

Meals on Wheels

Bahar Y. Kara





Meals on Wheels

888-886-8971

Delivering Delicious Nutritious Meals to your Neighborhood Seniors

8EL 6738

SPEED
LIMIT
25



Meals on Wheels (MOW)

- Meals on Wheels are programs that deliver meals to individuals at home who are unable to purchase or prepare their own meals.
- The name is often used generically to refer to home-delivered meals programs, not all of which are actually named "Meals on Wheels".
- Because they are housebound, many of the recipients are the elderly, and many of the volunteers are also elderly but able-bodied and able to drive wheeled vehicles, usually a van.

MOW History

- Meals on Wheels originated in Great Britain during the Blitz
 - Many people lost their homes and so the ability to cook for themselves
- The Women's Volunteer Service (WVS) for Civil Defense provided food and the name evolved
- The first home delivery of a meal on wheels following World War II was made by WVS in England in 1947.



MOW History



- In Australia, Meals on Wheels started in 1952 in South Melbourne
- The meals were delivered by a lady on a tricycle
- When it became too much for her to cope with Red Cross took over.

MOW History



- The first home-delivered meal program in the United States began in Philadelphia, Pennsylvania in 1954.
- At the request of the Philadelphia Health & Welfare Council, and funded by a grant from the Henrietta Tower Wurtz Foundation, Margaret Toy, a social worker pioneered a program to provide nourishment that met the dietary needs of homebound seniors and others who otherwise would have to go hungry

MOW History



- Many participants were people who did not require hospitalization, but who simply needed a helping hand in order to maintain their independence.
- Volunteers would prepare, package and deliver food to the elderly and disabled through their community.

<http://www.direct.gov.uk/en/HomeAndCommunity/InYourHome/SupportAtHome>

- Meals at home services
 - If you have difficulty cooking meals for yourself, your council can deliver ready-made meals to your home.
 - This service is sometimes known as 'meals on wheels'.
-
- Find out if you qualify for meals at home and how the meals will be delivered to you.





<http://www.direct.gov.uk/en/HomeAndCommunity/InYourHome/SupportAtHome>

Find out if you qualify for meals at home

- If you would like to receive meals at home, you will need to contact your council's social services department.
- They will carry out an assessment to find out what your needs are and tell you if you are eligible for meals at home.
- See 'Health and social care assessments' to find out what an assessment involves and how to contact your local council's social services department.

[Health and social care assessments](#)



<http://www.direct.gov.uk/en/HomeAndCommunity/InYourHome/SupportAtHome>

How the meals at home scheme works.

- There is normally a charge for the service.
- A range of meals is available, taking into account people's cultural and religious requirements, personal preferences and dietary needs.
- Once the social services team has agreed that you can receive meals at home, you should receive a simple 'service agreement'.
- The agreement will say:
 - on which days you will receive meals
 - how much you need to pay
 - how to contact the manager of the service
- You may be offered frozen meals, which you can put in the freezer and eat later, instead of hot meals.
- Hot meals are usually only delivered every day if you can't manage the frozen meals service.
- You may also be able to borrow equipment to reheat the meal yourself and a small freezer if you need it.



John J. Bartholdi

A Case Study



MOW in Fulton County, Atlanta

- Deliver prepared lunches to homes of people who cannot cook or shop for themselves
- Hot meals for Monday-Friday
- Frozen meal at weekends



MOW in Fulton County, Atlanta

- Weekdays at 8:30 a.m. prepared meal delivered to center at mid-Atlanta : by institutional caterer
- Heated in a holding oven till 9:15 am
- At 9:30 am 4 paid part-time employees arrive at the center





MOW in Fulton County, Atlanta

- The four employees load the meals into insulated bulk containers and then into their four vehicles.
- Each driver is given a “route manifest” which lists all of his delivery locations in a suggested order of visitation.
- Each then drives his route, delivering 40–50 meals to 30–40 locations between 10 am and 2 pm



MOW in Fulton County, Atlanta

- The four employees load the meals into insulated bulk containers and then into their four vehicles.
- Each driver is given a “route manifest” which lists all of his delivery locations in a suggested order of visitation.
- Each then drives his route, delivering 40–50 meals to 30–40 locations between 10 am and 2 pm



MOW in Fulton County, Atlanta

- The delivery vehicles are usually station wagons,
 - they can easily carry sufficient meals,
 - so vehicle capacity is not an effective limitation.
- The insulated containers will keep the meals properly warm (at least 140°, as required by the public health department) for four hours.
 - Thus, all meals must be delivered within four hours (usually not a problem)
- In fact, neither vehicle capacity nor delivery time is likely to become an active constraint unless the system grows considerably, an unlikely event for a charitable organization during lean times.



