

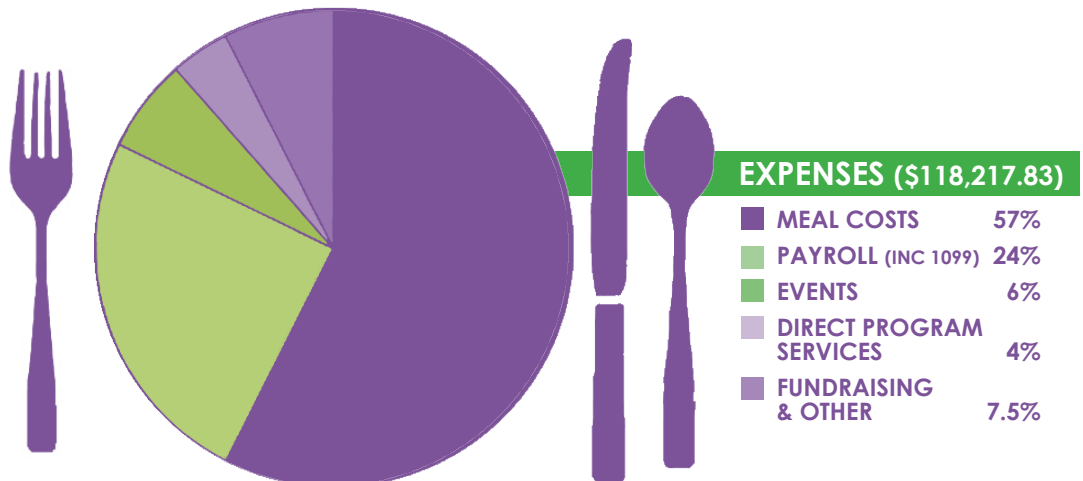
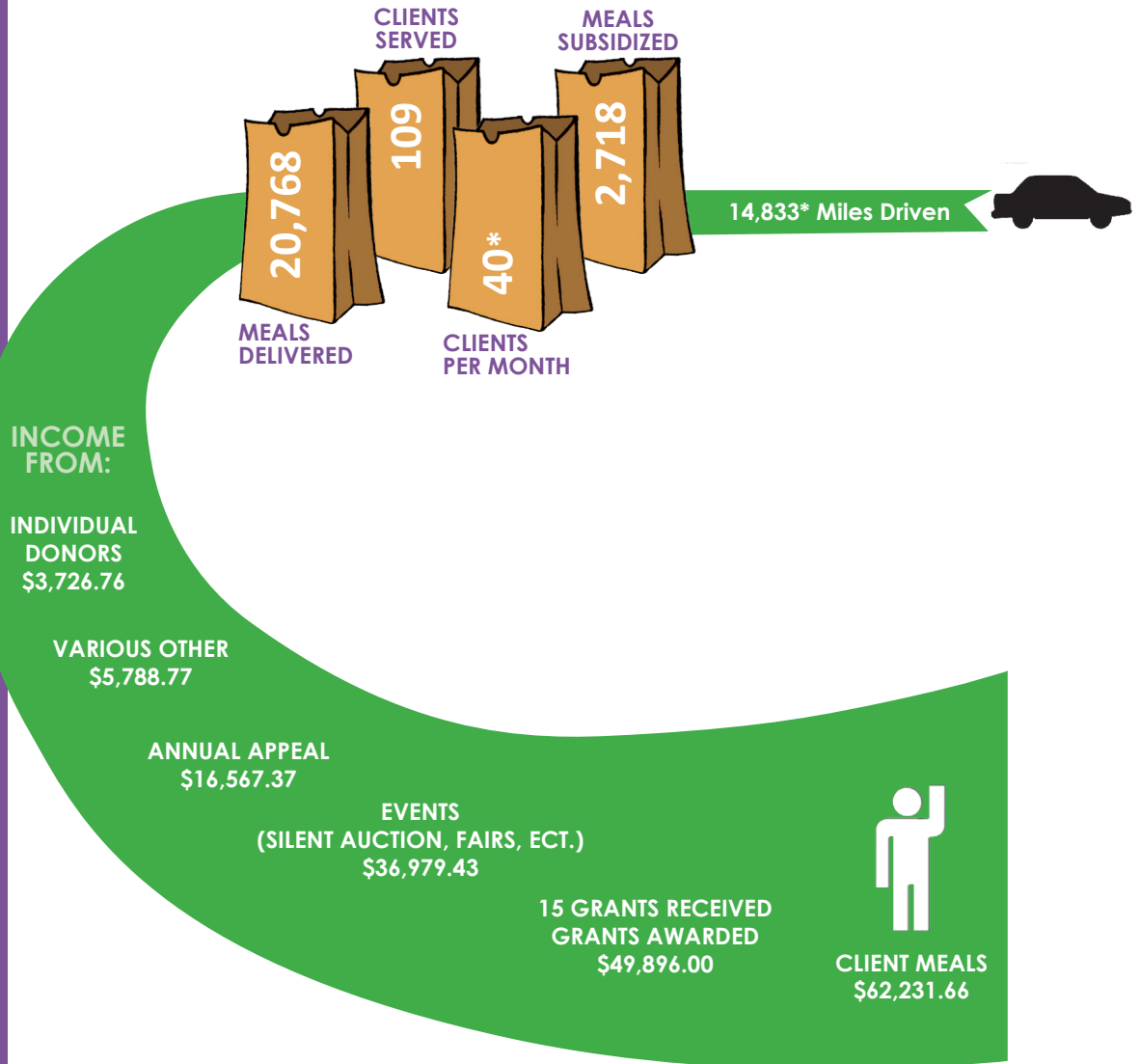


