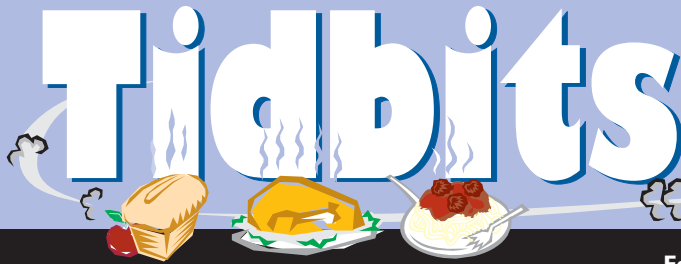


Meals on Wheels of Contra Costa, Inc

Saving lives, one meal at a time



Federal Tax ID No. 68-0231350

Spring 2014

Elsie...99 years young and counting!

Elsie will be 100 years old this year. She was born on September 19, 1914. We visited her on a beautiful afternoon in her home of more than 50 years!.

Elsie grew up on a farm 3.5 miles west of Clinton, Mississippi, with her father who was a 1st generation German. She learned to speak English in a small School House and recalls a fateful day when she sat on a bed of red ants! Ouch!

Elsie and her husband moved to Contra Costa County just when the news broke about the assassination of John F. Kennedy. She still remembers it very clearly. She worked as a house keeper and a part-time secretary at Diablo Valley College while raising 10 children, and served for many years on the Board of the Martinez Historical Society. She is the proud grandmother of 12, great grandmother of 14, and has a total of 200 descendants!

Elsie has been on the Meals on Wheels Program for 9 years. She broke her ankle in 2012 due to osteoporosis and now exercises her knees and legs three times per week by gently lifting them while sitting on her couch. It is very hard work, but she knows it is worth it.



Her favorite meal is the mock-crab salad and she looks forward to her visit from Francie each day because "Francie has a bubbly personality."

We were amazed at how well Elsie was doing at 99 years of age, and look forward to celebrating her 100th this year!



Appreciation

Dear Meals on Wheels,
I don't have much money but I can remember when I went home to Fairfax, OK to take care of my Mom in 2012. Meals on Wheels brought her lunch every day. She and I were so grateful to receive that meal. I'll pay for someone's meal this Thanksgiving. Love you all, Janice. 11/7/2013

Grant from CheckPoint



Thank You! Meryl Goldenberg (right) of CheckPoint presents a \$2000 Grant to MOW. Receiving the check is MOW Co-Founder, Paul Krantz.

Inside this issue...

- 🍎 Elsie...99 years young!
- 🍎 Appreciation from our clients
- 🍎 Grant from CheckPoint
- 🍎 Martinez Mayor's Cup fundraiser
- 🍎 Meals help solve fiscal challenges
- 🍎 We get letters
- 🍎 Friends and loved ones remembered
- 🍎 Thank you to our major donors
- 🍎 Food bags labeled with love
- 🍎 First annual poker tournament
- 🍎 Join Our Supper Club
- 🍎 Remembering MOW

Martinez Mayor's Cup fundraiser was a success!



MOW supplied 3 foursomes at the October 2013 Annual Event held at Roddy Ranch in Antioch. As a Community Partner, MOW earned \$1500 and had a "ball."



Elaine Clarke, MOWSOS;
Leigh Shughrou MOW;
Jack Roddy, Roddy Ranch Golf Course;
Jennifer Gomes Figueira, MOW.



Keith Shughrou, Mike Shughrou,
Shareef Dajani, Dan Shughrou

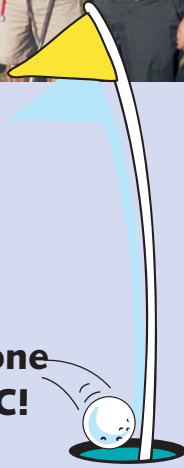


Mike Malone,
Jim Davidson,
Hank Castro,
Rick San Vicente



Paul Giacoletti, Morgan Tovey,
Jonathan Lee, Kent Ipsen

**A hole-in-one
for MOWCC!**



Meals help solve fiscal challenges

A recent study by the Center for Effective Government showed that for every \$1 we invest in Meals on Wheels, we can save up to \$50 in future Medicaid expenses alone. This doesn't even take into account the additional Medicare savings or the fact that a year of nutritious meals and a simple wellness check costs about the same as a day in the hospital (average hospital stay is about \$1,850). It's clear that Senior Nutrition Programs are part of the solution to our nation's fiscal challenges.

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.

Dear Meals on Wheels,

My name is Haleigh and I am 11 years old. I am in Sixth Grade. My school has a student council. I am a part of it. I can ask them if we can raise money. I'll show them the letter you sent my family. I want to help as much as I can. I will send \$1 now. I'll probably send more later. I would love to help you guys out.

