

Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID NO. 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SPRING 2015

Appreciation

Dear Meals on Wheels,

I want to thank you for providing me with a warm meal for the last several weeks. Thanks to Meals on Wheels my circumstances have greatly improved. I am deeply appreciative of your services.

Sincerely, Lenore
February 2015

Meals on Wheels Turns 25 this year

We look forward to working together with you in 2015 as we continue to fulfill our mission to support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their own homes. We serve homebound senior citizens who have one or more chronic health conditions that prevent their preparing nutritious daily meals for themselves.

MOW of CC Gala Celebration

Mark Your Calendars
September 24, 2015
Pleasant Hill Community Center
6:00 – 9:00 PM

Music, hors d'oeuvres, wine
tasting, and silent auction

Tickets go on sale
beginning April 1 at
mowcc25thanniversary.
eventbrite.com

Or call Marti Carlson at
(925) 335-3351
for additional information.



Meals on Wheels client Geraldine Ochoa, 98 years old

Celebrating Donors!

Meals on Wheels of Contra Costa celebrated top level donors with a food and wine appreciation event at the Walnut Creek Library on February 15 sponsored by various businesses and community organizations. Special guest Geraldine Ochoa who turned 98 this year gave high praise to Meals on Wheels of Contra Costa for providing her with a daily visitor and a warm nutritious meal. Her three daughters who accompanied her expressed their gratitude for being able to count on someone to look in on her every day and make sure she is delivered a hot meal.



Thank you to our volunteers

Peggy Colvin, Barbara Turcios, Judy Azzopardi, Carole Lindsey,
Sal Vega and June Vega.

A big thanks to our event sponsors

Kaiser Permanente – Diablo Community Benefit Program, Whole Foods
Walnut Creek, Bateman Senior Meals (Kathy Taylor), Danville Chocolates,
Starbucks Coffee, Roxx on Main in Martinez, and Ken & Gay Gerlack.

A special thanks to our donors

Homebound elders in our community maintain their health,
independence and dignity through your generous donations.

Note: No donor funds were utilized for this event.

Meals on Wheels & J-Sei

On April 1, 2015, the countywide Senior Nutrition-Meals on Wheels Program will begin services under a contract with an organization known as J-Sei, to deliver ethnically appropriate meals to residences of up to 10 Japanese American homebound elderly clients in West Contra Costa County. J-Sei is an organization with a rich heritage of serving Japanese Americans displaced by the US Government during World War II. They now offer a broad range of preventive services to enhance the physical and emotional health of Japanese Americans in the East Bay. One of the services provided is homebound meals. These meals will be prepared by a local Japanese restaurant that will provide the entree and cooked vegetables. The rice, soup, salad and fruit/dessert will be provided by J-Sei staff and volunteers and delivered by volunteers. Meals on Wheels of Contra Costa is thrilled to sponsor this new service.



A Care Revolution

Meals on Wheels of Contra Costa Community Engagement Specialist Marti Carlson recently met Aijen Poo, author of *The Age of Dignity, Preparing for the Elder Boom in a Changing America*.



I am so fortunate to work for a forward-thinking organization poised to take on the challenge of feeding our growing population of seniors who are nutritionally at risk.

Marti

Aijen Poo's book points to the need for a care revolution in America. According to statistics quoted in her book there are now 5 million Americans older than eighty-five, the country's fastest-growing demographic; by 2035 that number will be 11.5 million, while 77 million baby boomers will be turning seventy. A century ago there were only 3.1 million seniors over sixty-five in the United States – one in twenty-five Americans. By 2020, it will be one in six.

Healthbeat

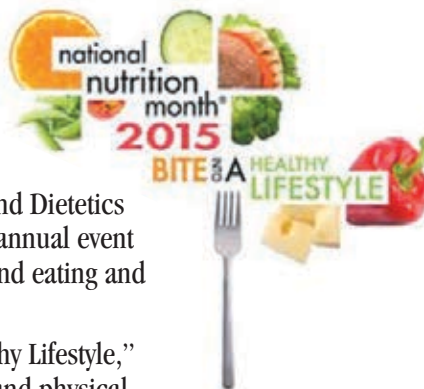
A note from Dietician, Jeannie Polk:

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This annual event reinforces the importance of developing sound eating and physical activity habits.

The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

Contra Costa County's Senior Nutrition Program and Meals on Wheels of Contra Costa, Inc. support healthful eating by providing nutrient-rich foods and beverages through a varied menu that includes vegetables, fruits, whole grains, low-fat milk and milk products, lean meats, poultry, seafood, beans, and peas.

Two Registered Dietitians on staff provide nutrition education on topics specific to older adults each month on the back of Meals on Wheels menus and also in the community on a regular basis. Please stay tuned for more nutrition updates in this quarterly newsletter as well!



Daisy Troop 32090

from 1st Grade Green Valley Elementary School in Danville decorated placemats for holiday meals. Lauren enjoyed the project because, "When people can't cook or see well enough to cook this helps them. The placements make them happy." Thank you Daisy Troop for enriching seniors' meals with your thoughtful artwork.

