

Meals on Wheels OF CONTRA COSTA

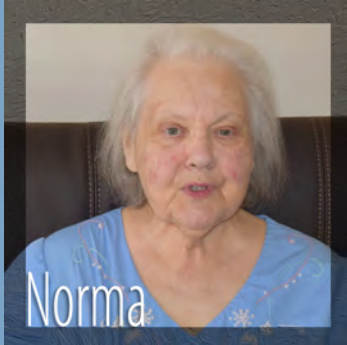
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SAVING LIVES ONE MEAL AT A TIME

FALL 2017

Stories From The Heart

Many of our homebound elders who have lived long and fascinating lives have made unique contributions to our communities. We enjoy sharing their stories.



Norma

Norma says her dog Jimmy is as excited to see Meals on Wheels volunteers as much as she is. "I love the tuna salad," she says, licking her lips. And the drivers make me laugh. "I always look forward to their visits. Not only is the food nutritious and delicious but the drivers check on me every day to make sure I'm okay." Norma grew up in a small town in Missouri she laughingly calls, "Poverty Point." She started painting when she was just 6 years old and has won Blue Ribbons from the Contra Costa County Fair for her paintings and for cake decorating.



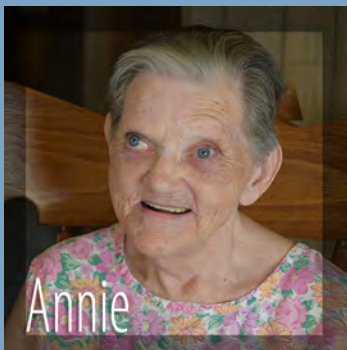
Edward

Edward assisted the Seals and Marines as river patrol during the Vietnam War. When he talks about the war, his eyes swell with tears as he remembers the friends



he lost. He bemoans the fact that he never learned to cook so having a nutritious meal every day is saving his life. "It's not just a meal," says Edward, "it's friendship." He mentions drivers Joe and Scott who take the time to talk about the Warriors basketball team and how they make him laugh. "The meals and the human contact have improved my health and my

outlook on life. I have something to look forward to every day. The volunteers go over and beyond and I appreciate them with all my heart."



Annie

Annie moved from Mississippi to California when she was a teenager. When she realized she could no longer handle cooking for herself, her friend Rosemary helped arrange for her to receive Meals on Wheels. As we are speaking to Annie, volunteer Scott delivers her meal. "She's one of my favorites," he says.



Healthbeat

A note from Dietitian Jeanne Polk

The holidays are fast approaching and we need to remember to restore ourselves. Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

By Mayo Clinic Staff

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- 1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:
 - Donate to a charity in someone's name.
 - Give homemade gifts.
 - Start a family gift exchange.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:
 - Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
 - Get plenty of sleep.
 - Incorporate regular physical activity into each day.
- 9. Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:
 - Taking a walk at night and stargazing.
 - Listening to soothing music.
 - Getting a massage.
 - Reading a book.
- 10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.



Chef Richard comes to Contra Costa Senior Centers to demonstrate an easy healthy lunch option



According to the marketing department at Morrison Senior Living:

“Richard Hoelzel is a highly qualified chef with a diverse background and strong technical skills who has dedicated his career to inspiring others with his deep passion for food. In his current role as corporate executive chef for the Senior Living sector, Richard brings together the nutritional and culinary aspect of his craft. Richard truly understands that you do not have to compromise quality food offerings by making the food nutritious. Richard has developed outstanding relationships with our internal dietitians to drive our food philosophy and standards and ignite excitement in creating five-star quality dining experiences [for Meals on Wheels clients]...”

Apple Farro Salad with Chicken

Servings: 4 • PrepTime: 10 mins • Total Time: 45 mins

Ingredients:

8 oz Farro Grain, Dry
6 oz Chicken Breast, Skinless Boneless
1 tsp Canola Oil
1/8 tsp Kosher Salt
< 1/8 tsp Ground Black Pepper
5 oz Cucumbers
4 oz Granny Smith Apples, Unpeeled, Diced
4 oz Gala Apples, Unpeeled, Diced
1/2 cup Parsley, Fresh, Chopped
1/2 cup Basil, Fresh, Chopped
1/4 tsp Kosher Salt
1/8 tsp Ground Black Pepper
2 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar

Preparation:

1. Cook farro in boiling water until tender, about 20 minutes. Drain and cool. Place in bowl.
2. Mix oil with salt and pepper and rub on raw chicken. Grill until cooked through to 160F degrees, chill and dice.
3. Place chicken in bowl with cooked farro. Dice unpeeled cucumbers, granny smith and gala apples. Combine all ingredients in the bowl and mix thoroughly.

