

Adopting a Route

Companies all over Spokane County have discovered that GSC Meals on Wheels is a tremendous volunteer opportunity for their employees. The greater number of volunteers a company can recruit, the less often any one team member delivers meals.

Companies are asked to have a system in place where individuals or teams can switch their shifts with a coworker if needed. Companies can pick the route they wish from 44 available routes located all across Spokane County.

- Deliveries are made between 11 a.m. at 1:00p.m. Monday through Friday.
- Volunteers will receive a short orientation which will be scheduled at your teams' convenience
- Each volunteer will receive a handbook detailing our code of conduct and resources
- Each volunteer must provide an application and confidentiality agreement
- Each volunteer must pass a background check
- Each volunteer must send a copy of a valid driver's license and proof of insurance.

While your volunteers are providing hot, nutritious meals for seniors, your business will be linking with a reputable nonprofit organization. We hope to impact your brand, profile, reputation and hopefully your bottom line while you help fight senior hunger and isolation.

Our business partners are featured regularly on our social media pages and in our newsletters. For your marketing department, these are great pictures and an easy way to highlight your community involvement.



Make It Your Business

Corporate Volunteer Program



About Us

Greater Spokane County Meals on Wheels fights senior hunger and social isolation.

These two threats from aging jeopardize the health and well-being of all older adults especially those with limited means. They also place a strain on our region's healthcare system and economy.

Added to this already complex problem is the fact that Spokane County is aging at a rapid pace. Right now, two in five people here in our area are over sixty. In twenty years, it will be three in five.

Solution to an Escalating Problem

Every day, there are seniors in Spokane County going hungry. Some because they cannot afford nutritious food; others because they are no longer able to shop or cook for themselves. For others, loneliness and isolation put them at risk of falls, depression and general poor health.

GSC Meals on Wheels is a proven public-private partnership that addresses the challenges of aging by promoting health and an improved quality of life for our area's most vulnerable seniors.

In our Home Delivered Meal Program, GSC Meals on Wheels volunteers drive hundreds of miles each day to deliver hot, nutritious meals. But they bring so much more than "just" a meal. Fifty-eight percent of homebound seniors in Spokane county report that our Meals on Wheels volunteer is the only person that they see on a given day. That volunteer brings a friendly smile, a word of encouragement, and the peace of mind knowing that there will be someone there to check on the wellbeing of each person we serve.

At our 12 Silver Cafes or congregate sites, we provide seniors with social interaction along with a warm meal in a restaurant-style setting. That social interaction is a vital component in keeping seniors active, healthy and connected to their community.

In addition, GSC Meals on Wheels is a "gateway" organization to dozens of other agencies. The daily visits by our volunteers provide unique opportunities to address a decline in health, safety hazards, and provide resources to participants that they may not otherwise have access to.

Keeping up with the ever-changing field of senior nutrition and nonprofit management is no easy task. From menu planning and volunteer management to healthcare integration and HIPAA compliance, GSC Meals on Wheels provides our participants with both daily nutrition and eyes-on health checks that allows them to live an independent life in the home they love.

Mission

Our mission is to prolong the ability of elderly in Spokane County to remain living independently in their own homes by providing nutritious meals, daily health checks and companionship.

Vision Statement

To allow every senior to live their life with dignity and respect without the fear of hunger or loneliness.

A Unique Business Model and History

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954. That goal was to support senior neighbors and extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.4 million seniors annually.

As the local organization, Greater Spokane County Meals on Wheels was founded 45 years ago in the basement of a church by the youth group. What started as a small, community effort has grown into a county-wide program facing the escalating problem of our senior population going hungry and growing exponentially.

Meals

Each day, our kitchen produces prepares our meals fresh in our own kitchen. These meals meet the dietary guidelines set by the Older Americans Act Nutrition Program and are often tailored to meet medical needs of a client. Participants can get meals through our home delivery program and through one of our 12 congregant sites that we call Silver Cafes. Our in-home meals participants are provided with one hot meal per day, 5 days per week with frozen meals for weekends and liquid nutrition as needed. Congregant site meals are delivered once per day throughout the week.

Health

When GSC Meals on Wheels knocks on the door, vulnerable seniors open it with a smile. Being invited into the homes of the most high-risk seniors is an honor and privilege. It's also the first and most effective lines of defense in avoiding additional healthcare costs.

Every visit comes with a nutritious meal, a safety check around the house and an assessment of any changes that might impact future medical needs. This can mean the difference between independent living at home and an unwelcome transfer to a costly long-term care facility.

One in four of today's seniors lives alone, increasing their chances of high blood pressure, diabetes and heart disease. GSC Meals on Wheels can be a valuable asset for healthcare providers and insurers by helping to avoid unnecessary hospitalizations, reducing hospital readmissions and post-discharge needs through daily nutrition, socialization and safety checks.

The infographic shows a visual equation: 'Meals on Wheels' logo (1 YEAR) = Hospital icon (1 DAY) = Nursing Home icon (10 DAYS). To the right, text states: 'MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME'.

We provide:

- **Long-term preventative services**, including nutrition, socialization, safety checks and connections to community services.
- **Short-term post-discharge services**, including nutrition, socialization and safety checks. Customizable depending on the needs of the provider.