Gift From	In Memory of
Barbara Winter	Robert Witt
Barbara Winter	Jack Lima
Betty Brenkle Cargo	Al Cargo
Beulah Watson	Rev. Palmer Watson
Beverly Howser	Dale Quinn
Beverly Walker	Helen R. Hine
Brady and Mary Lou Floyd	Leo Floyd
Brown	John Watkins
Burnell Ayers	Kanem Ayers
Carla Meadows	Tonno Cutino
Carole Lindsey	Larry Lindsey
Char Parrish	Vera Henriques
Charlotte Milcetch	Rena and John Milcetch
Connie Murphy	Robert Witt
D.C. De Andre	Louis De Andre Jr.
Daisy Severe	C. Kent Jones
Dale Ohda	Chris Bogle
Dale Wolfe	Jackie Wolfe
Daneshvar Masoumeh Shareeh	Ali M. Daneshvar
Daniel Henry	James & Gladys McPhail
Darla Wylie	Haley Swanson
Darlene Feyler	Gloria Mae Smith
Deborah Cook	Don Melin
Deborah Zacharatos and Brian Neeg	Molly Bennett
Denise Hillman	Dena Hillman
Denise M. Kaiser	Bruce Biagi
Diane Vaccarello	Rachael Field
Don and Susan Loustalet	Robert Witt
Donna Green	Dina Green
Donovan Wong	Joyce V. Wong
Drew Kerr	Grace
E. Gordon Gravelyn	Doris Gravelyn
Eddie Nomura	Dan & Tsuyako Nomura
Edward Tedeschi	Josephine DeFalco
Elizabeth Hansen	Edward Hansen
Elsie Lawton	Grandmother Jinny
Elsie Lawton	Roger Thayne
Francine Garcia	Vernon Silva
Frank Lazzarini	Frances Jone Lazzarini
George Olsen Jr.	Robert Witt
George Sheldon	Robert Witt
Geraldine Johnson	Mary Louise Johnson
Ginny Miller	Florinne Becker
Gloria Anderson-Weber	Al Weber
Gordon Clegg	John Clegg
Gr and Sharon Carpenter	Leilani
Greymira Miller	John Bell
Gus Kramer	Bill Kramer
Helen Tonti	Charles Kent Jones
Howard Shaw	Florence & Joel Shaw
Inanna Hazel	Jean Fields
J Russell Stedman	Ken Stedman
J. Michael Storms	Larry Ferrell
James and Joan Pavon	Helen E. Pavon
James Hattum	James H and Beverly P Hattum Sr.
James Lee	Weldon Lee
Jan Hershfeld	Samuel Hershfeld
Jan Hershfeld	Herman Ward
Jan Katzer	Mrs. Koberlein
Jane Silva	Kent Jones
Janet Brown	Joan Born
Janet Paul	Buffy Paul
Jean Stein	Tibor Menachem Saks
Jenine Robertson	Geraldine Young
Joe and Norma Viscuso	"Clarence ""Butch"" Douy"
Joe and Norma Viscuso	Nelda Jo Johnson
John Bartolero Jr.	Patricia Bartolero
John Brychel	Beverly Combs
John Holstad	William Knarr
John Stack	Carol Stack
Joseph Green	Ruth Haley
Joyce Higgins	""My mom""
Judy Zollman & Marty Glick	Tibor Saks
Julia Grimsrud	Grandpa Ben Miers

Gift From	In Memory of
Julius Kahn III	Lillian Kahn
Kam Li	Yung To
Karen Krowl Denham	Eleanor & George Krowl
Karen Lind Taylor	Tom MacLean
Katherine Silvey	Veronica Hanson
Katherine Weinstein	Weinstein
Laurie London	Helen Andersen and David W.
Lee Dongallo	Estrellita Lewis
Lesley Turner	Catherine Phillips
Lloyd Davidson	Marion Davidson
Loren Lingenfelter	Diane Vallon
Lucinda Watson	Hildred McConnel
Lynne Shen	Anh Truorp
Maggiore Family	Violet Myers
Margrith Byer	Winifred McKee
Marilyn Terstegey	Uncle George
Martha and Mark Greenough	Robert Witt
Martha Wedl	Josephine DeFalco
Mary Laudel	Al Laudel
Mary Renalds	Bud Renalds
Maudine Fayer	Maudine Fayer
Mel & Diane George	Harry Castiglioni
Melissa Wedel	Robert White
Merrie Dillow	Francis Fitzgerald
Meryl Weinreb	Beatrice Eisner
Michael Rei	Roberta Rei
Michele Hament	Glenn Snyder
Michele Tashinan	Mary Lovette
Mike and Melanie Andersen	Elsie Boarman
Mike Buckley	George Sack
Mr. and Mrs. John Whalen	Maria Cavallo
Nancy Ramos	Ruth Indjich
Nancy Ramos	John
Nancy Thummess	Robert Witt
Nobu Ito	Molly Bennett
Nora Sloan	Elsie Boarman
Pam Robinson	Ralph Ullum
Patrick & Harvilee Grimm	John
Patrick & Shirley Campbell	Ellen Campbell
Raj Ditta	Francis Gould
Richard Miller	Harry Miller
Richard Rex	James K. Rex
Rita and Michael Press	Nadine Starbuck
Rita Hoodei	Robert Hawkins
Rita Hoodei	Robert Hawkins
Robert McDougall	Sandra McDougall
Robert Vallejo	Dudley Skelly
Robert Young	Phyllis & Casey Young
Roberta Jewett	Vern and Peg Lightfoot
Roger and Jan Brown	Lindsey
Ruth Zablotsky	Tina Kreitzman
Sharon and George Carpenter	Cathy Searcy
Sheila Massoni	Kay
Shellette Campbell	Virgia Campbell
Shirley Weil	Larry Weil
Shirley Wilson	Elizabeth C. Johnson
Stanley and Ilena Johnson	Mr. and Mrs. Joseph Ratto
Steve Amaral	Susan Amaral
Stuart Gordon	Robert Witt
Summerset Orchards Kare Bears	Arnold Habbestad
Susan and Bruce Hobbs	Darrell Sides
Susan Benson	Larry Benson
Susan Cevasco	Stanley Cevasco
Susan Garrett	Robert Witt
Susan Loustalet	Jeff Eichner
Tabea Maslel	Mrs. Etna Sutton
The Higgins	Robert Witt
The Wine & Food Society of San Francisco	Robert Witt
Tim Campbell	John H. Campbell
TJ Dowd	Scott Dowd
Vasiliki Sakkis	Grandfather and neighbor
Vilma Garrett	Roberta Cormier
Vilma Garrett	Elmer Garrett
William Olivito	Burleigh Rideau

