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# Impact Report



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*(term ended Oct '23)*

**Don Morris, Vice President**  
*(term ended Oct '23,  
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## OUR MISSION

To **SUPPORT INDEPENDENCE**  
and **QUALITY OF LIFE** for  
Lafayette, Louisville, Erie &  
Superior residents by providing  
**NUTRITIOUS MEALS** and  
**SOCIAL CONTACT**

## MEAL DELIVERY

Lisa first connected with Coal Creek Meals on Wheels through TruPace, a program of all inclusive care for older adults, after she had knee replacement surgery. She received meals temporarily while she recovered, but eventually became a long-term meal delivery client when she broke her femur in 50 places. After spending 11 months in a rehabilitation facility, she returned home with new mobility limitations. She was now required to use either a wheelchair or walker to move around in her home and out in the community.

Cooking is a strenuous activity for Lisa - it takes a lot longer for her to prepare food than for most people because of her mobility limitations. "Energy conservation is important when recovering," Lisa said. "Everything is a little bit more exhausting." Lisa shared that preparing a meal can take her up to an hour and a half, which is time she would much rather spend in the swimming pool. "If I can spend that time swimming and come back to a prepared meal, it's so much better." Lisa is currently preparing for another knee surgery, so she has been receiving meals seven days per week to assist in her recovery and allow her to exercise more frequently.

**"Getting the meals means I can exercise more - and hopefully recover faster,"**

Lisa said. "This is my reality right now, but I don't intend to stay this way forever." Lisa believes that with the support of Coal Creek Meals on Wheels, she will be able to move forward after her injuries and surgeries.

## COAL CREEK CAFÉ

Dave has been coming to the Coal Creek Café for nearly two years. He and his wife, Jan, started coming for lunch when Jan's health began to deteriorate and she could no longer cook. Dave is a self-reported lousy cook, and their diets started to suffer. Initially, Dave and Jan were grateful for the nutritious meals at an affordable price, but they quickly realized the café was more than that. The friendliness of the staff, volunteers, and other guests began to mean just as much to them as their lunches each day. "Coming to the café means at least one decent meal daily. We also cherish the fellowship of everyone - fellow clients as well as the volunteers and staff," Dave said. Dave was particularly grateful for those who continued to interact with Jan, even when she was no longer able to speak.

**"It became a regular place that we really relied on."**

Jan's health continued to deteriorate, and she passed away in September of 2023. After her passing, Dave has seen the café as a blessing. "It's good for me to keep coming for the social aspect - I look forward to coming and interacting with everyone," Dave said. He views the café as a valuable service to the community and for himself. He has built lasting relationships and made good friends who have been able to support him in this next stage of his life.

Lisa Meal Delivery



Dave Coal Creek Café





## STRENGTH IN COMMUNITY: Navigating Uncharted Waters Together

As we reflect on the past year, we want to express our deepest gratitude for the unwavering support that has propelled Coal Creek Meals on Wheels forward during these unprecedented times.

In 2023, our organization faced challenges like never before with a historic surge in demand for our services. The need for home-delivered meals reached levels we could not have foreseen, placing an extraordinary burden on our resources. Our dedicated team of staff and volunteers implemented changes and new ideas in order to keep up with the quickly increasing demand, and amidst these challenges, we witnessed something truly extraordinary – the resilience and generosity of our community.

Your support, whether through financial contributions, volunteer hours, or simply spreading the word about our mission, has been the bedrock upon which we have been able to meet the increased demand head-on. Your compassion has ensured that vulnerable individuals in our community did not go without nutritious meals or social support.

The stories we've heard along this journey have been both heart-wrenching and heartwarming. From older adults who found solace in a hot meal and a friendly smile to families facing economic hardship who relied on our services to receive daily nutritious meals, your support has transformed lives. Your commitment to Coal Creek Meals on Wheels has not only provided meals, but also fostered a sense of community and care that transcends the physical act of delivering a meal.

Looking ahead, we recognize that challenges persist, and the need for our services remains critical. Your continued support will play a pivotal role in shaping the future of our organization. With your partnership, we aspire not only to meet the growing demand, but also to enhance and expand our reach, ensuring that no one in our community faces the prospect of hunger or isolation alone.

