

Meals on Wheels of Contra Costa, Inc

Tidbits



Summer 2007

Charitable contributions provide emergency meals for homebound

When a major disaster strikes, if you are elderly, homebound, and live alone, and depend on Meals on Wheels deliveries to sustain your health and independence, you can now rest a little easier.

Food insecurity during a major disaster has been greatly reduced for Meals on Wheels participants in Contra Costa County, thanks to Emergency Meals Packages (E-Packs) made possible by your caring donations to Meals on Wheels of Contra Costa.

Meals on Wheels Registered Dietitians are paying a special visit during July and August to the homes of 1,000 program participants countywide to deliver an E-Pack and provide special instructions on its proper storage and

use. Each E-Pack contains six high quality, nutritious, shelf-stable meals to be used only if a major public emergency interrupts regular Meals on Wheels deliveries.



E-packs have a maximum one-year shelf life, and will be replaced every six months to ensure they remain fresh and wholesome. The entire \$48,000 annual cost for this project will be borne by the generous charitable donations and grants we receive from individuals, charitable organizations and businesses.

"Meals on Wheels recipients and their families



count on us. If we can't deliver after an earthquake or other emergency, program participants still need to eat," explains Liz Vargas, Meals on Wheels Operations Manager who spearheaded the project.

When safe to do so, Meals on Wheels volunteers and staff will mobilize to check on each program participant, and immediately report any problems to family contacts and the proper authorities. "Sometimes Meals on Wheels volunteers bring the only food our participants have all day, and are their only visitors." says Vargas. "During a disaster, many homebound elders will be alone and frightened. With E-Packs and one-on-one education, we are doing what we can to help them prepare."

Sweet, Sweet 101

Talking with Emma M., it is hard to believe that she celebrated her 101st birthday on June 6. Although she may have physically slowed a little, there is nothing slow about her mind. She is a delight to talk to, and she has such a richness of history to share.







Emma was born in Louisiana, and came to Contra Costa with her husband in 1942, to work in the shipyards like so many others at that time, helping to build our nation's military defenses following Pearl Harbor. Emma meanwhile worked for Hunt's and Wesson Foods in their Oakland cannery, retiring after 23 years of service.

Emma and her husband raised ten children (7 boys and 3 girls), and she has enjoyed many years of many great, great, great; and even great, great, great grand children.

Emma with her son, himself a young 78 years old, demonstrates the youthful appearance that runs in their family. 100+ year-olds were rare even a decade or two ago. Now Meals on Wheels typically serves 4 to 5 centenarians at any given time.

Inside this issue...

-  Honoring our Major Donors
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-  County Board of Supervisors

THANK YOU to our Major Donors: July 1, 2006–June 30, 2007

All Meals on Wheels Donors are making an important difference for homebound elders who need our nutritious daily meals and a visit from a caring Meals on Wheels volunteer. Below we acknowledge our donors of \$250 or more during the past 12 months. Many workplace donors are omitted for lack of complete information, as well as those wishing to remain anonymous. We would again like to thank all our caring donors for their wonderful support to bring meals to homebound elders at nutritional risk in our community.

President's Circle: \$10,000 or more

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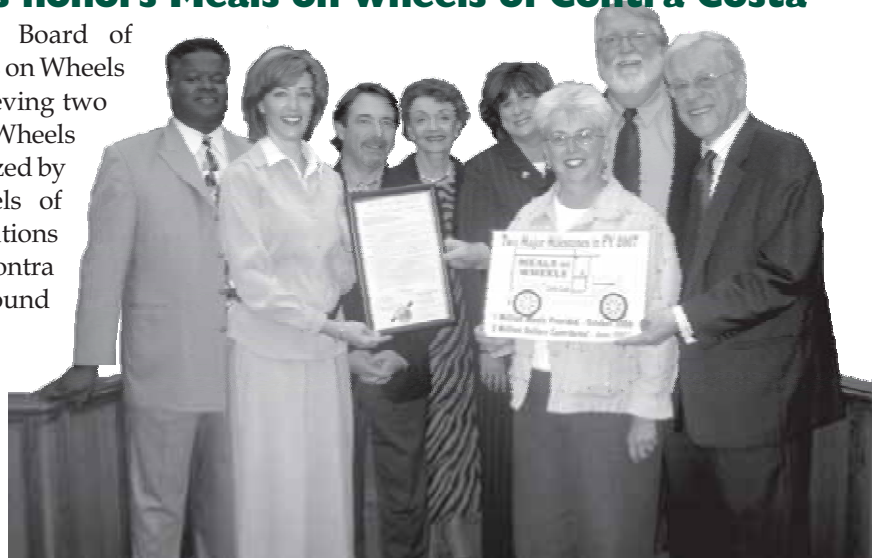
Some information for our donors...