From	Tribute to
Alan Hern	Frank and Sandra Hall
Alfred and Helen Carlson	Vince and Betty Brown
Brigitte Limon	Shirley Angrisani
Carol and Barbara Melvin	Diane Melvin
Christine Crovo	John Frackovlak and Stephanie Scotti
Daniel and Jane Voll	Helen Sullivan
Earl and Florence Bortz	Dorothy Budris
Frank Aguilera	Malatesta Family Pool Co.
Gavin Family Trust	Scott Zimmermann
James Jones	Maria Jones
Jane Bergland Serr	Frank Walden
Jeffrey Chung	Mom and Dad
John and Georgene Rostkowski	Daria Hepps and Franco Faraguna
Krista Hixon	Edith Blackburn
Lara Delaney	Paul Krantz
Lions Club of Brentwood	Renee and Maggie Deluna
Martinez Auto Body	Sam Limones, Mark Woodard, Michelle & Ryan Allman, Gail Williams, Susan Cappo, Dina Matteson, Christine Sampson, Chelsea Brackett, Joe Cilenti, Matthew Rinn,
Matthew Gardner	Marc & Marlene Gardner and Family
Norma and Javier Gaitan	Mercedes Guzman
Reid Wisneski	Craig Wisneski
Silvia Delucchi	Heidy Maron
Susan Spencer	Marinell Daniel
Suzanne Stephens	Erin Troy and John Ross
Zack Cooper	Amber Hom, Bobby Glover, Bryan Hurlbut, Craig Merry, David Zabarte, Debi Amaral, Denisen Hartlove, Dominique Hagen-Tillman, Erik Flakerud, Jennifer Jezycki, Josh Santos, Pam Wojciechowski, Simon Watson, Stacy Stream, Steven Quach, Valerie Crowell, Vickie Carano, Wendy Dunivan

Show how much you care

with a tax-deductible gift to Meals on Wheels of Contra Costa 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.



Join us on Facebook
facebook.com/mealsonwheelscc
 and Twitter
twitter.com/mowcc

A Grateful Thank You to Our Major Donors

March 2014 - February 2015

President's Circle \$10,000 or more

Anonymous
Concord/Pleasant Hill Health Care District
(Anamarie Farias)
Davis, Richard and Beverly Dean & Margaret Leshner Foundation
Lemos, Phillip and Kathleen Slater, Julie
Thomas J. Long Foundation

Benefactor \$1,000 - \$9,999.99

Abel, John Alan and Cheryl
Advent Engineering Services, Inc.
Allinson, Maureen
Anderson, Nils
Anderson, Sharon
Anonymous
Anonymous
Anonymous
Anselmo, Rayce and Martha Aquino, Marta
ARK Foundation
Baker, Richard O.
Balmino, Leona
Barlow, Barbara and Richard
Bartley, Kathryn
Battiste, Frances M.
Beitia, John
Bernstein, Karen
Black, Janet
Boardwalk Investment Group, Inc.
BOBAC C.F.S. Corporation
Borlandelli, Carlo and Sonya
Bowles, Robert R. and Elizabeth S.
Breslau, Warren and Hellman, Frances
Britt, Donald A.
Burmeister, Paul
Burt, Gail and Robert
Butala, Kathy and Michael
Canada, Marva
Canessa, Connie
Caribou Public Relations, Inc.
Carrara, Juliet
Caton, Vickie and Ronald
Chan, Keith and Nancy
Chicago Freedom Trust
Chodroff, Paul and Brenda
Cipriano, Leonard and Brenda
Condell, Patricia
Cook, Scott and Robbi
Cooke-Young, Susan Meredith
Corbin, Steve and Lynn
Correia, Norman and Kathleen
Cosgriff, Elizabeth
Cressman, Skip and Mary
Cross, K. Patricia
Dale, Letizia
Rossmoor Fund
Dayringer, Frank and Margaret
Deeming, John
Deibert, Letitia
Dillow, Merrie and Robert
Discovery Bay Yacht Club
Dubitzky, Mary
Eberhard, Philippe and Jacqueline
Elliott, Vicki and William
Emsinger, Hope
Esco and Associates (Scott Esco)
Evans, Stephen
Farnsworth, Barbara B.
Farrell, Lee
Feinerman, Bennett
Fischer, Gary
Fisher, Joel and Leslie
Fisher, Yvonne
Fontana, Leo
Fox, Nanna-Lea
Gaccione, John
Garaventa Enterprises/SEG

Trucking
Garrett, Vilma
Gilbert, Lynne
Gilliland, Victoria and James G. Jr
Gordon, Stuart
Green, Joseph
Greengrass, Lee and Wong, Foong Meng
Griscti, David
Grunbaum, Eleanor
Haggerty, Dennis
Haist, Anne
Hattum, James H.
Haydock, Anne
Heibel, Norman and Harriette
Hess, Rachel E. and Jeffrey D.
Hill, Charles D.
Horsfall, Mrs. William
Houdashelt, Sharon and Robert
Howard, Teresa R. and Dennis L.
Howell, Morgan and Patricia
Hughes, Donald H. & Ann V.
Hutchko, Jo and Alvan
Jacobson, Matt D. and Margaret E.
Johnson, Ola Paulette
Jones, James
Jurecki, Steven and Elaina
Justice Justice Foundation
Kaiser Permanente Diablo Area
Keller Canyon Mitigation Fund
Kephart, Judith
Kidner, Frank
Kirkland, George and Joy
Kiwanis Club of Martinez
Koch, Paul
Kumasaka, Nancy and Koby
Laird, Gloria
Lawrence, James
Leftovers Inc.
Lichtblau, Irwin
Lietzke, Alan
Lindsey, Carole S.
Linn, Cameron
Lions Club of Brentwood
Lo, Florence
Locati, Pamela
Luthy, Shary K. and David
Mancebo, Peggy and Marty
Mann, Terry
Martin, Donald and Joyce
Martin, Jeffrey P. and Wai Lan
Martinez Community Foundation
Mc Carley, Susan
McBrien, Beth and Caldwell, Ralph
McCorduck Properties, LLC
Miller, Dale G.
Moran, Michael
Morris, Michael
Nagata, Susan S. and Paul S.
Norvig, Janice
O'Connor, Thomas
Oki, Lisa and Jeffrey
Oldham, Bill and Nancy
Patrick & Shirley Campbell Foundation
Paulson, Nancy Y. and Darrell E.
Peirano, James and Christine
Phelps, Bruce and Lynne
Phelps, Darryl and Valerie
Phillips, Susan and Robert
Pinkel, Daniel
Allen, Richard
Pinkoski, Stanley
Pipa, Rudolph
Popenoe, Paul
Purcell, William and Jill
Ramsden, W. J.
Rasmussen, Jeanne
Rathbun, Richard and Kimberly
Raven, Leslie
Raymond, Elizabeth
Razoo Foundation
Reed, Philip and Carla
Resnick, Mary and Bernard