As we navigate these uncharted waters, we are heartened by the knowledge that we are not alone. Your belief in our mission and your commitment to the well-being of our neighbors have illuminated a path forward. Together, we can build a stronger, more resilient community where everyone has access to nutritious meals and other supportive services.

On behalf of the entire Coal Creek Meals on Wheels family, we extend our deepest thanks for your unwavering support. We look forward to 2024 with optimism, knowing that together, we can continue to make a meaningful difference in the lives of those we serve.

With gratitude,



LARK RAMBO, Executive Director



DON MORRIS, Board President



# 2023

**Food insecurity has increased 14% since last year;** over 32,000 people in Boulder County lack access, at times, to enough food for an **active, healthy life.**

## 91%

of clients can't afford the full cost of their meal

AVG CONTRIBUTION PER MEAL

**\$1.59**

COST PER MEAL

**\$6.15**

## 50%

of clients are on emergency funding\*

**\*they pay nothing for their meals (compared to 28% in December 2022)**



61,287

**MEALS SERVED**

51% increase from 2022



443

**DELIVERY CLIENTS**

30% increase



18,994

**PET MEALS**



277

**VOLUNTEERS**



13,565

**VOLUNTEER HOURS**

## PROJECT HOMECOMING

After breaking her ankle and spending some time in a rehabilitation facility, coming home to an apartment, wheelchair bound, was scary and left Barbara feeling vulnerable. She had been a periodic guest at the Coal Creek Café, so she was aware of Project Homecoming, which would provide five free meals delivered directly to her home to assist with her healing. Volunteers were able to bring the meal inside to Barbara, allowing her to focus on movement that would assist in the recovery.

**“Counting on that meal everyday played a huge part in my recovery and my feeling of safety,”**

Barbara said. “The volunteers became my family. I don’t know what I would have done without the service.” Meal delivery service continued past the initial five days until Barbara was fully recovered and back on her feet. She now attends lunch at the Coal Creek Café a few times a week with her friends.

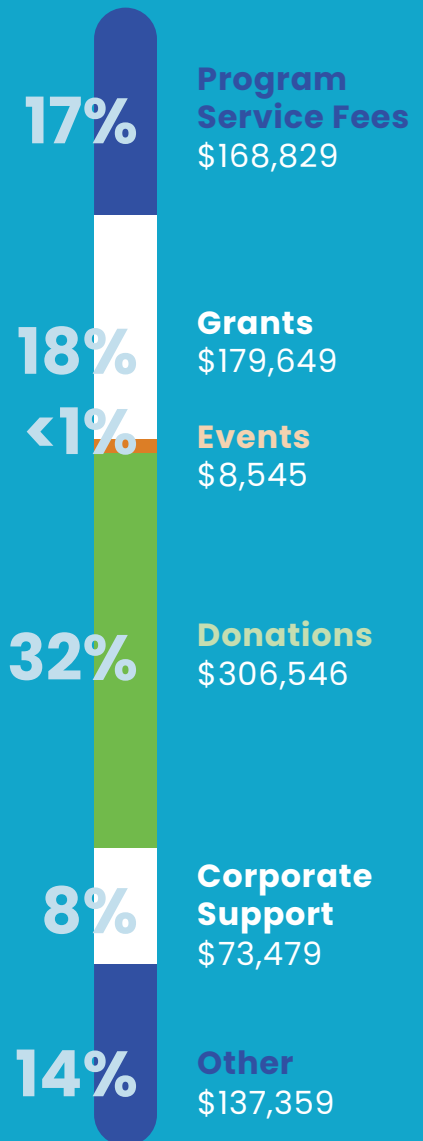
## PLATES FOR PETS

Jamie first connected with Meals on Wheels when she was struggling to provide well-balanced meals for her family on her single income. “I have so much on my plate and finding time to cook is difficult,” Jamie said. After losing her job this summer, Jamie became even more worried about meeting the essential needs for her family, particularly when it came to their pets. “That short amount of time without a job really took a toll on our finances - I still feel like I am behind, even though I am back to work.” Discovering Plates for Pets brought Jamie immediate relief. CCMOW is able to provide high quality wet food for their special needs cat and feed for their chickens. “The support means the world to us,” Jamie said.

