

Meals on Wheels of Contra Costa, Inc

Tidbits



Summer 2010

San Pablo Seniors top the charts!



From Left: San Pablo Senior Center Manager Lupe Monterrosa, Senior Nutrition Program Manager Liz Vargas, Senior Nutrition CC Café Manager Tom Joiner, Senior Volunteers Phil Saxton, Bobbie Barnes, Eletha Cannon (behind) Maria Rodas (lady w/cap) Barbara Fineberg & Bob Staudinger

For two decades, Senior Citizens at Senior Centers throughout Contra Costa County have come together each year to sponsor a variety of events to raise funds for Meals on Wheels in what we call our *Seniors Helping Seniors* campaign. Year after year the seniors at the San Pablo Senior Center top the charts in total dollars raised. This past year was no exception, with the San Pablo group raising \$6,871 with their annual White Elephant sale.

"Imagine, through the efforts of the dedicated and hard working seniors at the San Pablo Senior Center, 3,000 additional meals will be delivered to homebound elders this year," according to Senior Nutrition Program Manager Liz Vargas.

Several other Senior Centers throughout Contra Costa County hold annual *Seniors Helping Seniors* fundraising events and raffles throughout the year.

We salute you all for your wonderful efforts on behalf our homebound elders who need Meals on Wheels.

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We get letters...

The letters and notes we receive from Meals on Wheels participants and their family members thanking and commending us for the work we do, are greatly appreciated by program staff and volunteers. The following recent note from the daughter of a Meals on Wheels participant captures some of the essence of why Meals on Wheels services mean so much to our homebound elderly participants and their families.

April 14, 2010

Hello,

My mother, Dorothy J. is a recipient of Meals on Wheels Services. I'd like to take this opportunity to thank you for the assistance you provide to her, not only nutritionally, but as an additional means of monitoring her safety and well being. I was surprised and very grateful to receive a phone call recently when she failed to answer her door to receive her delivery.

I hadn't realized that family alerts were included in the service you provide. I see her and talk to her frequently, but knowing you are also watching out for her gives me great peace of mind.

Thanks ever so much,

Mary M.



THANK YOU to our Major Donors: July 1, 2009-June 30, 2010

Every donation to Meals on Wheels helps homebound elders in our community to maintain their health and independence. Limited space prohibits our acknowledgement of each of our wonderful 8,500 donors this past year. Thank you so much for each and every gift to help our homebound elders in need!

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Thanks!

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Margaret Cingolani	John Cingolani						
Edward Campbell	Jean Campbell						
Mary Fitzhugh	Mary Hyden						
Thomas DuHaines	Nichoals DiBiasi						
Linda Drenik	Theresa Costanza						

Gift from...	In tribute to...	Gift from...	In tribute to...	Gift from...	In tribute to...
Michael Wilborn	Vietnam Vets	Dorothy Cohen	Shirely & Ilene Linssen	Eric Peterson	Carolyn Callistro
Lee & George Burnett	Len Fisher's 80th Birthday	Meghan Candido	Donna & Daniel Candido	Karen Taylor	Tom & Ismini MacLean
A.P. Puglise	Ignacio Galindo	Tina Parsons	Helen & Lou Rossi	Bobbie Goodwin	Marguerite Wiesinger
Ruth Haley	Joan & Don Landis	Faith Medeiros	Danielle & Mat Mueller	Oshri Karmon	Malcolm Read
Barbara Scholtz	Kali	Sister Marcery	William Webb	Kevin Franklin	Poor & destitute people
Aunt Erika & Uncle Ed	Regina Schumann	Robert L. White	Ginger White	Erika & Ed Blackman	Harriet Grever
Fred Lorenzetti	Evana Mori	Lori Schneider	Kathryn & Ron MacDonald	Gladys Laston	Sharon Lingane
Michael Wilborn	Vietnam Veterans	Bette Lange	Dr. & Mrs. Richard Kaplan	Marinell Daniel	Susan Spencer
Fred Lorenzetti	Lola Lucchesi	Bette Lange	Mr. & Mrs. Robert Brennan	Mike & Lori Schneider	Kathryn MacDonald
Cynthia & Tom Peters	Frances Rankin Price	Pamela Spires	Rae & Lin Yates	Bob & Marj Jardine	All who from suffer terrible illness
Tom & Monica Brady	All the MOW Volunteers	Carl Kress	Carl & Roswitha Kress		Poor & destitute people
Mark & Siliva Belotz	Our Shabbat Group	Lara DeLaney	Paul Krantz	Kevin Franklin	Tamara Gomez
Robbie	Seal	Cynthia Abramov	The Applin Family	Sarah Ely	All Meals on Wheels Volunteers
Richard Mason	Ray Rickman	Cynthia Abramov	The Kelly Family	Tom & Monica Brady	Poor & destitute people
Barbara Licht	Terry & Linda Kanat	Paul Walsh	Bill & Donna Summer	Kevin Franklin	George & Jane North
Barbara Licht	Ann Miller & Chuck Ruben	Deborah Cline-Monaco	The Monaco Family	Mr. and Mrs. Verlyn Clausen	Bob Whitey
Dorothy Cohen	Beth & Dan Sanguinetti	Margaret Schmidt	Karin Anne	Melissa Wedel	

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.

Meals on Wheels of Contra Costa, Inc

Tidbits



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

PO Box 3195, Martinez, CA 94553
Business and Inquiries about service, call toll free:
1-866-669-6697 or go to www.mealsonwheelsofcontracosta.org

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P.O. Box 3195
Martinez, CA 94553

Health, independence and dignity for homebound elders

JOIN OUR SUPPER CLUB!

Become a Monthly Donor

Generous donors who make monthly gifts provide Meals of Wheels of Contra Costa with the steady income needed in order to provide food and friendship to homebound neighbors in need.

I would like to make a monthly contribution to support Meals of Wheels of Contra Costa. Please enroll me in the Super Club with a monthly gift of \$_____.

Please charge the amount written above to my:

Visa MasterCard AmEx

NAME ON CARD

CREDIT CARD NO.

EXPIRATION DATE

SIGNATURE

I authorize Meals on Wheels of Contra Costa to charge my debit or credit card each month for the amount I stated above until I notify Meals on Wheels of Contra Costa of any changes, and they have had a reasonable time to act on it. A record of each payment in my monthly bank or credit card statement will serve as my receipt and Meals on Wheels of Contra Costa will provide me with a statement of my annual gifts.



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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 you would like paper copies but lack Internet access, please call 1-866-669-6697 for assistance.

Your Group, Too... can deliver Meals on Wheels as a rewarding and meaningful contribution to help frail homebound members of your community.



Volunteers from Martinez Kiwanis Club (pictured) have been delivering Meals on Wheels every Tuesday for 25 years. Each member (or 2-member team) is scheduled to drive the one-hour to 1½ hour route in their own community once every so many weeks (depending on the size of the volunteer group).

Many service clubs, church groups, and other organizations participate by adopting a Meals on Wheels route one day per week, making this wonderful contribution to help homebound elders in their community. Call 1-866-669-6997 or email us at mowcc@hsd.cccounty.us for more information.

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.

