

# 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

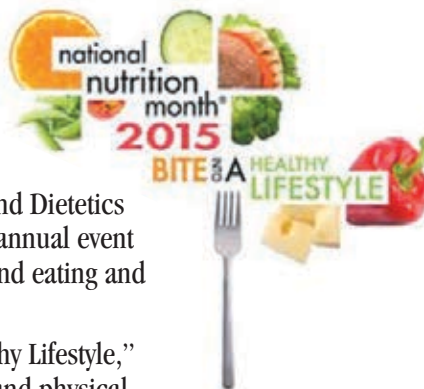
*A note from Dietician, Jeannie Polk:*

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.

<b>Gift From</b>	<b>In Memory of</b>
Barbara Winter	Robert Witt
Barbara Winter	Jack Lima
Betty Brenkle Cargo	Al Cargo
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Jan Hershfeld	Herman Ward
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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
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John Brychel	Beverly Combs
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John Stack	Carol Stack
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Joyce Higgins	""My mom""
Judy Zollman & Marty Glick	Tibor Saks
Julia Grimsrud	Grandpa Ben Miers

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### 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.



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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!



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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.

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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.

# 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.



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