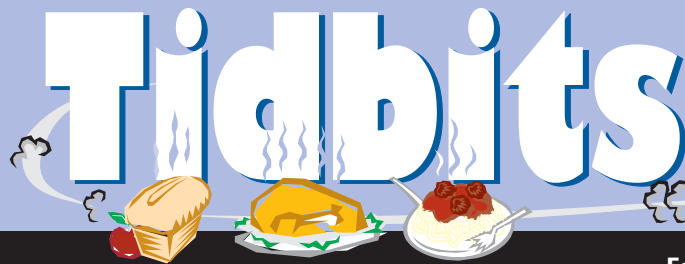


Meals on Wheels of Contra Costa, Inc



Federal Tax ID No. 68-0231350

Spring 2013

Still flying high at 92!

At 92 years of age, Mel Mattsen is frail, homebound, and unable to cook a meal for himself.

But, he is happy and grateful for each day because he has a great hobby to keep him busy, and looks forward to the friendly visitor and meal he will receive from Meals on Wheels of Contra Costa.



Mel Mattsen

Mel grew up in California and worked in ship yards up and down the West Coast. In fact, he and his father owned a ship yard for many years and that business landed him in Contra Costa

County where there were a number of shipyards from 1941-1945.

Mel and his wife of 67 years raised 2 children in Contra Costa County. "Bernice was the artist and the caretaker of our family, says Mel." Many of her paintings hang in the hallways and a picture of Bernice sits on a chair in the living room just next to Mel's chair. For many years before Bernice passed away Mel had hip trouble and was wheelchair-bound and unable to drive. Bernice took care of him. With his family living outside of California, it became necessary to seek assistance from Meals on Wheels of Contra Costa in November of 2009.

When I asked Mel about the Meals on Wheels Program he said "Couldn't beat it." "My favorite meal is the BBQ and I can eat half for lunch and the other half for dinner." "I am amazed at how well-balanced the meals are." "I don't know what I'd do without Meals on Wheels!"

Mel is definitely still "flying high" at the ripe young age of 92!

\$100K Sequestration cut hits hard!

Meals on Wheels in Contra Costa County is being cut by \$100,000 this year thanks to the so-called federal Sequestration. If Congress fails to act by the end of March, the program will have to begin reducing the number of homebound elders who receive Meals on Wheels deliveries. Your contributions to Meals on Wheels of Contra Costa will help limit this devastation.

www.mealsonwheelsofcontracosta.org

Young MOW fan and artist

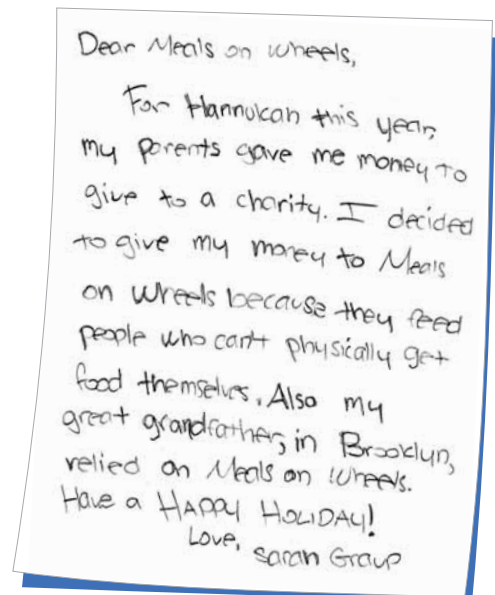
Granddaughter of donor Robert Graup, Sarah Graup donates to Meals on Wheels with her holiday money and drew her rendition of the Meals on Wheels of Contra Costa logo.



—drawn by Sarah Graup

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- 🍎 Daisy Troop brightens seniors' holidays
- 🍎 Join Our Supper Club
- 🍎 Remembering MOW



The San Pablo Senior Center raises \$7,500 for homebound Contra Costa Senior Citizens!

At their annual flea market, the San Pablo Advisory Board, the Davis Park Senior Center, and the Committee on Aging raised \$7,500 to help the plight of homebound and frail Contra Costa seniors.

