

Meals on Wheels of Contra Costa, Inc

Tidbits



Fall 2011

Claudia's good life

Many in Martinez have known Claudia for decades as a popular retired educator of 35 years, and an active member of the community. She first became known to Meals on Wheels as the dedicated caregiver for her neighbor and best friend Silva, another retired school teacher and a Meals on Wheels participant until her passing earlier this year.

Born and raised in Berkeley and a 1941 graduate of Berkeley High, Claudia received an Associate Arts Degree from U.C. Berkeley where she was editor of *The Pelican*, a campus humor magazine. She then transferred to New York University, receiving her Bachelor's Degree in Philosophy in 1945 while living in a cold water flat with her brother, a Broadway song and dance man, and 6 others for whom she did the cooking and shopping. "It was a very exciting time," Claudia says.

Her bother was then appearing in "Bloomer Girls" on Broadway. He had previously appeared in "Something for the Boys" with Phil Silvers and Ethel Merman, and was good friends with such stars as Celeste Holm and Betty Garrett. One Easter Claudia recalls her brother throwing a party with Gene Kelley and his brother, Celeste Holm, and Cy Colman "while I just sat there with my mouth open." It was hard sometimes to study or type a term paper with the comings and goings including Broadway and Hollywood notables. Claudia also worked for Life Magazine at the

time, doing rewrites for the overseas edition for \$27.50 a week

Homesick for California, Claudia returned to receive her Teaching Credential from S. F. State and began teaching Kindergarten in San Pablo, her hardest job ever. She then taught in Antioch and West Pittsburg, before coming to Martinez to teach 6th grade for the next 27 years until her retirement in 1982.

Claudia and some friends became avid whitewater rafters on the Class 3 Electra Run of the Mokelumne River for many years until they nearly lost one of the group when a raft overturned. They decided to give it up

Since retiring Claudia taught humanities at Martinez Adult School for ten years, served on the Civil Grand Jury in 2007-08 and then as Parliamentarian for the Grand Jury Association. She has served on the Board of the Martinez Historical Society and is a member of the Martinez Lioness Club. She enjoys her two dogs, reading, listening to music and until she became too unsteady on her feet, gardening.

With her mobility now limited, Claudia has become a Meals on Wheels

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Friends and loved ones remembered: July 2010-June 2011

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.

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Liam Alan	Hazel Montez	Deborah Guyton	Connie Narbaez, Mom	Margaret Cingolani	My husband, John	Eleanor Armborg	Will Armborg
Margaret Cingolani	My husband, John	Elise Lawton	Gene Lawton	Vivienne Witsil	Theodore Witsil	William Kleeman	Mary Farlee
Tejinder Basra	Prinam Basra	Roger & Jan Brown	Mary Dee	Leilani Marshall	Rich Marshall	Evelyn Hunter	Jean Britton
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Leon Merritts	Helen Ray	Judi Dinneen	Laura Jean Frisbie	Elizabeth Wright	Mary Jane Howe	Vera Thomas	Linda Jardin
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Joe & Norma Viscuso	Alphonse Sangaminio						
Wilma Garrett	Elmer Garrett						
Linda & Luis Rico	Frank Buchanan						
Donald Hare	Dennis Horgan						
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Helen Jensen	John Kannisto & Margaret Walker						
Helen Jensen	John Kannisto						
Elizabeth Dunn	John & Geraldine Dunn						
James Atkins	Beryl Kluge						
Virginia Barolomei	Marie Norut & Helen Barolomei						
Steven Amaral	My wife, Susan Amaral						
Mark Beecher	Helen Dickinson						
Bertha Diaz	Elvira Diaz						
Susan Cattano	My mother, who drove for MOW						
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Gift from...	In tribute to...	Gift from...	In tribute to...	Gift from...	In tribute to...
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Margaret Cingolani	Family	Suzanne & Victor Stephens	Marriage of Erin Troy & John Ross	Jeanne Gibson	Violet Young's 91st B-day
Fred Lorenzetti	John Aldo Mori	Jo Ann Pico	Barbara Bentley & Rex Johnston	Joe Green	MOW Volunteer Drivers
Karen Taylor	Tom MacLean on his birthday	Joyce Thomas	Barbara Koeth	Vilma Garrett	Willa Thomas
Tom & Monica Brady	Meals on Wheels Volunteers	Melissa Ladd	Hunter Gatewood & Daniel Frattin	Alice Gregori	Barbara Hakala
Vivianj Boyd	The Cullen Family	Lara DeLaney	Paul Krantz	Arthur & Cheryl Watkins	My cousin, Ravanna Kling
Jean Potts	Jean Potts for passing DMV test	Susan Davi	Joe & Barbara Davi	Ruth Haley	Joe Green's B-day
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Meals on Wheels of Contra Costa, Inc. is the newsletter of Meals on Wheels of Contra Costa, Inc.



Tidbits

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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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.
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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:

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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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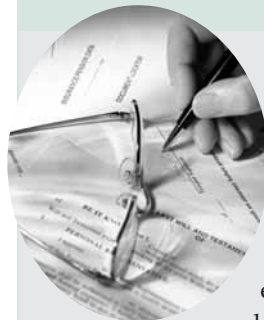


Who Lives in Poverty?

According to U.S. Government standards, almost no one! The federal poverty guideline tells us that a single elder living alone and receiving more than \$908 a month—whether they live in Alabama or the San Francisco Bay Area—is above the poverty line. If this were true, then very few seniors would live in poverty in the U.S. given the median Social Security Benefit of \$1,250 per month.

In reality the minimum standard for economic security in the San Francisco Bay Area is more than double the federal guideline and nearly twice the median Social Security Benefit received by retired elders. The “Elder Economic Security Standard Index” prepared by the Insight Center for Community Development, and referenced in a September 2010 study published by the UCLA Center for Health Policy Research, show us that an elder in Contra Costa County who lives alone in a one bedroom apartment needs an income of \$2,075 per month to meet minimum basic needs. An elder couple living in their home without a mortgage needs \$2,185 per month to make ends meet.

By these more realistic standards most Meals on Wheels participants in our county live below the basic economic standard of living.



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

Claudia’s good life —continued from page 1

participant herself in recent months. Her attitude towards life remains positive and forward looking, announcing at age 86 that the whole town will be invited to her 90th Birthday Party.

As Claudia summed it up, “It’s been a good life. I have enjoyed myself a lot and still do.”