-Haleigh



Dear Meals on Wheels,

our Brownie Troop sang songs for a convalescent home in Walnut Creek this Holiday season. We also made Holiday cards that were delivered by Meals on Wheels volunteers to homebound seniors in Contra Costa County. We had a lot of fun!

-Brownie Troop 32010

Friends and loved ones remembered: March 2013-February 2014

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...	Gift from...	In memory of...
Drew Kerr	Grace	Marcia Hataye	Maria Robledo	Nancy Ramos	Bill Winniford	Louis and Cynthia Sarkis	Josie White	Michele Tashinian	Mary Lovette
Nancy Ramos	Debbie & Larry Day's Mother	Joyce Demercurio	Gen Callegari	J.K. Rhodes	Les Snow	James Hattum	James H. & Beverly Hattum	David Saling	Paul Prigge
Mr. & Mrs. Clifford Fortner	Harold M. Child, Jr.	Robert Young	Casey Young	Bernice Jacobs	Norma Heatley	Sr.		Katherine Barde	Kathleen Kramp
Mrs. Sullivan	Earlene Casey	Carol Ann Mendez	Uncle Charley Layna	Elise Lawton	Mel Longshore	Barbara Sidley	Margie Kline	Anne Lewis	Robert Lewis
Margaret A. Jones	Al Norman	Mrs. E. Sullivan	Earlene Casey	Lynne and Alan La Pointe	Family	Darlene and Bruce Comiskey	Gene Talbot	Steven Schacher	Margaret Reiches
Robert Young	Phyllis Young	James Paxon	Helen E. Pavon			Katherine Hoenke	My parents	Dennis and Linda Crabe	Paul Prigge
Loretta Wimpers	Malcolm Wimpers	Shirley Weber	Dr. Harry Roth	Francine and David Garcia	Satoru Nishita	Barbara Turcios	Robert Turcios	Lynne Goldman	Mom and Dad
Marlene Michelson	Valerie Osterholm	Irene Marracci	Irene Marracci	Florina Gardella	Connie Silva	Dr. Sanjay Ray	Anu Ray	Tedd Dowd	Scott Dowd
Raj Ditta	Baoji & Mataji	Diane Shepherd	Kathryn Heins	Florine Gardella	David Russo	Joyce Higgins	My mom, Esther Mathis	Judith Libow	Ben Libow
Robin Townley	Carol Milewski	Leona Balmino	George Tsaguris	Kamala Parimi	David Gardella	Karen Taylor	Thomas MacLean	Darrell Handy	Fern Mills
Joanne Byer	Liliana Ghiggi	Patricia Mewha	Rosemary Dippo	Michele Tashinian	All our loved ones who are no more	K. L. Capozzo	Elizabeth Bell	Darlene and Bruce Comiskey	Dolly Tibbitts
Robert Young	Phyllis Young	Sharon Carpenter	Leilani Goetze Calvert	All those who can give	Marie & Nana Lachman	Eula Gulledge	Rev. G.G. Griffin	Gordon and Donna Monroe	Jack Smith
Carole Kearns	My Espinosa-Jenkins	Lenore Griffin	Marshall Lomax	Irene Goldberg and Norma Clelland	Stan and Kristin Hart	M. Silbert	Joseph Guruwaya	Cecelia Cody	William J. Cody
William Hockenberry	Janet Chang	Marshall Lomax	Jessie Reynolds	Helen Newton	Adrienne Riley	James Hattum Sr.	Robin Townley	Alice Morioka	Genell Havekost
Megan Riley	Virginia Bissell	James H. & Beverly Hattum Sr.	Rev. Ralph Daniel	Henry Stratford	James Hattum	James H. & Beverly Hattum Sr.	Steven Amaral	J. Michael Storms	Linda Ferrell (Storms)
Eugene Bissell	James H. & Beverly Hattum Sr.	Helen Tonti	Rube Werner	Helen Schiller	Thomas Thatcher	Thomas Thatcher	Sharon and George Carpenter	Mauro De Gennaro	Mary De Gennaro
James H. Hattum	Jack & Nancy McFarland	Arline L. Conway	Chris Myers	Thomas Thatcher	Gerry Bishop	Gerry Bishop	J. Michael Storms	Gloria Gilmore	Jack Smith
Ida Alfaro	Wanda Cotter	Chris Myers	Stanley Hansen	Mr. and Mrs. Clifton Simons	Mr. and Mrs. Clifton Simons	Mr. and Mrs. Clifton Simons	Mr. and Mrs. Frank Ascagnino	Martha Ray	Mark Sorem
Nancy Ramos	Pat Berndt	Stanley Hansen	Arnold Epstein	Mr. and Mrs. Vazken Tashinian	Leo Fathy	Leo Fathy	Sue Cevasco	Andrea Roche	Lena
Robert Young	Phyllis Young	Arnold Epstein	James & Charlene Bradley	James and Norma Olyry	Robert Carothers	Betty Hall	Helen Palmer	Virginia Bartolomei	Marie Noia and Helen
Roger & Jan Brown	Tuck Deshaies	James & Charlene Bradley	James Hattum	Lenora Galbreath	Betty Hall	Walter Varco	Pamela Rey	Barloomei	Mom
Barbara Baker	Frederick C. Baker	Margaret Bupp	Margaret Bupp	Eugenia Sullivan	Betty Hall	Roger and Jan Brown	David McDonald	Rocco Grassano	Mom
Virginia Crum-Ross	Frances M. Nappo	Randy Bupp	Randy Bupp	Stuart Sovatsky	Walter Varco	Bernice Meade	Sam Kadlecik	Joanna Gassese	Helen M. Devlin
Wayne & Betty Lou	Don Weber	Joyce Blakley	Joyce Blakley	Lillian Sawyer	Earlene Casey	Lillian Sawyer	Audrey Wilson and Pat Veoh	Theresa Nagle	Frank Jordan