MOW in Fulton County, Atlanta

- MOW maintains two lists of clients:
 - an active list of those to whom meals are currently delivered, and
 - a waiting list of those hoping to join the system when space or additional resources become available.



MOW in Fulton County, Atlanta

- These lists are volatile. They change at a rate of about 14% each month because of the nature of the clients: most are elderly or ill.
 - They may die, or
 - recover from illness, or
 - receive care elsewhere (in a hospital, nursing home, or family) and so leave whichever list they are on.
- Clients may be added to the active list either from the waiting list, or as emergency special cases (perhaps referred to MOW by a social worker).



MOW in Fulton County, Atlanta

- MOW is managed by a devoted, energetic woman who is a full-time employee.
- As in many charitable organizations, the manager is over- worked.
- Her responsibilities are many,
 - including management of the MOW budget and
 - meal delivery:
 - planning menus,
 - ordering meals from the caterer,
 - monitoring the quality of meals, maintaining the insulated containers for the meals, and
 - supervising part-time employees.



MOW in Fulton County, Atlanta

- She also recruits and trains volunteers, and coordinates her services with social workers.
- The manager has little time and no additional resources to devote to routing.



MOW in Fulton County, Atlanta

- The project:
- We set out to design a method to help the busy manager
 - quickly generate efficient routes from a volatile list.
 - This method could not rely on a computer, nor even on appreciable clerical efforts, for such resources are not within the means of MOW.

The Problem?

- For each of the four part-time employee
 - Design delivery routes
- In the current structure
 - The employees report that they see each other during delivery !

The Problem?



- Given:
 - Demand points to be served on a particular day
 - Particular demand of each point
 - Dietary needs
 - Additional frozen meal delivery on fridays
 - The time it takes to travel between demand points
- Find the routes of each employee



The Problem in OR ?

- Travelling Salesman Problem (TSP)
- Given n locations, find a tour of minimum total length that visits all demand points.

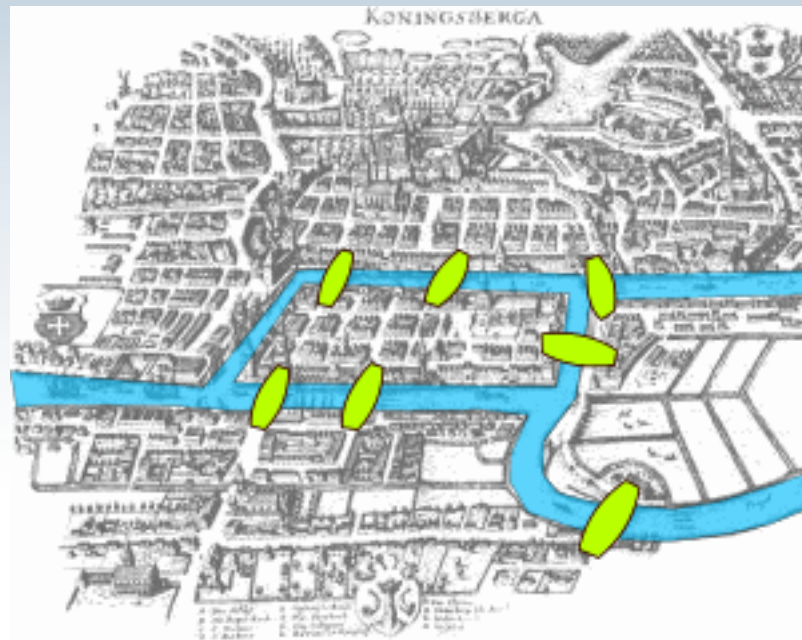


History of Network Flow Problems

- **1736:** Euler's work on the Koenigsberg Bridges
- **1800s:** Kirchoff constructed network flow models to analyze current flows
- **1857:** Hamilton's puzzle
- **1940s:** Kantorovich, Hitchcock & Koopmans considered transportation problems
- **1947:** Dantzig pioneered Linear Programming
- **1956:** Ford & Fulkerson proved max flow min cut theorem and developed a labelling algorithm for max flow. (Start of algorithmic developments)

The Bridges of Königsberg: Euler 1736

- “Graph Theory” began in 1736
- The city of Königsberg in Prussia (now Kaliningrad, Russia) was set on both sides of the Pregel River, and included two large islands which were connected to each other and the mainland by seven bridges.