**“Our pets bring our family so much joy, and we couldn’t imagine our lives without them!”**

Support from Plates for Pets is one less worry for Jamie and her family as they work to build their financial stability.

## FINANCIAL CHART (sources of income)



Barbara Project Homecoming



Jamie's Cat Plates for Pets

## 2023 CORPORATE PARTNERS

A.V. Hunter Trust, Inc.  
Agile Leadership Journey  
Amazon Smile Foundation  
American Legion Post III  
Anspach's Jewelry  
Apple  
Ariel IT Services  
Atria Wealth Solutions  
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Coal Creek Church  
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Community Foundation of  
Boulder County  
Confluence Small Business Collective  
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Flatirons Community Church  
Front Range Eye Health Center  
Ginger Sugar  
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Goree Corporation  
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M.S. Doss Foundation  
MDC/Richmond American  
Homes Foundation  
Meals on Wheels America  
Medtronic  
Melaleuca The Wellness Co.  
Micron Technology  
Microsoft  
Mile High United Way  
Momentum Business Consulting  
Morning Glory Cafe  
Mudrock's Tap & Tavern

Next Fifty Initiative  
Nothing Bundt Cake  
Office Evolution Louisville  
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P.R.O. Real Estate  
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Rudi's Organic Bakery  
SCD Architecture  
Schlessman Family Foundation  
Stan's Automotive  
State Farm Companies Foundation  
Sugar Land Lions Charity Inc.  
Superior Chamber of Commerce  
The April Fund  
The Colorado Trust  
The Denver Foundation  
The Stewart Title Foundation  
The Trade Desk  
Thrivent Financial  
Tilt Pinball/The Louisville Underground  
T-Mobile  
Topgolf  
Town of Erie  
Town of Superior  
United Power  
UnitedHealth Group  
UnitedHealthcare  
VFW Mile High Post 1771 Auxiliary  
Volunteers of America Colorado  
Walmart Foundation  
Wana Brands Foundation  
Wild Blue Acupuncture  
Ziggi's Coffee





## LIBRARY GRAB AND GO MEALS

In October, a partnership between Coal Creek Meals on Wheels and the Lafayette Public Library was developed, aimed at enhancing community support and accessibility. This collaboration saw the introduction of a “grab and go” meals initiative at the library where individuals can conveniently access ready-to-eat meals provided by Coal Creek Meals on Wheels. This partnership not only addresses the nutritional needs of the community, but also fosters a sense of connection and well-being, reinforcing the library’s role as a hub for community engagement and support and CCMOW’s mission of providing nutritious meals to anyone in need. As of December 31, 2023, we had distributed **915 meals** through this partnership. Together, we look forward to nourishing both body and mind, making a positive impact on the lives of those we serve.

## HARVEST SUPPORTERS

are CCMOW’s dedicated group of monthly donors. To learn more and to join, visit [www.coalcreekmow.org/harvest-supporters](http://www.coalcreekmow.org/harvest-supporters)



### THANK YOU TO OUR 2023 HARVEST SUPPORTERS!

- |                           |                             |
|---------------------------|-----------------------------|
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## SUMMER MEAL PROGRAM

Last summer, Coal Creek Meals on Wheels started a Kids Summer Meal Program. This was a dedicated effort to provide nutritious meals to families during the summer break. Building on the success of the free summer meals offered during the pandemic, we recognized the continued importance of supporting families in accessing healthy food options, especially during the summer months. Free summer meals were not going to be provided this year, and we saw our services as the perfect opportunity to fill this gap. Our Client Services Manager connected with all of the local schools to ensure that families were aware of the Kids Summer Meal Program, working to ensure that no child went without nourishing meals during the summer break. The program supported **16 families** consisting of **12 adults** and **40 kids**, providing **over 3,000 meals** to these families! While some of the families discontinued their meal service once school started again, many have continued receiving meals to ensure their families have consistent access to nutritious food.



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