Each member of the group sold 200 \$1 tickets and held a raffle amid facilitating and working diligently at the flea market. This year, they sold 3,000 tickets!! St. Joseph's Cemetery also bought \$300 in tickets. Three lucky raffle winners won \$400, \$200 or \$100!

Ricardo Carranza, the Café Manager, sold tickets during lunch, at City Hall, and during Saturday Bingo. During the flea market, the volunteer cooks make hot dogs, chili beans, and lots of great food. They started their work at 7am and didn't stop until all the merchants sold their goods!

Paul Kraintz, Co-Founder of Meals on Wheels of Contra Costa says "the folks at the San Pablo Senior Center have always donated generously to Meals on Wheels. We have always been impressed with them for putting so much time and effort into this annual event to provide a warm meal and friendly visit for homebound seniors in Contra Costa County."



Meals on Wheels keeps seniors out of nursing homes!

A Brown University Newsletter article recently reported a study at that institution which firmly established the link between Meals on Wheels and a significant reduction in nursing home placements of "low-care" seniors. To view this article go to:

<http://news.brown.edu/pressreleases/2012/12/meals>

Another grant from Professional & Technical Engineers Local 21

Sue Guest, Local 21 President and Scott Hutchinson, Local 21 Representative at Large present Paul Kraintz (center) with a \$1,200 grant.



Courage to stay strong

Born in San Francisco on June 30, 1949, Armando Morales was the first-born in his family of 5. He and his three siblings were raised by his mother. "Life without a father was difficult, but we managed with support from friends, and a lot of faith." A framed picture of his mother sits front and center on his kitchen table.

Armando recalls the day his brother was drafted into the Army and was deployed to Vietnam. "My mother was heartbroken." And not too long after his brother was drafted, Armando enlisted in the Army and served 6 months in Vietnam. "As an Army Specialist, I worked in Anti-Mine Units and in the Unit Police."

While in Vietnam, Armando fell ill with scarlet fever and was sent to Germany to recover. After a slow recovery, he stayed in Germany and worked with the Army in the Engineer Corp for 2 years.

"The Army was tough, but our Sergeant cared a lot about us and was like a father-figure to me. I was only 19 at the time. I called him Pa."

When he was discharged, Armando returned to San Francisco and worked for the U.S. Treasury Mint as a Verification Clerk for many years. Unfortunately, he once again became gravely ill and was in a coma for almost four months. "I had to re-learn to speak, walk and eat." After his recovery he began receiving daily delivered meals through Meals on Wheels of Contra Costa.

"I am so grateful to Meals on Wheels. I trust the volunteers and look forward to their visits each day. The chicken meal is my favorite, but I like all of them."



Friends and loved ones remembered: February 2012-January 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.

Gift from...	In memory of...	Gift from...	In memory of...	Gift from...	In memory of...	Gift from...	In memory of...
JAgnes VanAlstyne	Kenneth Wallace	Helen Atkins	Marian Farley Loops	Krishnah Parimi	My loved ones who are no more	Rita Hoodei	Robert Hawkins
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Edward Carville	Marilyn						
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Meals on Wheels of Contra Costa, Inc is the newsletter of Meals on Wheels of Contra Costa, Inc.

Tidbits 

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Business and Inquiries about service, call toll free: 1-866-669-6697 or go to www.mealsonwheelsofcontracosta.org
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Donate a vehicle through our partnership... 

...with Car Donation Services, Inc.

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

THANK YOU to our Major Donors: February 2012-January 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 8,500 donors this past year. Thank you so much for each and every gift to help our homebound elders in need!

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Stonehurst neighborhood foregoes gifts to support the elderly

The Stonehurst community in Martinez donated to MOW of Contra Costa in lieu of exchanging gifts at their annual Holiday party and raised \$1,900 for homebound, frail elders in Contra Costa County.

Martinez Daisy Troop brightened seniors' holidays

The 1st Grade Daisy Troop at John Swett Elementary School made beautiful Holiday cards for Meals on Wheels homebound seniors!



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 Krantz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-335-3358 to discuss other planned giving options.