Judy Martiz	Kit Walker	Rita Beaton	Rita Beaton	Ellen Singler	Barbara Katz	Barbara Katz	Jeanne Mullally	Deb Jordan	Estelle Shure
Betty Archibald	Tony Roper	Gail Wheden	Gail Wheden	Rev. Ralph Daniel	Jack Smith	Jack Smith	Dean Baker	Laurence Wyner	Paul Prigge
John Pleasants	Rita Baca	Kathleen Fjeldstad	Kathleen Fjeldstad	Tom Franzella	Dr. Linda Low	Dr. Linda Low	Marvin McKean	Barbara Ferrel	Jack Smith
Evelyn Bono	Gervis Holsworth	Helen Montgomery	Helen Montgomery	Rev. Ralph Daniel	My Aunts Sallie and Mae	My Aunts Sallie and Mae	Linda Cheshareck	M & W Tax Service	Paul Prigge
Helen Tonti	Sally Orland	Louis & Amelia Berner	Louis & Amelia Berner	Greta Ray	Anna Roncone	Anna Roncone	Marissa Pichel	Shirley and Donald Elliott	Dolf and Dorothy Degger
Cathi Forbes	Stephanie Campbell-Hartzell	Earl & Gerda Ray	Earl & Gerda Ray	Billie Catherine Goggins	Jack Smith	Jack Smith	The Jim DiSangro Family	Joe and Andrea Milani	Peter Congio
Michael Mayer-Oakes	Richard Colvin	Joe & Norma Viscuso	Joe & Norma Viscuso	Marianne Ferrara	Bob Davis	Bob Davis	Art and Gloria Price	Irene Carrillo and Harry Davis	Robert George Sturm
Constance Hughes	Violet Horton	Mr. & Mrs. R. Fiosi	Mr. & Mrs. R. Fiosi	Wolford & Elizabeth Ewalt	Dorothy Brinton	Dorothy Brinton	Jack and Nancy McFarland	M. Chapman	All Seniors
Carole Sargent	Robert Ewalt	Beverly Rellar	Beverly Rellar	Jehannah & Rebecca Wedgwood	Gene Bjork	Gene Bjork	Leland and Avice Taylor	Damian Foley	Elaine Colby
Susanah Wedgwood	Robert Colvin	Ruth Zablotsky	Ruth Zablotsky	Dennis & Cheryl Caspe	Elizabeth Murphy	Elizabeth Murphy	Mr. and Mrs. Drake Collins	John Bartolero	Patricia Bartolero
Elise Lawton	Elise Lawton	John Pagnini	John Pagnini	John Pagnini	Nita Blardony	Nita Blardony	Ruth Zablotsky	Daneshvar Shareeh	Ali M. Daneshvar
Nancy Ramos	Becky England	Joe & Norma Viscuso	Joe & Norma Viscuso	Steven Schneider	Shirley Weber	Shirley Weber	Rachel & Jeffrey Hess	Paul Prigge	Monte Brinton
Becky England	Eileen O'Neill	Mr. and Mrs. Richard Pryde	Mr. and Mrs. Richard Pryde	Patricia Snow	Jim Spillane	Jim Spillane	William Linton	Lynn Prebil Brown	M. S. Coleman
Eileen O'Neill	Karen Dooley	James Hattum	James Hattum	Nancy Ramos	James Hattum Sr.	James Hattum Sr.	James Hattum	Fred Lorenzetti	David Meclenburg
Jackie Giffin	Julie Clark	The Walmsley Family	Donna Jefferson	Donna Jefferson	Jane Rallo	Jane Rallo	Marie McKechnie	Robert Young	Phyllis and Casey Young
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Susan Gyulai	Helen Tonti	Blaine Fraker	Blaine Fraker	Blaine Fraker	Stuart Sovatsky	Stuart Sovatsky	Janet Paul	Doris Segale	Leona Balmino
Dave & Lori Sanson	William Olivito	Rachel & Jeffrey Hess	Rachel & Jeffrey Hess	Rachel & Jeffrey Hess	Charles & Helen Rogan	Charles & Helen Rogan	Radha Ramachandran	Clif and Mary Simons	Frank Borges
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Barbara Kapsalis	Leonard Komor	Glenn Koyl	Thomas Bruzzone	Thomas Bruzzone	Julie Anderson	Julie Anderson	Art and Gloria Price	Nancy Ramos	Roberta Rei
Leonard Komor	Jacquelyn Koyl	Thomas Bruzzone	Thomas Bruzzone	Thomas Bruzzone	Sandra and Tom Ewing	Sandra and Tom Ewing	Dermot Brinton	Phil Grover and Family	Rolf F. Stolz
Jacquelyn Koyl	Angela Call	Robb Manchester	Robb Manchester	Robb Manchester	Mike and Jamie Menasco	Mike and Jamie Menasco	H. Tinsley-Jones	Robert Swatt	Benjamin Miers
Nancy Ramos	Daneshvar Shareeh	Dale & Diane Vaccarello	Betty Bougher	Betty Bougher			Denise and Kenneth Quiros	Audrey Clark	Dorothy Jean Daniel
Dale & Diane Vaccarello	Betty Bougher	Roger and Jan Brown	Edward Carville	Edward Carville			Lynn Meisch		
Betty Bougher	Roger and Jan Brown	Edward Carville	Marinell Daniel	Marinell Daniel			Mimi Bupp		
Roger and Jan Brown	Edward Carville	Marinell Daniel	Mrs. Lloyd Hanson	Mrs. Lloyd Hanson			Robert Young		
Edward Carville	Marinell Daniel	Mrs. Lloyd Hanson	My Mom	My Mom					
Marinell Daniel	Mrs. Lloyd Hanson	My Mom	Johnny Balmino	Johnny Balmino					
Mrs. Lloyd Hanson	My Mom	Johnny Balmino	My Parents	My Parents					
Donna Saba	Bill & Camille Channel	J. M. Storms	Donna Osoff	Donna Osoff					
Bill & Camille Channel	J. M. Storms	Donna Osoff							
J. M. Storms	Donna Osoff								
Donna Osoff									