Patron \$500 - \$999.99

Adams, Abraham and Nancy White
Aguilar, David
Albert, David
Alfaro, Ida
Allen, Joan
Allen, Judith
Allen, Richard
Alton, Vern
Amark, Inc. Martinez Auto Body
Anonymous
Arenella, Michael
Armstrong, Sarah
Arterberry, Diane
Avalon, R. Mitch
Barde, Katherine
Barni, Thomas and Cynthia
Barry, Michael and Linda
Barta, Kenneth
Reynolds, Barry and Jill
Rickson, Larry C. and Susan S.
Riggs, Sharon
Rissler, Robert and Catherine
Rodegard, Donna and Rolf
Rodeo Senior Citizens Club
Rogers, Mary and Walter
Rosenheimer, Michael
Ryan, Jeanne
San Joaquin Yacht Club
San Pablo Senior Adult Center
Schafer, Philip
Schalich, William C. and Elizabeth A.
Schloemer, Lucille and Michael
Scott, Donald and Willa
Seabolt, Betty
Seidell, Leona
Sessler, Robert
Shea, Maureen and Ergo, Allen
Sheets, Cheri
Short, David and Eileen
Skilton, Ronald
Smith, Richard and Sandra
Stahlke, Shirley
Stienstra, Margaret
Stiver, Donald and Ruth
Strong, Patricia
Surge Marketing Inc.
Swete, Donna
Szymanski, Frank J.
Taylor, Conrad G.
Terukina, Jennifer
The Donald & Carole Chaiken Foundation
The Men's Club
The Senior Citizens Club of Martinez
Thomas, Richard and Penny
Tiffany, Barbara
Trepinski, Charles and Patricia
Trimble, Janet
TWANDA Foundation
Tyler, James
Union Bank
Van Buren, Robert and Barbara
Vesely, Karen and Jeffrey M.
Voshall, Mildred
Wagner, Lee
Warmken-Brill, Donna
Westlake, Sharon and Richard W.
Whittaker, Martha E.
Wilcox, Stephen and Margaret
Williams, Bobbie and Richard
Wilson, Pamela
Wisneski, Craig
Woolsey, Sally
Worley, Duane
Wu, Norma
Wyatt, Delbert and Connie
Yates, Raeburn and Lindseyann Paine
York, Roberta
Young, Robert
Zitter, Wendy

Barton, Jo Ann R.
Bazinet, Michael
Bekiaris, Christo
Bellecci, Frank
Benson, Anita
Berkner, Klaus
Bidinost, Lidia M.
Bilich, Angela
Bitton, Bernadette and Nathan
Blackman, Kathleen
Blakeney, Ruth
Blatner, Robert
Bloch, Lynn
Blumenthal, Neil
Bottom-Line Business Concepts
Boyd, Eileen K.
Bradish, Joy
Braxton, Beverly
Brennan, James and Marilyn
Brennan, Thomas and Margaret
Brown, David D. and Patricia C.
Brunk, Virginia
Bubeck, Claudia
C. F. Brennan & Company
Callahan, William and Ann
Campbell, Vera and James
Carpenter, Larry
Carpenter, Ginger
Carrier, Bruce and Anne
Carthew, Michael and Patricia
Casazza, Rosa
Cassacia, Gordon
Cavalli, Mary Jane
Chang, Glenda
Chang, Ross H.
Cherry, Kenneth
Childers, Carol Ann
Cichanowski, Kathleen
Clagett, Mary
Clegg, Bruce and Christine
Clemens, Walter H. and Margaret
Coar-Tittle, Andrea
Collins Smith, Cherida
Konkin, Martha
Contreras, Terry
Cooper, Zack and DuBose, Diane
Coward, John
Cowee, Bruce
Cwoger, Maureen
Cox, Karen
Craig, Judy and Joseph E.
Crayton, Elizabeth
Crook, Chris and Lynn
Cross, Deborah and Kevin
Cross, Kevin
Dakin, Gordon
Dathe, Elaine and Stephen
Davis, Janet
Davis, Mary T.
Day, Mildred A.
Delgado, Cecilia S. and John
Demercurio, Jack and Bernice
Denton, Robert
DeSmidt, Don and Michelle
Dick, Hope
Diggins, James
Diggs, Ronald
Dinerman, Carl and White, Mariann
Diva Financial Corporation
Dodge, Danny and Carol
Dongallo, Lee
Donner, Francine
Dowling, Alcione
Downer, Yoshimi and Downer III, Edward
Duffy, Sandra
Durant, David
Dvorak, Vicki and Boehmer, Edward
Ebbe, Shirley
Eichelbaugh, Frances
Emmerichs, Horst and Dietlind
Enbom, Brian R. and Diane F.
Erwin, Damien
Everett, Kenneth and Bloom,

