

CATHOLIC CHARITIES OF SOUTHERN NEVADA

**Council on Food Security  
Policy Subcommittee Meeting  
March 3, 2020**



# MEALS ON WHEELS A LIFELINE FOR SENIORS



- Meals on Wheels delivers 7 nutritionally balanced flash frozen meals and performs wellness check-ups once weekly for homebound elderly.
- Meals on Wheels provides supplements, modified texture meals and also delivers pet food for their companions.
- It costs less to provide a senior this service for an entire year than cost to spend one day in the hospital or nearly a week in a nursing home. \* Meals on Wheels America
- Improves overall health, allowing seniors to remain in their own home.
- 14% of Nevada seniors are threatened by hunger.

The meals have been a blessing to me as I am having swallowing problems. The chopped meals have been great. I cannot cook or prep as I have a paralyzed hand and can't walk without a cane due to knee and vertigo problems. Thank You and God Bless

# THE HUMAN ASPECT

Note we recently received from  
Meals on Wheels recipient,  
Cynthia.

DEAR MEALS ON WHEELS;  
I HAVE REALLY ENJOYED ALL OF THE MEALS YOU HAVE GIVEN ME. I DON'T KNOW WHAT I'D DO WITHOUT THEM!

I ESPECIALLY ENJOYED THE CHOCOLATE-COVERED CHERRIES & THE \$25. GIFT CARD TO ALBERTSONS!

I WISH I COULD DONATE SOME MONEY, BUT AS A SENIOR I'M ON A FIXED INCOME & CAN'T AFFORD TO DONATE.

THANK YOU AGAIN FOR ALL THE GREAT FOOD!

SINCERELY,  
CWhitt

# MORE THAN A MEAL



## A LIFE LINE

At the age of 62, Pernicia described herself as a globe trotter, travelling all across the world as a Travel Agent. Pernicia's life changed drastically when she was diagnosed with Stage 3B colon cancer.

She underwent surgery, experienced complications over a period of 4 months that required additional surgeries. When she arrived home she was overwhelmed. She had no family in Las Vegas, and did not know how she would be able to eat. Fortunately, Pernicia's social worker contacted Meals on Wheels on her behalf. Due to her situation, she qualified as a high priority client and was able to begin receiving

the meals shortly after. She describes that day as a "Blessing." She has several chronic health conditions that make it difficult for her to grocery shop and prepare meals. Pernicia has piece of mind, knowing that she can rely on her meal delivery and that her driver, James, is checking in on her every week.