



FORT BEND SENIORS  
**MEALS on WHEELS**  
FORT BEND & WALLER COUNTIES

SERVING SENIORS SINCE 1974

# 2025 IMPACT REPORT

Delivering independence, nutrition,  
and connection for seniors across  
Fort Bend and Waller Counties.

**TOGETHER, WE CAN DELIVER.**



## MISSION

Enrich the lives of seniors through nutritious meals and human connection.

## VISION

Eliminate hunger for seniors in Fort Bend and Waller Counties while creating opportunities to connect and thrive.

## VALUES

Our work centers on one goal. DELIVER care, connection, and dignity to the seniors who depend on us.

## 2025 IMPACT AT A GLANCE

# The Numbers Tell the Story

Every number represents a senior in Fort Bend or Waller County who received a nutritious meal, a friendly visit, a ride to a senior center, or a place to connect with others.

**369,611**

Meals Delivered

**2,100+**

Seniors Served

**19,414**

Rides Provided

**6**

Senior Centers

**51**

Years Serving

**1,000+**

Seniors Served Daily



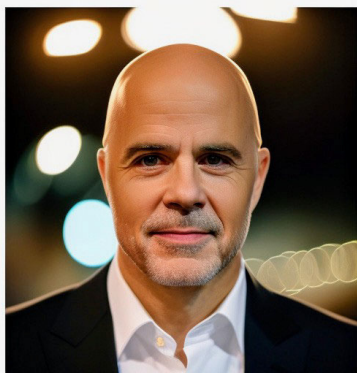
If we didn't receive the Meals on Wheels, we would not be able to live independent at home. Thanks for the Meals on Wheels.

-- FORT BEND SENIORS NEIGHBOR



## A MESSAGE FROM OUR CEO

# More Than Meals



**DOUG SIMPSON**  
Chief Executive Officer

Every meal delivered represents more than nutrition. It represents connection, dignity, and care.

During 2025, Fort Bend Seniors continued its mission of ensuring seniors across Fort Bend and Waller Counties remain independent and supported. Our staff and volunteers delivered 369,611 meals, provided 19,414 rides, and ensured seniors across two counties remained connected to their communities.

Many of the seniors we serve live alone. They face daily challenges: food insecurity, isolation, and limited mobility. For some, the daily visit from a volunteer driver is the only face-to-face contact they receive.

This work happens because of a community committed to the belief seniors matter. Donors, volunteers, corporate partners, and public leaders stand behind our mission every day.

Together, we are delivering more than meals.

**Doug Simpson, CEO**

**Fort Bend Seniors Meals on Wheels**

**56%**

**Of seniors feel lonely**

**Social isolation raises risk for high blood pressure, cognitive decline, and dementia.**



## CORE PROGRAM

# Home Delivered Meals

Volunteer and staff drivers deliver hot, nutritious meals to homebound seniors across Fort Bend and Waller Counties every day. Each delivery includes a wellness check and a moment of human connection.

# 369,611

MEALS DELIVERED IN 2025



**The meals are certainly needed and enjoyed. The knock on the door is a joyful sound.**

**-- HOME DELIVERED MEALS NEIGHBOR**

## CORE PROGRAM

# Senior Centers

Six senior centers across Fort Bend and Waller Counties provide a place for seniors to gather, eat a hot meal, and participate in activities. These centers fight isolation and build friendships.

# 6

SENIOR CENTERS ACROSS TWO COUNTIES



**The warmth and camaraderie of our site coordinator has created a friendly environment. I am so much happier now. It feels good to belong.**

**-- SENIOR CENTER NEIGHBOR**

## CORE PROGRAM

# Supportive Services

Nutrition alone does not keep seniors safe and independent. Fort Bend Seniors provides transportation, benefits counseling, and other services to ensure seniors remain in their homes.

- **Transportation:**

19,414 rides provided to seniors in Fort Bend County to attend senior centers.

- **Wellness Checks:**

Every meal delivery includes a safety and wellness check on homebound neighbors.

- **Socialization:**

Senior center programming designed to reduce isolation and build community.



The program is great. I love the food. If they [meals] don't come, I just drink milk.

-- FORT BEND SENIORS NEIGHBOR

## VOLUNTEERING

# The Heart of Our Mission

Every meal reaches a senior's door because a volunteer chose to show up.

**382**

Volunteers

**12,861**

Volunteer Hours

**\$440,000+**

Saved Through Volunteers



## FINANCIAL OVERVIEW

# Stewardship and Accountability

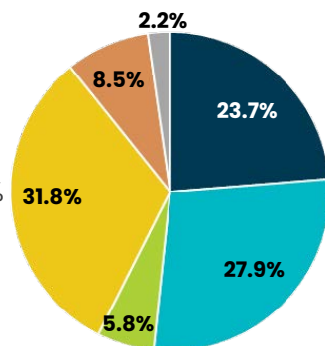
### PROGRAM EFFICIENCY

**\$0.76 of every dollar goes directly to programs for seniors.**

### 2025 REVENUE

**\$5,019,603**

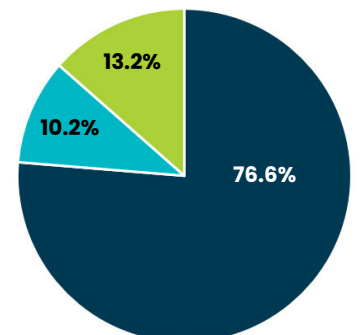
- Contributions 23.7%
- Grants 27.9%
- Development/Events 5.8%
- Government 31.8%
- In Kind 8.5%
- Other 2.2%



### 2025 EXPENSES

**\$4,324,926**

- Programs 76.6%
- Fundraising 10.2%
- Management 13.2%



**1 in 6 seniors in the United States faces hunger. Loneliness carries the same health risk as smoking 15 cigarettes a day. For many of our neighbors, the daily visit from a volunteer driver is the only face-to-face human contact they receive.**

## OUR VALUES

# DELIVER

**D**

### Dignity

Honor and respect every senior.

**E**

### Empathy

Listen with compassion.

**L**

### Leadership

Step forward and solve problems.

**I**

### Integrity

Act with honesty and accountability.

**V**

### Volunteer Spirit

Serve with gratitude.

**E**

### Excellence

Pursue high standards in everything.

**R**

### Respect

Value every person you encounter.

## LEADERSHIP

# 2026 Board of Directors

**Manish Seth** Board Chair

**Meena Sanjay** Vice Chair

**Terri Stuart** Secretary

**Barbara Naiser** Treasurer

**Doug Simpson** CEO

**John Archer**

**Ferrell Bonner**

**Roy Cordes**

**Frank Fraley**

**Dr. Nissi Hamilton**

**Patsey McKnight**

**Dr. Cleo Wadley**

**Helen Jimenez**

## EXECUTIVE TEAM

**Doug Simpson**

CEO

**Cindy Nidever**

Chief of Staff

**Rick Branek**

Field Ops Manager

**Liz Toomey, CPA**

CFO

**Destinie Ramirez**

Client Care Mgr

**Kristie Phillips**

Dir. of Development

**6**

**Fort Bend Seniors operate 6 senior centers providing meals, activities, and community every weekday.**



**FORT BEND SENIORS  
MEALS **on** WHEELS  
FORT BEND & WALLER COUNTIES**

# Together, We Can Deliver.

Every meal, every ride, every visit happens because of people like you. Your support keeps seniors in Fort Bend and Waller Counties fed, connected, and independent.

[DONATE](#)

[VOLUNTEER](#)

[SPONSOR](#)

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**Serving seniors since 1974.**