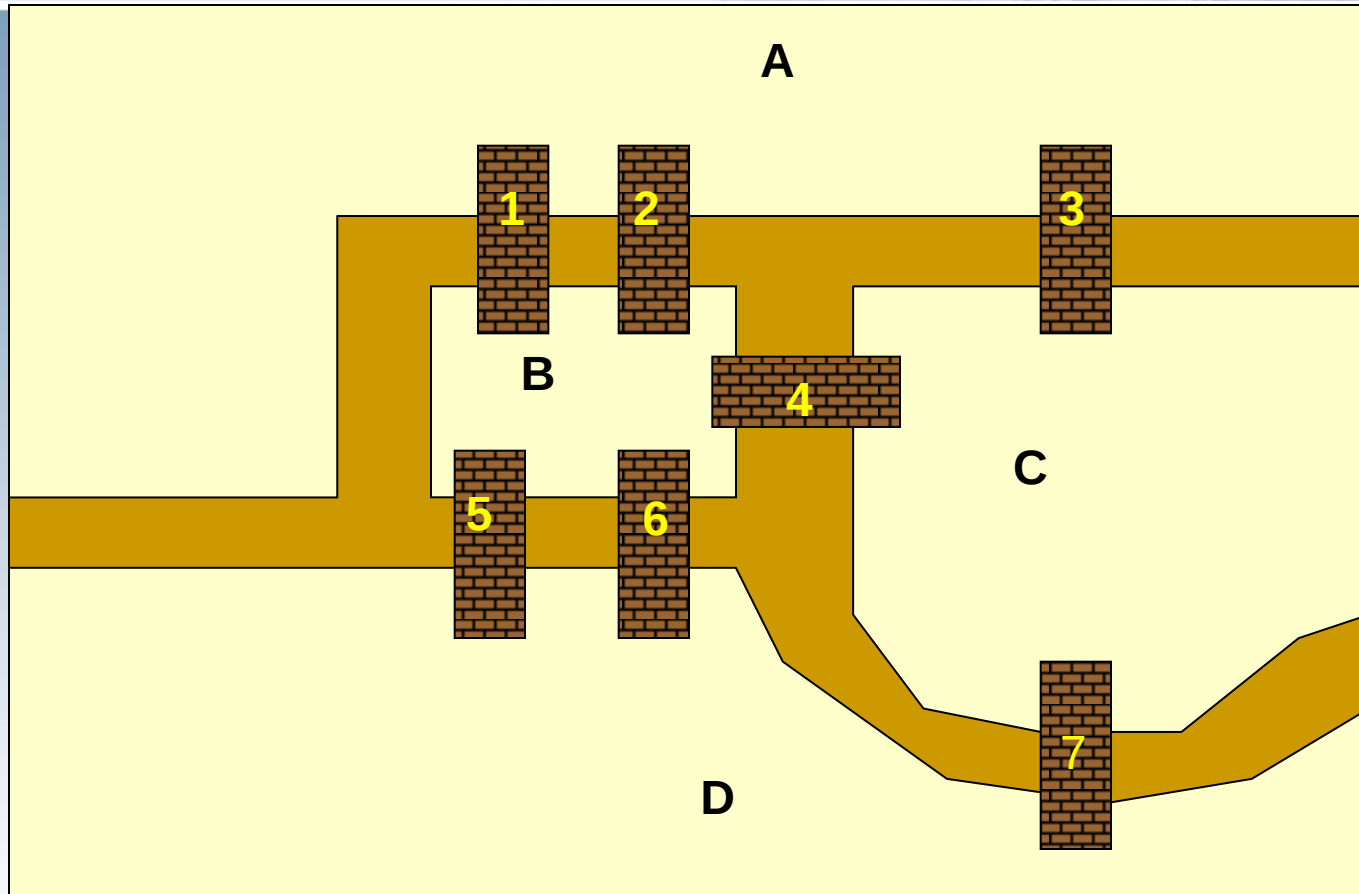




The Bridges of Königsberg: Euler 1736

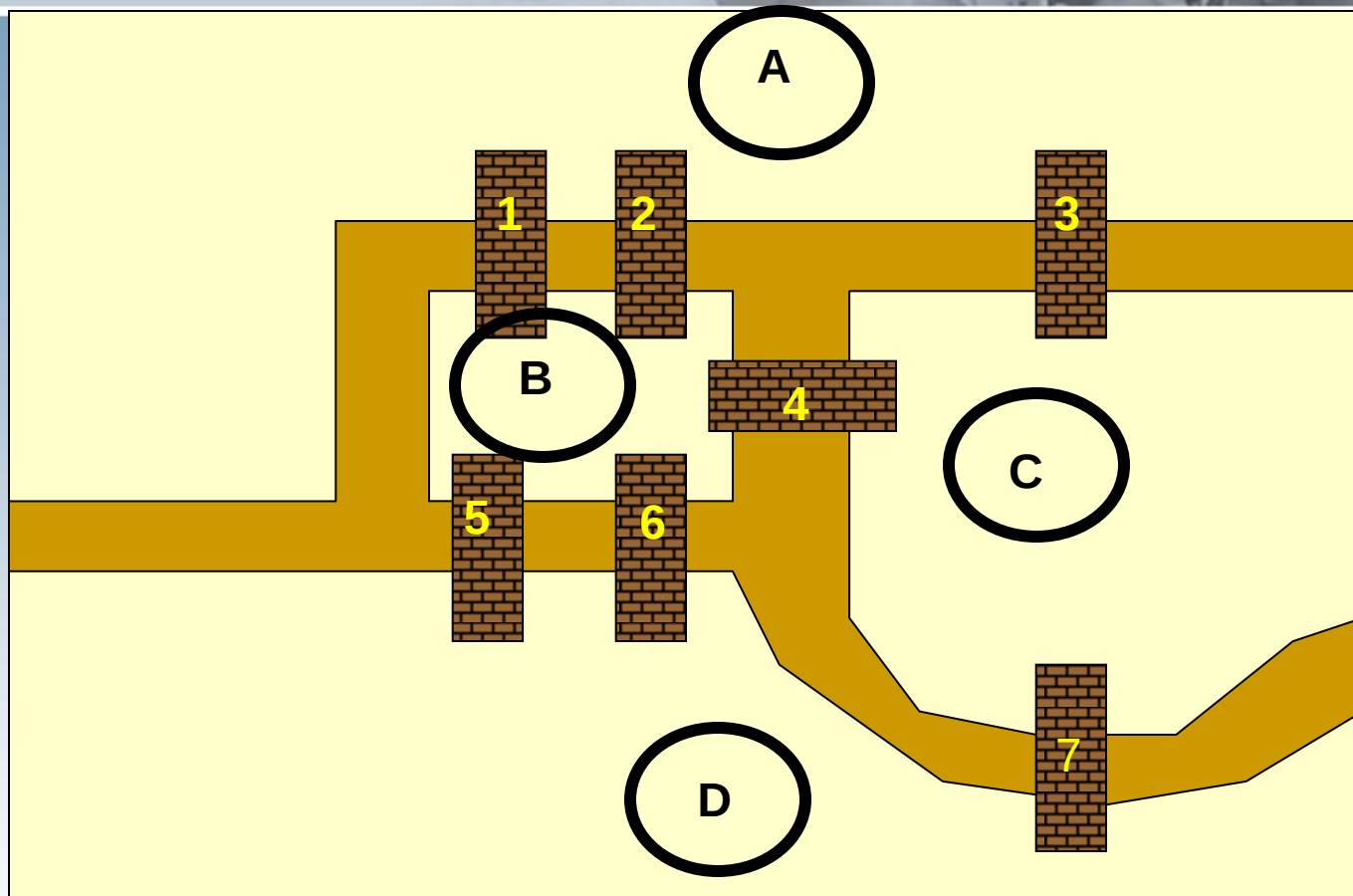
- Leonard Euler
 - Visited Königsberg
 - People wondered whether it is possible to take a walk, end up where you started from, and cross each bridge in Königsberg exactly once