Linda
Fakhimi, Robert
Farrington's
Fay, Diane and Gerald
Ferguson, Cathy and Steven
Ferguson, Hugh
Ferlise, Michael
Flage, Sally
Flatbush, Elizabeth
Formanek, Janet and Robert
Frasheski, Tim
Freitas, Richard and Nancy
Freligh, Leslie
Friedman, Glenn and Suzanne
Frost, Gay
Galler, Kari
Gallo, Steven
Galstan, William
Gardner, Matthew
Gerard, Mary and Rodens, Thomas
Gibbs, Jo Ann S. and James F.
Ginochio, Anna
Gladstone, Edith
Golze, Sandra A. and Peter W.
Goodrich, Richard
Goodwin, Bobbie
Gordon, Scott
Goudey, W. and J.
Govan, Nina
Grace Presbyterian Church
Granlund, Bonita
Grannis, Frank and Mary
Grieb, Alan and Carol
Grimsrud, Julia
Guerra, Linda
Guiliano, Ray
Gutzler, Douglas A.
Hagar, Debbie and Gilbert
Hanson, Judith
Harrick, George and Kathleen
Hartman, Eugene
Hashemi, Fereidoon
Hazel, Inanna
Heaton, Doyle
Hedberg, Joel
Hegg, Margaret
Helsel, Ruth
Hendrickson, Jo
Herring, Maryann
Hightower, Max and Irene
Hildebrand, Betty J. and Robert A.
Hilden, Rosamond
Hile, Marilyn
Hilty, Marilyn and Victoria
Hoffman, Marjorie
Holcombe, Jerry
Holmes, Linda J.
Horn, Mary
Hubert, Garry
Huerta, David and Laura
Hunter, Paul
Hurrell, Susan
Isikoff, Brian
Ivers, Catherine R.
Jefferson, Donna
Jentzen, Judy
Jew, Arlen
Jewell, Elizabeth
Johnson, Martin and Carol
Jones, Cynthia
Kaplan, Jane
Kefer, Gary A. and Carol A.
Kelly, Gregory
Kennerley, E. Claire
Kilroy, Judith
Kim, Laura and Westendorf, Gayl
King, Elaine
Kishi, Thais
Knott, Ivy
Knott, Mary A. and Robert C.
Knox, John and Aracely
Kraintz, A. Paul
Krejci, James and Charlotte
Krieg, Bernard Martin

Kunios Auto Repair
Kurtz, Craig
La Plant, Carol
Lam, Vivian
Lane, John M. and Mary Lynn H.
Lang, David C. and Jolynn
Lapp, Shirley
Lautman, Maska, Neil & Company
Leiker, Ronald and Helen
Lifter, Jill
Lilly, Mary Beth and Stuart
Lockwood, Todd and Karen
Loeliger, Christian
Loeliger, Scott
Lopez, Julie and Ruben
MacDonald, Ruby
Magas, Evelyn G. and Larry F.
Magnani, Jeanne
Magoun, Terah
Mann, Paula
Marcus, Robert P.
Mason, Richard
Masse, Virginia
Materne, Robert
McAadoo, Jan and Gregory
McCown, Mary
McDermott, John and Laurel
McGill, Katherine
McGuff, Frank and Sam
Mount Diablo Unified School District/CST Local One Unit
Meador, Paula
Mechling, William E.
Melendres, Sol
Metz, Barbro
Mewha, Patricia S.
Milanovich, Linda
Milicetic, Charlotte
Miles, Richard
Milne, M.
Mitchell, Edward
Modica, John
Moldenshardt, Ann
Monachello, Phyllis
Morrison, Don
Mozer, Dr. Forrest and Jacqueline
Mt. Diablo Rebekeh Lodge No. 228
Munson, Sally
Mutch, Linda
Naderi, Ali
Nagy, Edward and Sheryl
Nash, Mary and Lee
O'Brien, Mark and O'Brien, John
O'Neill, Carol
Orinda Community Church
Orlando, Carol and Coon, Julie
Overzet, Lex
Owens, Neil
Pacheco, Richard
Parrish, Char
Patino, Damon and Cassidy, Patricia
Patterson, John
Pearsall, Martha
Pearson, Anita
Pearson, Charles
Peeters, Elizabeth
Perry, Greg
Perry, Sondra and Robert
Pfister, Emily
Pfister, Kimberly
Pinney, Vearne and Kathleen
Reynolds, Carl and Deborah
Rhodie, Kenneth
Rice, Craig W.
Roberti, Steven and Diane
Roe, Stanley
Rosenblatt, Jay and Barbara
Ross, Pamela
Rotermund, Olga and Maynard
Roth, Edwin and Dawn
Rothschild, Michael and Debra
Royer, Lynne
Rygh, Doris and Stanley
Sadler, David and Dianna
Saito, Warren
Saleme, Barbara
Schnack, Susan
Schneider, Steven
Seeno Jr., Albert and Seeno, Sandra
Senna, Beverly
Sfbaia
Shandonay, Patrick
Shelton, Evelyn
Shields, Karin
Shikany, Theresa and S. David
Sias, Randy and Lisa
Siegel, Mia
Simkins, Joyce
Skahan, Russell
Sloan, Gary and Komars, Barbara
Smith, Albert
Smith, Carolyn M. and Mel
Smith, Jason
Smith, Phyllis
Snider, Sigrid
Spiecker, Elaine C. and John
Spiller, Francis and Carol
St. Mark's Lutheran Church
Stack, Ruth
Stafford, Annabel and James
Stam, Cornelius and Frances
Steuber, Harold
Stong Plambeck, Kathleen
Stradley, Richard
Sturgess, Frances
Swain, Donald and Lavinia
Swett, Jonathan and Fray, Diane
Takei, Celeste and Kevin
Talley, Rebecca
Tessler, Larry
Thomas, Patricia
Thomas, William and Nona
TNT Carpet Cleaning
Tradeline, Inc.
Traversaro, Laurel and Duilio
Tyer, Joseph and Patricia
Vitug, Cecilia
Vukaljac, Mark
Wagner, Ann
Walker, Beverly
Wallace, Robert and Jane
Wandry, Karl L. and Jacqueline
Wantland, Robert and Cynthia
Wedl, Martha
Westover, Lemoine and Betty
Whorton, Leonard
Williams, Connie and George
Wit, Michael and Gloria
Winkelman, Elizabeth
Wise Dutra, Liesa and Dutra, William
Witsil, Vivienne
Pacheco, Richard
Wittels, Helen
Wong, Tim and Wang, Amy
Wood, Anita
Woods, David
Wright, Renee
Wyatt, Michael
Yarborough, Kitty and Rick
Yates, Kathleen C. and R. C.
Youngdale, Dara

