



# 2024



## Year in Review

July 2023 - June 2024



# The Horizons Legacy Continues



## Dear Friends and Neighbors,

Since our inception, Horizons has uplifted underserved populations, including older adults. We identify the needs of our community and respond.

Through our programs—Meals on Wheels, Neighborhood Transportation Service (NTS), and Financial Wellness Center—we create a community where more people live securely, healthy, and fulfilled. That commitment keeps us looking toward new opportunities to enhance lives.

This year, Horizons has expanded efforts to address the physical, mental, social, and financial needs of older adults to help them live better, healthier lives. Our Meals on Wheels program has launched a medically tailored meals service, providing individualized nourishment that caters directly to the unique health requirements of our seniors suffering with chronic medical conditions. **These meals do more than feed the body; they nurture the soul and affirm our commitment to holistic well-being.**

The long-treasured AniMeals program is transitioning to Horizons. This initiative is so important, as it ensures our seniors' beloved pets—often their closest companions—are well-nourished and cared for. These pets are more than animals; they are family members who provide comfort, joy, and unconditional love. By assuming stewardship of this program and leveraging our existing delivery routes, we can seamlessly ensure the well-being of the whole family, recognizing the deep bond between our seniors and their pets.

**We have also begun the transformative work of converting space into *Our Place*, a Center for Older Adults. As our city's population of older adults is projected to grow by 35% within the next decade, a dedicated gathering space for this group is needed now more than ever. This space has been thoughtfully designed to offer a vibrant hub of activity, support, and joy—truly a place that welcomes all who enter. Older adults in our community face a crisis of social isolation. In turn, studies show that loneliness and isolation lead to significant negative health consequences.**

Finally, this year marks a significant transition in leadership. We bid farewell to CEO Mike Barnhart, who retires this month after over 25 years of leadership - first with NTS, then as President and CEO of Horizons. We are excited to welcome Katie Oatsvall as our new CEO, whose vision will undoubtedly lead Horizons into a bright future.

**We invite you to continue this journey with us. By 2030 the population of adults 60 and over will outpace those 18 and younger for the 1st time in American history! Your support is crucial as we prepare these transformative projects. A year-end tax-deductible gift from you would empower us to sustain and amplify the impact of our services. Together, we can ensure that those in need in our community experience the respect, care, and quality of life they deserve.**

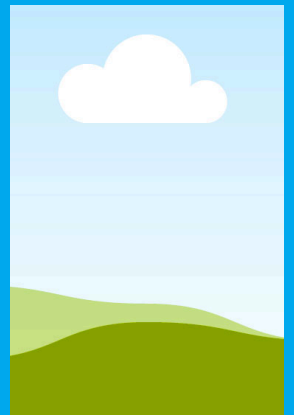
**Thank you for your compassion and commitment. It is your generosity that transforms lives and fosters a community where everyone can thrive.**

With gratitude,

Mike Barnhart & Katie Oatsvall



**Mike Barnhart**  
Outgoing CEO



**Katie Oatsvall**  
Incoming CEO

*Horizons has provided opportunities to improve the lives of individuals and families throughout our community for 65 years. Horizons offers a variety of human services across Eastern Iowa.*



# Horizons



## Impact Report

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Total Volunteer Hours

## 25,141 hours

In-Kind Revenue

## \$634,000

GuideStar Gold rating  
Over 2,100 clients served  
Over 400 volunteers  
53 employees  
95% client satisfaction



**Help Support Horizons.  
Apply to Volunteer  
or Donate Now.**

## Meals on Wheels

A PROGRAM OF Horizons

Meals on Wheels helps homebound older adults in Linn and Johnson counties meet their daily nutritional needs, reduce isolation and remain in their homes by providing well-balanced meals delivered by a caring volunteer.



**226,807 meals served**

**1,489 clients served**

**90% of clients report feeling less isolated**

**93% now have increased access to healthy foods**

**90% of clients say they are able to remain at home**



A PROGRAM OF Horizons

NTS reduces transportation barriers by providing safe and affordable rides to work, school and training at night and on weekends when public transportation is not available.



**47,358 on-demand, school & shuttle rides**

**20,464 on-demand rides for 660 riders**

**96% of riders earning more money**

**98% report increased independence**

**94% of clients satisfied with services**



A PROGRAM OF Horizons

Financial Wellness Center provides housing counseling and financial literacy programs.

**650 clients served (lower with 1 HUD counselor)**

**31% of clients are non-white (up 4%)**

**94% of counseling clients are below 80% AMI (up 11%)**

**56% are below 30% AMI (up 11%)**

**96% of clients saw financial improvements (up 10%)**



# A Mile in Their Shoes



## Meals on Wheels

A PROGRAM OF Horizons

### Linda McCallum

**Difference Delivered**

Now long retired, Social Security benefits are Linda McCallum's only income. She's been receiving Meals on Wheels hot meals delivery for about six years. The midday meals and breakfast items five days a week help her stretch the \$112 she receives monthly in food assistance. She doesn't buy a lot of "goodies," she says.

"It extends my food budget tremendously," she says. She gets by shopping current sales and stocking her deep freeze.

Meals on Wheels deliveries also help her eat healthier, such as cutting carbs. Earlier this year, her doctor took her off medication for diabetes, so she really needs to watch her carb intake and cut down on salt. She keeps that in mind as she fixes supper nightly and breakfast two days a week.

"I like to get fresh meals every day. The people who deliver are wonderful. They're my friends," she says.

A self-described "people person," McCallum enjoys the interactions. "I enjoy the company. I enjoy the friendship. It gives me somebody to talk to," she says.

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By reducing fares to \$3, **NTS helped Tawanna Neal afford rides to Kirkwood for her GED classes**, making it possible for her to attend while managing child care costs.



**NTS enabled Sarah Swift to save money** while working at Casey's, allowing her to move from Budget Inn to a home closer to her new job.



**Trudi Mathis saved enough through NTS to regain her license and buy a car**, avoiding costly rideshare fees during her stay at Anchor Center.



**With NTS, Sara Staake gained the stability to pay off a car within a year and continue her recovery journey**, finding confidence and support through her employment with us.



## Giving Back BIG IMPACT

**Volunteers Making a Difference**

Bill Holden is likely the only Meals on Wheels volunteer driver who has volunteered on 100% of the routes in Cedar Rapids, Iowa, coordinated through Horizons.

Last summer, Bill started counting all the routes and neighborhoods he'd driven as a volunteer. When he realized he had experience in about 80%, he worked with Meals on Wheels staff to complete the rest. "To my knowledge, I'm the only one that has done all the routes," he says.

Now in his mid-70s, Bill is an easy-going retiree with a good sense of humor. But he doesn't like to get stuck in a rut. He keeps things interesting in retirement with his ever-changing Meals on Wheels schedule.