- ✓ We don't share donor names or information with any other organization.
- ✓ We try to respect donor wishes about how often you want to receive appeals from us.

County Board of Supervisors honors Meals on Wheels of Contra Costa

On June 27 the Contra Costa County Board of Supervisors adopted a resolution honoring Meals on Wheels of Contra Costa, Inc. on the occasion of its achieving two major milestones. In October 2006, Meals on Wheels volunteers delivered the 1 millionth meal subsidized by community contributions to Meals on Wheels of Contra Costa and, in June 2007, total contributions received and expended by Meals on Wheels of Contra Costa since 1990 to provide meals for homebound elders surpassed \$2 million.

Pictured from left are County Supervisors Federal Glover, Mary Nejedly Piepho (Board Chair), John Gioia, Gayle B. Uilkema and Susan A. Bonilla. Accepting for MOW of C. C. are Board Members Cathy Ivers, Paul Krantz, and Robert M. Sessler (Board Chair).



Friends and loved ones

Show how much you care with a tax-deductible gift to Meals on Wheels in tribute to a special person or organization, to commemorate a special event, or in memory of someone important in your life. Meals on Wheels will send an appropriate card per your wishes to whomever you specify, expressing your sentiments and announcing receipt of your gift (but never the gift amount) and you will receive an acknowledgement letter.

Gift from...

Marie Aaserude
Janie Abbey
Marilyn and Robert Almond
Helen and James Atkins
Helen and James Atkins
Chalice O. Bagby Davis
Irma Bergeron
Barbara and Kenneth J Berniker
Edward and Erika Blackman
Elsie Boardman
Lorraine P. Bray
Mary and David Charamuga

In memory of...

Jean Campbell
Icem Shepherd
Mel Foreman
Nancy Boonin
Diane Cluff
Can't locate...
Dolf & Dorothy Degger
Ted Kessler
Sylvia Hope
Rena Rose Accornero
Earlene Frances Casey
Leon Gartung

Gift from...

Marcella Colarich
Marcella Colarich
Mariah, Age 7
Mary and Jeffrey Cox
Suzanne Delorenzi
Marget E. and Richard H. Denny
Haradon M. and Shirley A. Dillon
Rick Dosa
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Neal Perkey
Esther P. Railton-Rice
Bernice Raymond
Beatrice Scarborough
Yvonne and Peter Seely
Yvonne and Peter Seely
Yvonne and Peter Seely

In memory of...

Francis McGrath
Jason Kramasz
Her dad, Mitch
Lee Cox
Suzanne's mother
Laura Jean Frisbie
Harry Rieck
Rick's mother
Icem Shepherd
Laura Jean Frisbie
Lois Rammell
Susan Greer's mother
"Barbara""Bobbie""
Jean Swift"
Can't locate...
Nona Dial
Can't locate...
Essie Sickels
Bob DeGross
Lorraine Krantz
Sally Prater
Barbara Towers
Carl Hodge
Guido Lucchesi
Mark Thomas
Frank Majesky
Dolf & Dorothy Degger
Sis Collins
Evelyn Milet
Jacques Wheldon
Betty Smith Thompson
Ted Murray
Laura Jean Frisbie
Laura Jean Frisbie
Larry Pedrotti
Dolf & Dorothy Degger
June Bright
Laura Jean Frisbie
Louise Campbell
Bert Scarborough
Doug Richardson
Ralph Taylor
David Heyler

Gift from...

Yvonne and Peter Seely
Yvonne and Peter Seely
Yvonne and Peter Seely
Yvonne and Peter Seely
E Setchell.
Daneshvar Sharereh
Marcia Stenberg
Dorothy L. Stockwell
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Eugenia Sullivan
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Marlene Thompson
Harvey and Ramona Trowbridge
Jeanne Vasconcelles
Rochelle and Robert Walkup
Mrs. Wilma Walsh
Thomas Watt
William Webb
Nancy and Robert Wheaton

Gift from...

