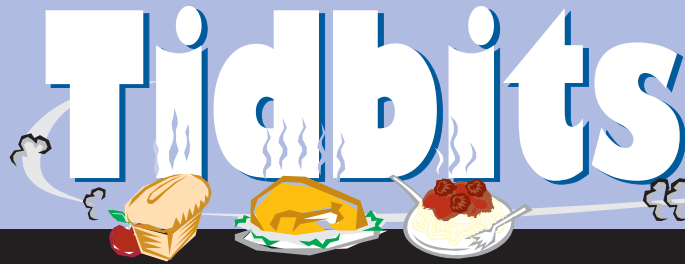


Meals on Wheels of Contra Costa, Inc

Saving lives, one meal at a time



Federal Tax ID No. 68-0231350

Fall 2013

Rita...Queen of the dance floor



At one time, Rita, 88 years old, was the queen of the dance floor. She met her husband at a dance club in San Francisco and they danced together every weekend thereafter. "We danced the swing, ballroom and tango," says Rita.

She was born in 1925, and was raised there with her 9 siblings. She had a very strict upbringing but recalls only fond memories of life with so many brothers and sisters and hard-working parents.

She came to the Bay Area to be near her older siblings and quickly found a job working as a waitress at the Hilton in San Francisco where she eventually retired.

With her health failing, and no support system, Rita sometimes feels confused and depressed and has recently taken a bad fall.

Rita tells me how hard it has been to retain her independence. She misses driving and grocery shopping.

"I am very grateful that I can enjoy a healthy meal every day. My favorite meals are the salads. I am also glad when the nice volunteer driver visits with me for a minute or two before he heads to his next stop."

Gratitude

"We are very grateful for the program. It has made our meal situation much easier. Thank you."

"You are a great group of people reaching out to our community."

"Thank you for the excellent service. Your people are so friendly. Thank you."

"Thanks, again, for being there for me. You folks are great!!"

Grant from Wells Fargo Bank... Thank you!



Greg Young (left) of Wells Fargo Bank presented a \$5,000 Grant to MOW. Receiving the check was board President John Cottrell (right) and Co-Founder & Secretary/Treasurer Paul Kraintz (center).

Inside this issue...

- Queen of the dance floor
- Gratitude from our clients
- Grant from Wells Fargo Bank
- Starved by the Sequester
- The Cotton Patch
- We get letters
- Friends and loved ones remembered
- Thank you to our major donors
- Martinez Mayor's Cup Golf Classic
- Join Our Supper Club
- Remembering MOW

Seniors ask congress to return sequestration cuts



Contra Costa homebound elders who enjoy our nutritious daily Meals on Wheels were joined by their contemporaries at Senior Centers countywide to participate in the National Association of Nutrition and Aging Services Program's (NANASP) "Don't Empty My Plate" campaign.

Each senior wrote an individual note to their Congressman on an empty paper plate asking that they restore the devastating "Sequestration" cuts leveled on the local Meals on Wheels Program by congress this year. Nearly a thousand plates with individual messages were sent to local Congressional offices. Many digital photos of seniors writing these messages were also sent via email to NANASP Headquarters in Washington DC for use in testimony before congressional budget hearings. Many thanks to all of the seniors who joined in supporting Meals on Wheels.



The Cotton Patch: Chicken adoptions earn more than just a "peck" for Meals on Wheels

The Cotton Patch in Lafayette, California, celebrated its 35th anniversary on August 17, 2013. To celebrate and give back to the community, Carolie Hensley, the Proprietor, and her staff made decorated chicken-shaped pin cushions from fabric scraps for a Meals on Wheels fundraising event. The pin cushions were put up for "adoption" at \$5.00 each and their customers adopted 52 of them!

The Cotton Patch plans to continue making adoption chickens in the future!



We get letters...

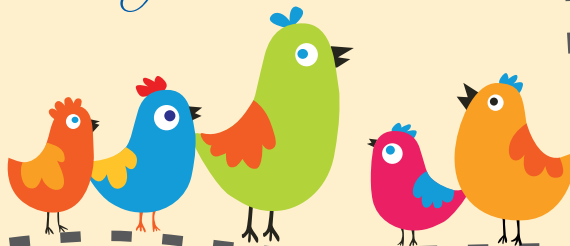
The letters and notes we receive from Meals on Wheels participants and their family members thanking and commending us for the work we do, are greatly appreciated by program staff and volunteers.

July 6, 2013

Here is a small token of our appreciation for the meals you provided for several weeks during the serious illness my wife suffered five months ago. We were paying for around-the-clock caregivers for six weeks last winter and it took a big whack out of our savings. She is doing much better now. We thank you very much for your help during those troubling times.

Sincerely, "Bud"

Thank you!!!!



Friends and loved ones remembered: September 2012-August 2013

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



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...with Car Donation Services, Inc.



Visit our website at: <http://www.mealsonwheelsofcontracosta.org>

THANK YOU to our Major Donors: September 2012-August 2013

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 8,900 donors this past year. Thank you so much for each and every gift to help our homebound elders in need!

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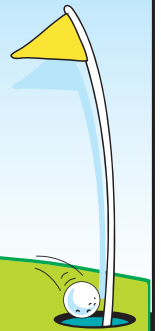
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