The Bridges of Königsberg: Euler 1736



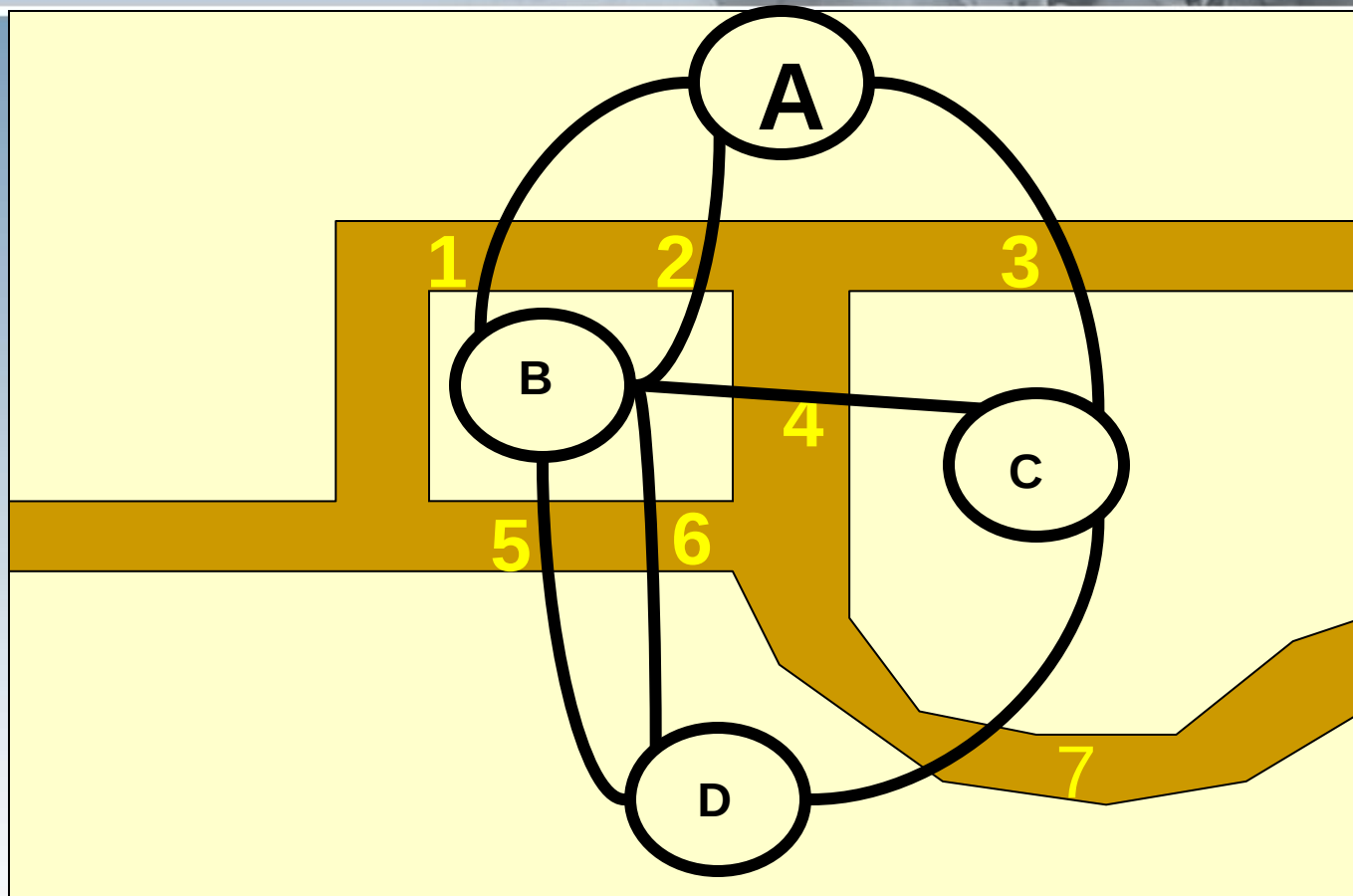
Is it possible to start in A, cross over each bridge exactly once, and end up back in A?