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Valerie Baake
Jeffrey Chung

Suzanne Delorenzi
Suzanne Delorenzi
Mary and Stephen Dunn
Elsie B. Fariss
Katherine Hughes
Lou Israel
Scott Jones

Martin, Janine G
Michaelson, Marlene
Murray, Helen
Jo Ann Pico
Stephens, Julia Lynn
Walden, Ruth A.
White, Robert
Wood, Matthew

In memory of...

Robert Dill
Lois White
Duncan Kilpatrick
Chan Wong
Can't locate...
Ali M. Daneshvar
Jim Gardelle
Can't locate...
Ivan C. Miller
Earlene Frances Casey
Earlene Frances Casey
Helen Regan
Dolf & Dorothy Degger
Dolf & Dorothy Degger
W. Graham Thornton
Earlene Frances Casey
Lucille Patterson
Dolf & Dorothy Degger
Mr. & Mrs. William G. Huff
Icem Shepherd

In tribute to...

Son Mathew
Charlie & Gerry Baake
Mr. & Mrs. Bill Y. Chung
(parents)
Beatrice--a very good friend
All Good Women
Can't locate...
Marylee & Jane
Barry Miller, M.D.
Mrs. Richard Cotter
Grandma & Grandpa Webster
& Grandma Jones
Meals on Wheels volunteers
Bert Battaglin
Meals on Wheels volunteers
Rex Johnston
Mary Humphrey
Ada Pilcher
Mr. & Mrs. James Hatfield
The Wood Families in Oakland,
Berkeley, and San Diego

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is the newsletter of
Meals on Wheels
of Contra Costa, Inc.

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1-866-669-6697

www.mealsonwheelsofcontracosta.org

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Please Visit Our Website

Learn more about Meals on Wheels in Contra Costa County, and how you, your church or other community organization can help. You can even donate a vehicle or make a credit card contribution online. Visit us at: www.mealsonwheelsofcontracosta.org

Supervisors and Mayors for Meals 2007

On March 21, our countywide Meals on Wheels Program participated in a nationwide effort to invite local elected officials to ride Meals on Wheels routes and meet program participants and volunteers. This enormously successful event proved to be a richly rewarding experience for all concerned, and we look forward to doing it again in the future. Those Officials who participated are:

- ◆ District IV County Supervisor Susan Bonilla,
- ◆ District V County Supervisor Federal Glover
- ◆ Antioch Mayor Donald Freitas
- ◆ Concord Mayor Mark Peterson
- ◆ Clayton Mayor Bill Walcutt
- ◆ Martinez Mayor Rob Schroder
- ◆ Oakley Mayor Kevin Romick
- ◆ San Ramon Mayor H. Abram Wilson
- ◆ Walnut Creek Mayor Pro Tem Gwen Regalia



Clayton Mayor Bill Walcutt with volunteer driver Ron Chang



Supervisor Bonilla with Volunteer Driver Marilyn Conception visits MOW participant in Concord.



Martinez Rotary President Al Morris presents a check to Meals on Wheels to help provide meals. Paul Krintz accepted the gift and gave a brief presentation on the new Emergency Meals (E-Pack) initiative.



Supervisor Glover delivers a meal to MOW participant in Pittsburg



Remembering Meals on Wheels

Meals on Wheels Legacy Circle members are an exclusive group of caring individuals who have made a Planned Gift in their Will or Trust to ensure that Meals on Wheels will be here for all the frail homebound elders who will need us in the years to come. Your planned gift may be in stocks, bonds, mutual fund shares, real estate or cash. Such assets can be gifted immediately with many tax advantages, or as Planned gifts and bequests in the future.

Meals on Wheels of Contra Costa is partnered with the East Bay Community Foundation for their 75 years experience in assisting charitable nonprofit organizations such as ours in receiving a variety of gifts. To join the Meals on Wheels Legacy Circle simply let us know of your intention to make a Planned Gift to Meals on Wheels. Please contact Paul Krintz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-646-9143 to discuss other planned giving options.

Health, independence and dignity for homebound elders



Meals on Wheels of Contra Costa, Inc.
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