

Meals on Wheels of Contra Costa, Inc

Tidbits



Fall 2008

Partners in service to the community

"You know what? It's my privilege. I call them all my extended family." That is how two wonderful volunteers, Katherine McDonald and Joan Kunzie describe their service to the community as partners delivering Meals On Wheels over 17 years.

Katherine and Joan formed their partnership back in 1991. Katherine, a very busy homemaker raising 7 children and Joan, a retired school teacher, made the commitment as friends to get together and volunteer to deliver Meals On Wheels one day each week. Two years later, Joan returned to work while Katherine continued "Meals On Wheeling."

Just about this time Katherine decided to take on a second day delivering meals and enlisted two other longtime friends to "come along for the ride." They too became long-term Meals On Wheels volunteers. During those years Katherine and Ann Schmershal (then 80 years young) and Gwen Hoffmann have delivered thousands of nutritious meals to their frail neighbors. Katherine jokes that she "drove my Dodge Caravan into the ground," adding "but I have no regrets."

And, in 2006, as the fates for long-term close friendships would have it, Joan and Katherine were back together again, driving, navigating, knocking on doors, delivering, and – most importantly – laughing and enjoying themselves while performing a critical service for their community. The two are as concerned as ever about the elders they so conscientiously serve and check in on each Wednesday and Thursday, 52 weeks a year.

We estimate, conservatively, that Katherine and her wonderful friends and driving partners have delivered 51,600 nutritious meals over the past 17 years, given 103,000 beautiful smiles, and provided perhaps millions of warm and much needed words of love and encouragement.

Congratulations, Katherine and Joan, and THANK YOU.



Katherine delivering a meal



Joan delivering a meal

Weathering the financial "Perfect Storm"

Dramatic increases in homebound elders seeking Meals on Wheels, recent government funding reductions and declining public contributions may create the financial "perfect storm" for Meals on Wheels in 2009.

Thankfully our Meals on Wheels of Contra Costa Board of Directors has always insisted we maintain a modest contingency reserve fund in good years, so that we can maintain services for our frail homebound elders in lean years like these.

We finished fiscal year 2008 in the red, meaning that a portion of our reserves were needed to make sure every nutritionally at-risk homebound elder needing Meals on Wheels was served. We expect a second year of red ink in 2009, but still hope to avoid reducing Meals on Wheels services for our homebound elders.

We remain optimistic that the continued generosity of you, our donors, will help Meals on Wheels weather this and future financial storms to continue our vital work.

Inside this issue...

- Honoring our Major Donors
- Years of support from San Joaquin Yacht Club
- Friends & Loved Ones Remembered
- Who we are!
- Auto parts store supports MOW
- Remembering MOW

THANK YOU to our Major Donors: October 1, 2007–September 30, 2008

Every donation to Meals on Wheels makes a difference for our frail nutritionally at-risk homebound elders who need Meals on Wheels to maintain their health and independence. Space limitations prevent us from acknowledging in print our more than 6,600 wonderful and most generous individual donors annually. Some workplace donors may be omitted for lack of complete donor information in a timely manner. Please rest assured that each and every donation to Meals on Wheels of Contra Costa makes an important difference for homebound elders throughout the county

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

Davis, Dick and Beverly
Friedmann, Peggy and Nadav
Y & H Soda Foundation

Benefactor Gold: \$5,000–\$9,999.99

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Benefactor Silver: \$1,000–\$4,999.99

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Wong, James T. K. and Florence M. M.
Xavier, Janet E. and Julian M.
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Youngdale, Dara
Zagon, Brian L. and Kimberly L.
Zamora, Fr. Clarence
Zeichner, Judith



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.



Who we are!

Meals on Wheels of Contra Costa, Inc. is a charitable nonprofit coalition of all the organizations involved in providing Meals on Wheels services in Contra Costa County. Through the generous gifts of our individual donors, charitable foundations,

businesses and civic groups, we subsidize a portion of all 300,000 Meals on Wheels delivered each year countywide by 400+ volunteers – meals which reach more than 2,200 nutritionally at-risk frail home bound elders.

We have no paid employees in our organization, but depend on the donated staff time from our member agencies and purchase clerical support on an as needed basis. **Our Mission:** We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their ones.

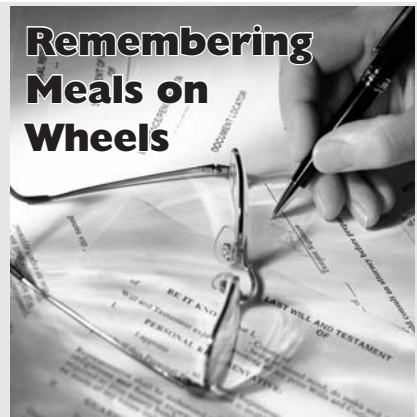
Auto parts store supports MOW

SP Automotive Supply Sales Manager Steve Markus presents a check to Meals on Wheels of Contra Costa Secretary/Treasurer Paul Kraitz for the proceeds from a benefit fundraiser held at their annual Oakland Raiders game tailgate party for customers and staff.

In addition, Mr. Markus announced that SP Automotive Supply stores would now offer a **Meals on Wheels Volunteer Discount** on auto parts and accessories at all store locations – including San Pablo, Martinez and Brentwood – as “a special thank you” for their dedication and service to the community.



Steve Markus presents check to Paul Kraitz



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 Kraitz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-646-9143 to discuss other planned giving options.

Annual reports and Form 990

Most recent Meals on Wheels Annual Reports and Form 990 are available on our website, www.mealsonwheelsofcontracosta.org to view and print. If would like paper copies but lack Internet access, please call 1-866-669-6697 for assistance.

Health, independence and dignity for homebound elders



Meals on Wheels of Contra Costa, Inc.
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