The Bridges of Königsberg: Euler 1736



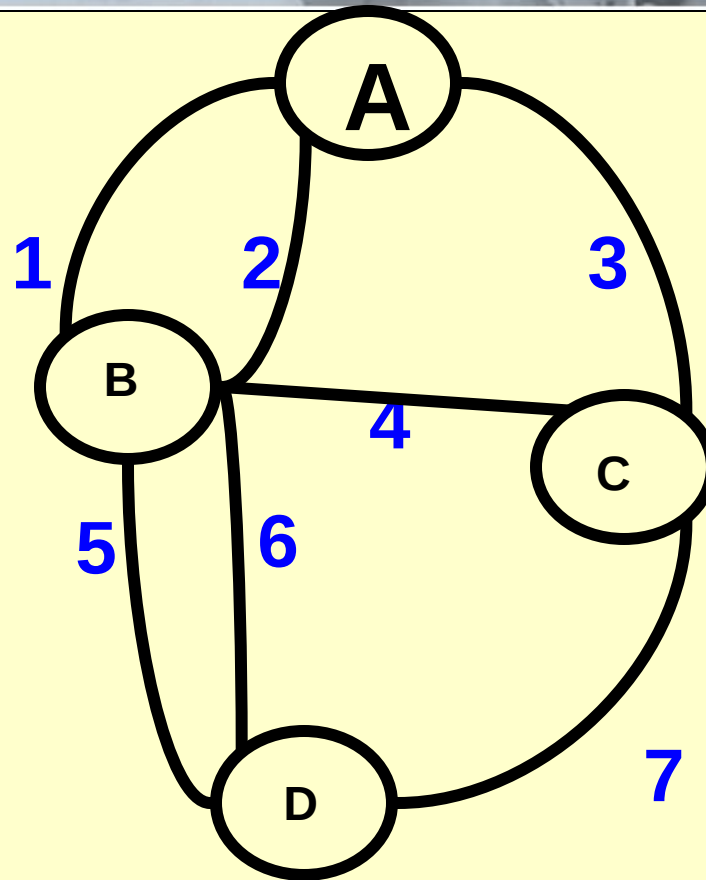
Conceptualization: Land masses are “nodes”.

The Bridges of Königsberg: Euler 1736



Conceptualization: Bridges are “arcs.”

The Bridges of Königsberg: Euler 1736

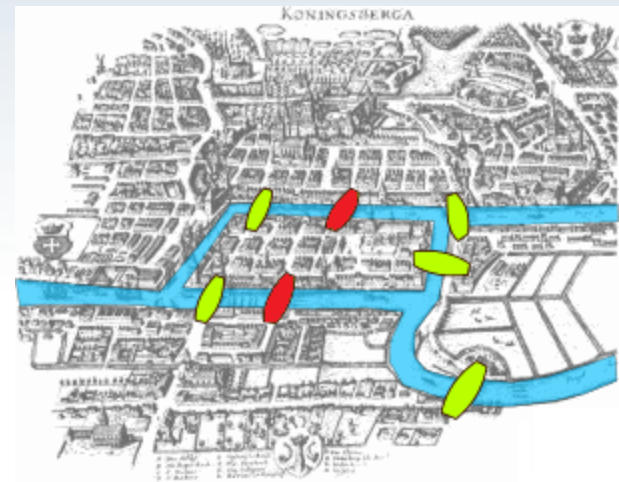


Is there a “walk” starting at A and ending at A and passing through each arc exactly once?

NO

Present State of the bridges

- Two of the seven original bridges were destroyed during the bombing of Königsberg in World war II
- Two others were later demolished and replaced by a modern bridge
- The three other bridges remain, (one was rebuilt in 1935).
- Thus as of 2011, there are now five bridges.