Partner \$250 - \$499.99

Abram, Greg
Adams, Jon
Adams, Marilyn
Ahern, Sharon
Alef, Heidi
Allen, Gracia
Andersen, Michael and Melanie
Anderson, Shannon
Anonymous
Anonymous
Anthony, Alice and Iantuono, Alex
Arias, George
Arnold, Kathleen

(Major Donors continued)

Askanas, Mark and Aynah	Crovo, Christine and Paul	Grippi, Joyce and John	Lamirande, Lina	Moloney, Catherine	Rusay, Ronald and Suzanne	Swainbank, Cynthia
Atwood, David and Jeanne	Cruz, Nieva and Oliver	Groff, Richard and Nancy	Landon, Martha	Monaghan, Emmet	Russell, Gregory and Anne	Szentimrey, Robert
Avila, Steven	Current, Sheri	Guinta, Dennis and Sara	Lane, James and Beverly	Monson, Michael	Rutenberg, Virginia	Tagliarieni, Paula
Bailey, Robert	Curtis, Daniel and Linda	Gustafson, Richard	Larsen, Flemming	Montgomery, Earline and Kirk	Salas, Edward and Helen	Takahashi, Patricia and Steven
Baker, Wai Leng	D'Angelo, Lorraine	Gutierrez, Marcos	Larsen, Maria	Montgomery, Lang	Saling, Tina L. and David P.	Takano, Jessica M. and Jofiro
Banerjee, Utpal	Daniel, Marinell	Guzman, Nora	Larson, Joanna	Morgan, Deanna	Salisbury, Roy	Tatzin, Donald and Reintjes, Ellen
Barreras, Betty and George	Darab, Eugene J.	Hake, George S. and Mary	Lathrope, Wanda	Morrow, Susanne	Sandler, Brenda	Taylor, Joan
Basinger, Tracy	Davis, Beatrice K	Hall, Carolyn	Latigue, Dominic	Moser, Gerald	Sanjay, Ray	Tedeschi, Edward
Basra, Tejinder	Davis, Lynden	Hall, Patrick	Layton, Patricia	Mosle, Kathi	Sasaki, Kent and Julie Hinken	Teeguarden, Sally and Dennis
Bassett, Don and Miller, Margaret	Dawson, Keith	Hamalainen, Olavi and Leila	Le Fabre, Duane and Faye	Munson, Joyce	Scahill, Michael	Tetard, James
Bates, Althea	Day, Charlotte	Hamblin, Nicole	Lea, Anne	Murphey, Paul	Schardt, Mary and William	The Wine & Food Society of San Francisco
Bellecci, Frank and Mona	Day, Mark and Elaine	Hampton, Hal and Lourdes	LeDonne, Kathleen	Murphy, Elizabeth	Schlenz, Gary	Thomas, Bernadette
Benz, Regina L. and Greg D.	De La Mora, Veronica	Hance, Carol and V. M.	Lee, John	Navid, Mohammadreza	Schmitt, Donald and Paula	Thomas, Patricia
Bernhard, Peter	Deane, Benton H. and Kathleen	Hanson, Mahlon	Legan, Sandra	Nelson, Many	Schroer, Bernard	Thomas, Richard and Betty
Betts, A. Mitchell	Dei'Anno, Lisa R. and Steve J.	Harken, Laurel	Les Schwab Tire Center (Dwayne Glemser)	Nelson, Vera	Schruben, Donna and Lee	Thurston, R. David
Bingenheimer, R. L. and Sarah E.	Derango, Beverly	Harms, Volker and Wiltrud	Lessard-Smith, Theresa	Nestal, Bernard and Barbara	Schulte, Michael and Patricia E.	Tierney, Diane
Bishop, Gerry	Derose, David	Harrer, Margaret	Levada, Marti	Newman, Harriett	Schultz, Jerry and Donna	Toliver, Tommie
Blechl, Ann	Desmond, Dennis J. and Dolores A.	Harris, David and Danica	Liang, Yola and Liu, Ming	Nicholas, Ruth	Schultze, Sally	Tom, Mitchell
Blyskal, Joseph	Dill, Phyllis	Harris, Jackie	Linnett, Mark and Joyce	Nomura, Ed	Schwaderer, Stephen and Irena	Tomlinson, Sally
Bood, Lauren	Dinneen, Judith	Hassid, Andre and Anna	Little, John and Mary	Norland, Nancy and McLaren, Mark	Schwing, Janet	Troy, Joe
Boone, Theresa	Diokno, Patricia and Edward	Hastings, Richard V.	Littlehale, James and Teresa	Oakleaf, Lynn	Seelye, Terry	Troy, Joe
Brach, Bonnie	Dominguez, Tammy and Fernando	Healy, Steven J. and Maria Teresa	MacGillvary, Jennifer	O'Drain, Margaret	Seides, Christopher	Underwood, Betty
Branagh, Thomas and Diane	Drisko, Betty	Heiles, Carl	Livingston, Ruby A. and Douglas R.	Oehninger, Mary L. and James R.	Selway, David and Sara	Urban, Lida and Theodore
Branch, Joan	Duke Group, Inc.	Heim, Julie	Loorz, Edith	Olson, Margaret	Sem, Bobbie and Craig	Urbanic, Allan and Barbara
Braun, Robert	Dye, Diana	Hennessey, Judy and Hennessey, Jennifer	Lorenzetti, Fred	Olson, Robert	Semrau, Virginia	Viet Tran, Anh
Braz, Lucy	Earl, Sandra and James	Henry, Daniel	Low, Anthony and Frances	Orr, Mary	Shamiyeh, Cheryl	Vigil, Tina
Brekke, Carole	Edick, Janet Z.	Herington, Lori	Lozon, Antonia and Ralph P.	Overly, Dian	Shapiro, Marilyn	Vincent-Mungo, Ron and Toscano-Mungo, Teresina
Bremer IV, Lewis	Edick, William and Burns, Pamela	Hern, Alan and Katherine	Lueth, Christopher and Dina	Paddock, Stephen P. and Patricia S.	Sharkey, Anne	Walker, William B.
Brog, Spencer and Tracy	Egan, Richard	Hershfeld, Janet	Lutheran Women of Faith	Palermi, Robert	Shepherd, Diane and Mark	Walton, Pauline
Brooks-Williams, Anthony and Candice	Eid, Dennis	Higgins, R.J.	Luttrell, Cynthia	Park, Chelsie	Sheppard, Lynda and James	Wang, Yu Fong
Brown, Janet E. and Roger A.	Eiselman, Cheryl	Hillman, Kathleen	Lytell, Joyce	Parker, William	Sheridan, Monica	Watson, Rosana
Brown, Robert	Ellis, Michael	Hinegardner, Lyn	MacDonald, Robert and Ruby	Pasaak, Rosemary and Robert	Shockley, Leslie and Patricia	Weber, Shirley
Brown, Ted and Beverly	Ellison, Camille and Hugh	Hodge, Joanne	MacFarland, Kathryn	Pastorino, Gregg	Shop With A Purpose	Weiss, Janet
Brusher, John	Erickson, Oscar and Marilyn	Hook, Emily	Maienschein, Jon	Patterson, Thomas	Silbert, Richard	Wells, Carter and Elizabeth
Buckley, Michael and Brenda	Erickson, Russell	Hope and Justice Educational Foundation	Malani, Hina	Patterson, Thomas	Silva, Jane	Wenger Remodeling
Buda, Michele	Escalante, Mary F.	Hudgens, Alan	Malcewicz, Paul	Pawlak, Justine	Silverberg, Helene	Wessel, Janet
Burdick, Janet	Eskanos, Irwin	Humble-Doyle, Helen	Maltzman, Sharon	Peacock, Yolanda and William H.	Sims, John and Melissa	Whittington, Tom
Burgin, John	Evans, Katherine	Hume, Nancy	Maneggio, Robert and Laura	Peherson, Rona King and Michael John	Slaven, Daniel	Wilde, Julie