Chestnut Hill Meals on Wheels (CHMOW) 2013 Annual Report

CHMOW delivers two fresh meals a day (a cold lunch and a hot supper), five days a week, 52 weeks a year. Our caring and committed volunteers deliver not only delicious meals but also special holiday treats donated by community schools and groups, thoughtful cards on birthdays, and the local newspaper every Wednesday. But most importantly, CHMOW volunteers provide clients and their loved ones (sometimes living miles away) with the reassurance of at least one daily and caring connection to the outside world, supporting the desire to continue to live independently.

Who We Serve: All residents of Chestnut Hill, Mt. Airy, Wyndmoor, Flourtown, Oreland, Erdenheim and parts of Germantown, regardless of age, whose access to food sources is either temporarily or permanently limited due to age, illness or disability.

Throughout the year, we attended 12 community-wide events, and helped to provide 530* community lunches for our seniors. We have partnered with eight local schools that support us in a variety of ways, from volunteering in the office to donating meals and creating cards & small gifts for our clients. *We are looking forward to providing support to even more clients in 2014.*



* numbers provided may be approximate – photos by Sandor Welsh Photography for CHMOW



Chestnut Hill Meals on Wheels

www.chestnuthillmow.com

Founded in 1975 and using Chestnut Hill Hospital as its operational base, CHMOW began serving the community under the umbrella of the Chestnut Hill Community Association. In 2009, however, CHMOW became an independent 501(c)(3) and moved to its present location in the historic Keystone House on Stenton Avenue.



OUR MISSION: Chestnut Hill Meals on Wheels is a community based, non profit organization devoted to meeting the daily nutritional needs of any of our neighbors challenged by illness, disability or age. Respecting our clients' desire to live independently, our dedicated corps of caring volunteers home deliver two fresh meals each day, five days a week. Forced isolation is avoided; interpersonal relations between client and volunteer develop and individual freedom is supported.



The meals are very well prepared and the volunteers are cheerful and concerned. The BBQ'd Chicken with mac and cheese and string beans and chocolate cake – What a party!!!
Carolyn Hopper



I am so enjoying the wonderful meals you make. Also the great variety. It's always a fun surprise every evening.
Pat W.



We love the different varieties of food we receive. Your people are doing a great job.
Vera and Mike Crommie