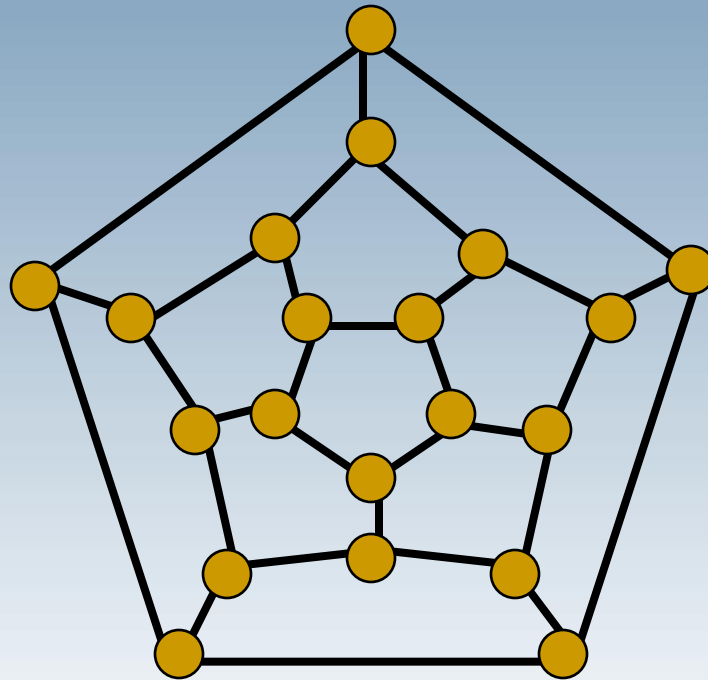


Hamilton's Around the World Game

In 1857, the Irish mathematician, Sir William Rowan Hamilton invented a puzzle that he hoped would be very popular.



Hamilton's Around the World Game

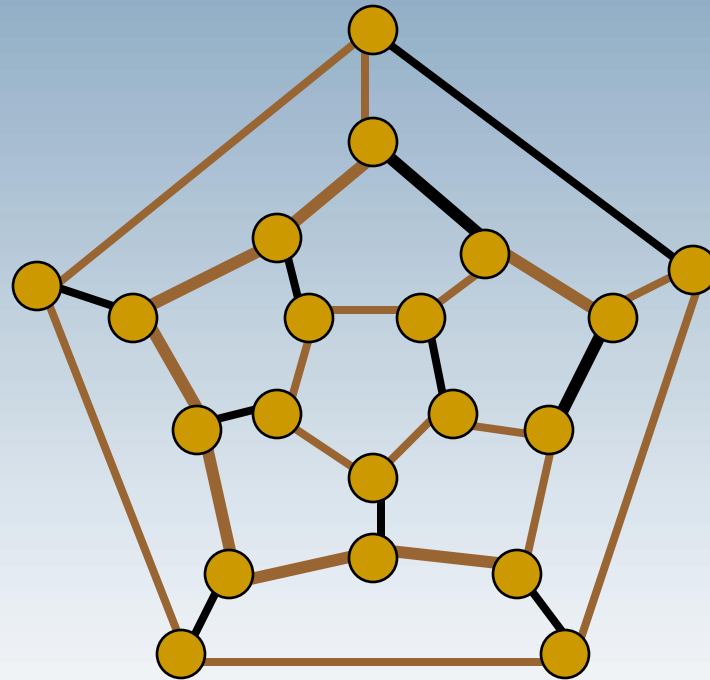


The objective was to make what we just called a hamiltonian cycle.

The game was not a commercial success, especially the 3D version.

But the mathematics of hamiltonian cycles is very popular today.

Hamilton's Around the World Game



*This is the **traveling salesman problem**.*

Travelling Salesman Problem (wikipedia)



- TSP is an NP-Hard problem.
- Given a list of cities and their pairwise distances, the task is to find a shortest possible tour that visits each city exactly once.
- The problem was first formulated as a mathematical problem in 1930 and is one of the most intensively studied problems in optimization.
- It is used as a benchmark for many optimization methods. Even though the problem is computationally difficult, a large number of heuristics and exact methods are known, so that some instances with tens of thousands of cities can be solved.

Travelling Salesman Problem (wikipedia)

History



- The origins of the TSP are unclear.
 - A handbook for travelling salesmen from 1832 mentions the problem and includes example tours through Germany and Switzerland, but contains no mathematical treatment.
- The TSP was defined in the 1800s by the Irish mathematician R. W. Hamilton (the game)
- The general form of the TSP appears to have been first studied by mathematicians during the 1930s in Vienna and at Harvard, notably by Karl Menger
 - who defines the problem,
 - considers the obvious brute-force algorithm, and observes the non-optimality of the nearest neighbour approach



Travelling Salesman Problem

- Notes 😊