Burnett, Lee and George	Fariss, Elsie	Hunt, Mike and Carol	Mannberg, Robert	Perez, Lloyd	Sloan, Michael	Wiley, Catriona
Bussell, D. Michael	Farrer, Caryll	Hutcheson, Ann M. and Jeffrey E.	Mansel, Kristen	Performance Mechanical, Inc.	Smith, Andrew M. and Yesenia	Willoughby, Ann
Butler, Paulette	Faruqi, Nuzhat	Isaacs, Craig and Margaret Mateer	Mansfield, Norma	Petersen, D. J.	Smith, Barbara	Wilson, Dorothy
Button, Caryl	Faruqi, Nuzhat	Jackson, Vivian	Marcogliese, Richard and Patricia	Petersen, Joe	Smith, Elizabeth and H Lee	Wilson, Thomas
Byer, Margrith and Gary	Feil, Jayce and C. Felix, Alice	Jennings, Joy	Margot, Nicolas and Dunn, Jennifer	Pleasant Hill Rotary Foundation	Smith, Florence	Wimpress, Loretta P. and Malcolm E.
Cafferty, Eileen	Fels, Marjo	Jerozal, Vicki	Mark, Mary	Plummer, Angela	Smith, Geraldine	Wine, Carroll and Melody
Calabrigo, Catherine	Ferrel, Barbara	Jewell, Mary and Peter	Mark, Sharon and Allen	Pohson, Debra	Smith, Jeneil	Wolfram, H. Edward
Caltagirone, L. E.	Finster, Charles and Carole	Johnson, Gwendolyn and Sam	Markgraf, James	Pond, Cynthia M. G. and Randall	Snodgrass, Donald	Wong, Deanna
Cameron, Andrew	First Congregational Church of Antioch	Johnson, Katharine	Markovich, Charles	Porta, Judith and Fred	Snyder-Puder, Deborah and Puder, James	Wood, Helene
Campbell, Carol and Gary	Fitzpatrick, Kathleen	Johnson, Nancy	Marner, Paul	Pound, John and Eloise	Sobelson, Mark	Wood, Joanne and Ronald
Campbell, Donald	Flynn, Jane	Johnson, William	Marshall, Patricia G.	Powell, Nella	Sodano, Denise A.	Wullenweber, Candience and David
Camy, Jean	Forman, Harvey	Jones, Barbara	Martindale, Molly	Spangenberg, Wanda	Sodano, Denise A.	Wyatt, Leslie
Caprile, Janet L.	Forman, Harvey	Jones, Carol	Mason, Jack	Spencer, Vincent and Charlotte	Spangenberg, Wanda	Wyman, Roger
Carpenter, Rodney	Foskett, Jean and William W	Jones, Emory	Matsumoto, Roy	Spinner, Adriana	Spangenberg, Wanda	Yau, Po Hung and Cheung, Charing
Carpenter, Sharon and George	Fox, James and Karel	Jones, John and Gable, Linna	Mattal-Nett, Sari-Lois	Spooner, Douglas	Spangenberg, Wanda	Yokoi, Akiyo
Carpetta, Candace	Frazier-Hampton, Janice	Jones, Joesetta	Matteucci, Kathleen	St. John, Pat	Spangenberg, Wanda	Yoseph, Stephanie
Carroll-Schefer, Jade	Freestone, Julie	Jones, Linda and Kenneth	Maurino, Gloria	Stamenson, Carol	Spangenberg, Wanda	Zabrowski, Gary
Casaday, Garth	Fry, David	Just Packards	Mayali, Laurent	Stark, John	Spangenberg, Wanda	Zadek, Robert
Catali-Angelo, Angela	Fukumae, Peter	Kaiper, Donald	Mc Allister, Ray	Stearns, Judith	Spangenberg, Wanda	Ziff, Donald
Ceaser, Phyllis G. and Harvey L.	Gabert, Charla	Karp-Simmons, Susan	Mc Carthy, Patricia	Stegemann, George R. and Doris L.	Spangenberg, Wanda	Zugman, Maureen
Celso, Diane	Gallatin, Pauline and Charles	Kaster, Kevin	Mc Crudden, Harriet	Stein, Daniel and Judith	Spangenberg, Wanda	Zumwalt, Linda and James
Cevasco, Susan	Garrison, William and Bernice	Katz, Benjamin	Mc Mullen, Doris and Craig	Stephens, Richard and Bernice	Spangenberg, Wanda	
Chamberlain, Gayle	Gauny, Stacey	Kelley, Mary	Mc Rice, Diane D.	Stevens, Roger	Spangenberg, Wanda	
Champathong, Elizabeth and Boonlert	Gavin, Judith and David	Kendall, Jeff and Elaine	McCallum-Gesher, Kathleen and Heinsheimer, Gabriella	Suite, Cheryl and Jack	Spangenberg, Wanda	
Chan, Thomas	Gerber, Janyce	Kennedy, James and Janet	McCloughry, Violet	Sutter, Arthur	Spangenberg, Wanda	
Chapman, Myriam	Gibbens, Carolyn	Kilian, Joan	McCreery, Timothy David and Patton, Patricia		Spangenberg, Wanda	
Chatoff, Laurie	Giles, Ruth	Kincanon, Pamela	McElroy, Sandra and Bernard		Spangenberg, Wanda	
Chiappello, Kevin	Glazer, Eva	Kinthead, David	McEweny, Patricia		Spangenberg, Wanda	
Chiasson, Carol	Glenn, Betty	Kinthead, Louis and Ruth	McKillop, James		Spangenberg, Wanda	
Chopra, Vinod	Goetsch, Roger	Kirby, Patricia	McLaughlin-Endress, Donna		Spangenberg, Wanda	
Christensen, Thomas	Goetzke, Margaret	Klobas, Frank	Meinecke, Alma and Kenneth		Spangenberg, Wanda	
Clark, John Christopher and J. Susan	Gonnerman, Alice M	Knapp, Arthur	Merritt, Josephine		Spangenberg, Wanda	
Clarke, Nancy G.	Gonzalez, Victor	Knowles, John A. and Marilyn J.	Meyer, Marshall		Spangenberg, Wanda	
Classen Jr., Willard	Goode, Erica	Kobak, Theresa	Michalek, Gary		Spangenberg, Wanda	
Cleveland, Sara	Goostree, Tracy	Koch, Dieter and Joann	Diablo Jet Ski Association		Spangenberg, Wanda	
Cleverdon, Robert	Gould, Arthur	Kolstad, Lorena	Millennium Consulting Associates		Spangenberg, Wanda	
Cois, Catherine	Gould, David	Kondrasheff, Vladimir	Miller, Barry and Linda		Spangenberg, Wanda	
Condon, Richard E. and Lois H.	Grace Episcopal Church Saint Christopher's	Kotlier, Ernest	Miller, Dian		Spangenberg, Wanda	
Conley, Barbara	Guild	Kowalski, Richard and Roxanne	Miller, Lloyd and Ratterman, Susan		Spangenberg, Wanda	
Cook, Deborah	Gray-Raine, Marilynn	Kratt, Nikki and Kratt, Marilyn	Miller, Lynn		Spangenberg, Wanda	
Cooper, Gilberto	Green, Catherine	Kuenster, Jennifer	Mills, Carrol		Spangenberg, Wanda	
Corley, Chris S. and Julie A.	Green, Janet and Jon	Kurpinsky, Joann M	Minney, John		Spangenberg, Wanda	
Cornelson, Steven and Michelle	Griffs, Linda A. and Barner, Sandra	La Pointe, Lynne	Minney, Valerie and Paul		Spangenberg, Wanda	
Cornett, Christine and Charles	Grimes, Bernice	Lagrandeur, Heidi			Spangenberg, Wanda	
Craven, Elizabeth	Grimley, Frank	Lamanno, Kristine			Spangenberg, Wanda	
Crespi, Robert and Sharon		Lambert, Jenny			Spangenberg, Wanda	