Gift from...	In tribute to...
Minnie Gonzales	All Volunteers
Michele Henry	William Fieder
David Dewey	David Dewey & Elizabeth Jacobsmeyer
Maureen Fischl	Bea Pixa
Heidy Maron	Marsha Deckman
Janis Tarter	James & Virginia Martin
Doug & Janis Tarter	James & Virginia Martin
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Girl Scout Troop #30070	Cyndy Palermo & Alice Burns
Mary Lee Dodd	Rossmoor Elders
Gordon Scott	Meals on Wheels of Contra Costa
Michele Henry	Julie Anderson
Kathie and Rudy Carrasquilla	
Randy Zechman	

Gift from...	In tribute to...
Kim Newbury	All hungry people
Louann Kary-Steiner	Paul Kraintz
Marinell Daniel	Senator Bernie Saunders
Thomas Wander	Nancy and Tom Wander
Gary Soots	Joyce Aguiar
Karen Mowers	Shirley Chesser
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Donald Wacks	Janice Sutton
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Reid Wisneski	Craig Wisneski
Monica Sholaas	Meals on Wheels Volunteers
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Cynthia Abramov	Sue and Scott Applin

Gift from...	In tribute to...
Florence and Earl Bortz	Aunt Dorothy Budris
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Suzanne Stephens	Eri Troy and John Ross
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Melody Herder-Jimison	The Herder Family
Michele Obrochta	Mom Helberg
Gloria Gideon	Herman and Mattie
Bryan Terry	Mark Powers

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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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: March 2013–February 2014

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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\$10,000 or more

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

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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.

Food bags labeled with love!

Meals on Wheels provided Emergency Food Bags in November containing non-perishable food including chicken, tuna, applesauce and milk and provided our seniors with much needed extra food in case of an emergency. Our wonderful donors made labels to adhere to the bags.



Mark your calendar and have fun helping MOW!

1st Annual Poker Tournament

Friday, July 18, 2014

Shell Clubhouse Martinez

Benefitting Meals on Wheels of Contra Costa

Look for more details in our summer newsletter or online at www.mealsonwheelsofcontracosta.org or call Leigh at 925-335-3351.



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 925-335-3358 to discuss other planned giving options.

