



# Greetings from the Hope Mission Family!

## Meals on Wheels Outreach

With the growing rate of seniors, average age 79, living at home alone in our communities it is more important than every to make sure they have people to check on not only their physical wellbeing but their minds and spirits too. The goal of Meals on Wheels is not only to provide the much needed nutrients that the body needs to sustain itself, but to promote a general wellbeing to seniors and give back to those who helped serve our community.

As we get older, everyday things can become harder and harder to manage. People experience physical hardships and financial that can make us feel like our independence is being stripped away. Adding to that a pandemic and geographical isolation from friends and family that leave people alone, hungry, and isolated. Meals on Wheels works to bridge the gap between nutrition and bring forth the knowledge of issues plaguing our seniors today.

Hunger itself has many forms and does not just come from our tummies. Our hearts, mind, and soul need to be fed as well; and that's where Hope Mission comes in. Hope Mission is dedicated to serving the needs of the community with "one heart and many hands." Hope Mission serves the Carteret County community by providing food, shelter, emergency financial assistance, and other means of support such as emotional support, mentoring and counseling.

If you or someone you know is in need of assistance please feel free to give us a call at (252) 240-2359 ext 4 or please visit us online at [www.HopeMissionNC.org](http://www.HopeMissionNC.org) or [www.facebook.com/HopeMissionofCarteretCounty](http://www.facebook.com/HopeMissionofCarteretCounty).

Also, if you would like to Volunteer with our staff as either a MOW Driver or Kitchen Server please feel free to contact us at (252) 240-2359 ext. 4 or please visit us online at [www.HopeMissionNC.org](http://www.HopeMissionNC.org) or [www.facebook.com/HopeMissionofCarteretCounty](http://www.facebook.com/HopeMissionofCarteretCounty).

*Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return." ~Luke 6:38*



*Kitchen Staff Tim & Don hard at Work preparing meals*

This population is set to reach **93M** in the next decade, with **118M** expected by **2060** – increasing the number of seniors today by more than half



Average life expectancy today



**1 IN 5 AMERICANS** is 60 or older



---All information and research credited to MOW of America---