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 over 9,000 wonderful donors this past year. Thank you so much for each and every gift to help our homebound elders in need!



Meals on Wheels of Contra Costa
 PO Box 3195 · Martinez CA 94553
 (925) 335-3351
 Fed Tax ID 68-0231350

Nonprofit Org
 US Postage
PAID
 Martinez CA
 Permit No 121

If you would prefer an email version of our newsletter, please email Martha.Carlson@hsd.cccounty.us

AND let us know how you like our new look!

A Note from Paul

Runaway Demand for Meals on Wheels

The countywide Meals on Wheels Program experienced a dramatic 18% growth in meals delivered to homebound elders this January compared to January last year. Then, in February two additional Meals on Wheels routes were added to accommodate runaway growth in the Martinez area alone, removing 20 homebound elders from a waiting list for services. Last fiscal year Meals on Wheels delivered 332,824 meals to nutritionally at-risk homebound elders in Contra Costa County, this year we could easily top 365,000 meals.

Our donors make this all possible since there are no additional government funds forthcoming to meet this rapid growth of homebound elders in need of Meals on Wheels to maintain their health and independence. Thank you so much for all you do.

Paul Krantz

JOIN OUR SUPPER CLUB!

Become a Monthly Donor

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.

I would like to make a monthly contribution to support Meals on Wheels of Contra Costa.

Please enroll me in the Supper Club with a monthly gift of \$_____.

Please charge the amount written above to my:

Visa MasterCard AmEx

NAME ON CARD _____

CREDIT CARD NUMBER _____ EXP DATE _____

SIGNATURE _____ SEC CODE _____

Meals on Wheels of Contra Costa
 PO Box 3195, Martinez CA 94553
www.MealsOnWheelsOfContraCosta.org

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.

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.



Donate a vehicle through our partnership with Car Donation Services, Inc.

www.MealsOnWheelsOfContraCosta.org



Annual Reports and Form 990 are available on our website

www.MealsOnWheelsOfContraCosta.org

If you would like paper copies please call (866) 669-6697