, Meals on Wheels ramped up to accommodate seniors who depended on the Senior Community Meals as well as others who were in self-quarantine to minimize their exposure to COVID-19.

Mireille, a Lopez Island senior living on her own, recently shared how the Meals on Wheels program has impacted her life during the pandemic.

“Prior to COVID-19, I used to attend the Wednesday and Friday lunches at the Lopez Senior Center on a regular basis. The social contact was so important and we seniors miss that a lot. However, Meals on Wheels has proved to be a real blessing. Over the past eleven months, not only have I been well-nourished, I have gained new friends.”



The San Juan County Senior Nutrition Program provides home delivered “Meals on Wheels” and Senior Community Meals (currently on hold due to the pandemic) to older adults on Lopez, Orcas, and San Juan Islands. The Meals on Wheels and More program is administered by the non-profit Whatcom Council on Aging in partnership with San Juan County Senior Services and the senior centers on Lopez, Orcas and San Juan, which operate under the umbrella of the Senior Services Council of San Juan County 501(c)(3). The program is partially funded through federal grants, San Juan County levy funding, senior center in-kind contributions (utilities, fuel, kitchen equipment, etc.), and by client donations. The program also relies heavily on private donations and now, more than ever, we need your support to ensure we can continue to serve Mireille and all San Juan County seniors who need the meals during the pandemic and beyond!

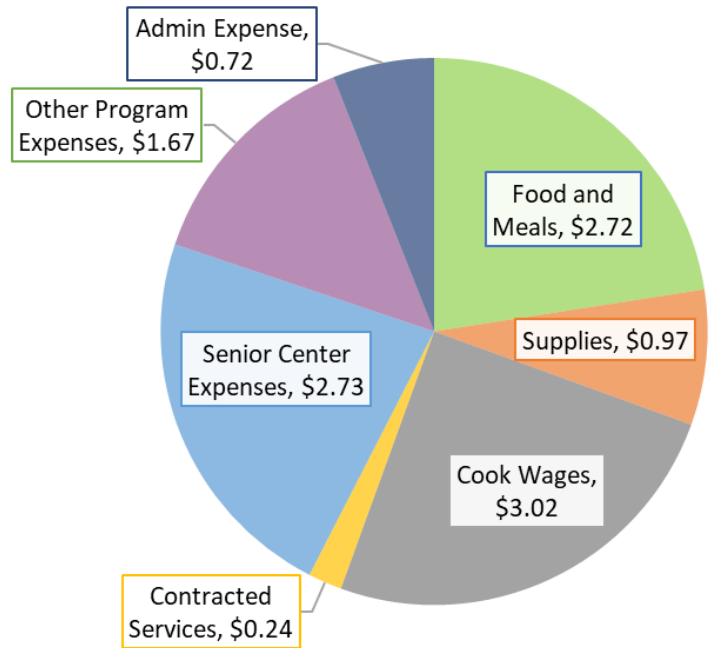
Please consider making a gift to Meals on Wheels today!

**Total SJC Meals Provided
& Seniors Served in 2020***

Senior Center	Total # of Meals Provided in 2020	Total # of Seniors Served in 2020
Lopez	4,886	142
Mullis	11,622	215
Orcas	10,107	164
Total	26,615	521

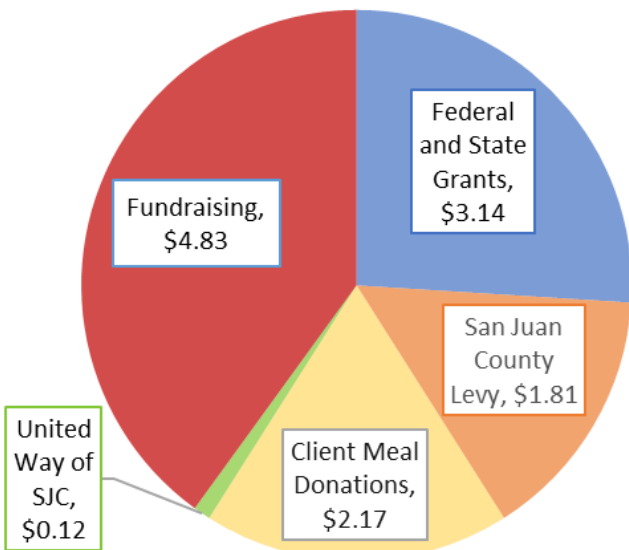
*Includes Sr. Community Meals & Meals on Wheels. Meals on Wheels services nearly tripled in 2020.

**2021 Meal Cost Breakdown
Total Cost Per Meal = \$12.07**



2021 Sources of Revenue

Total Income Needed Per Meal = \$12.07



How You Can Help

- **If you receive meals:** Contribute for meals as you are able. We suggest \$5 per meal or whatever is affordable. Encourage friends or family to contribute on your behalf.
- **Everyone:** Consider making a donation to Meals on Wheels. Every \$100 donated covers the fundraising portion of more than 20 nutritious meals for Lopez Island seniors.
- Become a volunteer driver or volunteer at the Lopez Senior Center when we re-open.

I would like to help a neighbor with a tax deductible gift of \$_____.

Please accept this contribution of \$_____ in support of my meals.

I would like information about volunteering. Please contact me at: _____.

Donations may be made payable to "Meals on Wheels" and mailed to the Lopez Senior Center at PO Box 154, Lopez Island, WA 98261. Or, you may donate online at whatcomcoa.org/donate.