Tips & Notes:

Use any crisp local apples in this recipe. If not tossing with the dressing immediately, toss diced apples with acidulated water (water with a few drops of lemon juice) to keep apples from browning.



Thanks to Linda and Bill Atthowe for organizing a moonlight cruise on their boat “Still Dreamin,” for Meals on Wheels of Contra Costa, raising \$2,200.

The Atthowe’s plan to make this a semi-annual event coordinating with *Trilogy in the Vineyards*.

Thank you to all the participants!

Annual Report for 2016-2017

A special way to help...

Answers to your questions about leaving a bequest to Meals on Wheels of Contra Costa

Q-What is a bequest?

A-A bequest provides a specific amount of money, a percentage of an estate, or a certain piece of property to a charitable organization at the time of death. For most people this involves naming a charity as a beneficiary in a will, codicil, life insurance policy or retirement plan or by making a gift of real estate.

Q-What is the benefit of making such a gift?

A-Often a planned gift offers a charitable-minded person the chance to leave a special legacy without compromising his or her current financial situation. Some planned gifts can offer immediate tax benefits during life as well.

Q-Is it difficult or complicated to leave a planned gift?

A-Typically no. The first step is to contact an attorney who can advise you on setting up a gift that ensures your wishes are followed. Sample language is provided on the back page that should make the process even easier.

Q-Why does Meals on Wheels of Contra Costa want to know that I have named it as a beneficiary in my estate plans?

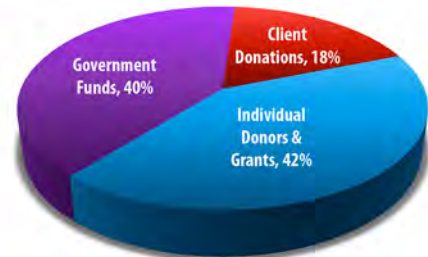
A-When a generous donor includes Meals on Wheels of Contra Costa in their will or estate plans, we want to have the opportunity to thank them for their heartfelt gesture by acknowledging them through our exclusive Meals on Wheels Legacy Society. Knowing about future planned gifts also helps us plan for growth to meet the growing needs of our community.



Among the milestones we achieved this past year, was that the individual donations and grants received by Meals on Wheels of Contra Costa, provided 42% of the total countywide Meals on Wheels Program budget. We have therefore become the largest single funding source for the 416,270 annual meals delivered to nearly 2,300 homebound elders in Contra Costa County. Government funds from all sources such as cities, the county, state and federal governments, account for 40% of Meals on Wheels program funding. Donations from Meals on Wheels clients account for the remaining 18%.

Over 86% of Meals on Wheels clients in Contra Costa County live below the Elder Economic Security Standard™ index for a senior citizen living in Contra Costa County.

If these individuals could not depend on Meals on Wheels for a nutritious daily meal, they would have to choose between paying their rent and utilities, obtaining vital medications, or having enough food to eat.



Meals on Wheels Funding Sources

Were it not for our generous donors, and the 800+ volunteers who deliver the meals on a daily basis, fully half of our nutritionally at-risk homebound elders we provide nutritious daily meals to would have to do without. For many that would mean malnutrition with all of its negative health implications.

At this time when some federal officials are questioning the significance and positive impact of home delivered meals programs, the individual donations and grants received by Meals on Wheels of Contra Costa are more essential than ever before for ensuring our ability to meet the future need for meals in our county.

With the continued help of our generous donors and volunteers we truly are "Saving Lives One Meal at a Time." A heartfelt thanks to all of you who make Meals on Wheels possible.

This year the San Joaquin Yacht Club organized their 29th fundraiser for Meals on Wheels of Contra Costa, Inc. According to Geri Marshal, the lead organizer, the May Bowling and Golf tournaments coupled with the Champagne Cruise have brought in an amount that will "knock your socks off." Can't wait until November's "big reveal."



MEALS ON WHEELS PROGRAM SERVICES

Fiscal Year July 2016 - June 2017



- **416,270 hot and frozen nutritious meals** delivered to frail homebound elders this past fiscal year by Meals on Wheels volunteers and staff.
- **All meals** delivered to homebound elders were subsidized by contributions and grants to Meals on Wheels of Contra Costa, Inc. from caring individuals, foundations, businesses, or community service organizations.
- **Approximately 1,100 volunteers** drive most of the 96 daily Meals on Wheels routes countywide, clocking over 240,000 volunteer miles driven last year .
- **99% of all Meals on Wheels deliveries** countywide are made to homebound elders.
- **Each meal exceeds** the Recommended Daily Allowance for older adults. Special diets are available for those with a documented medical need.
- **Frozen meals were provided** for weekends and holidays for the homebound elders without the benefit of friends or family.



Contra Costa County Communities Served by Area

- **122,162 meals in West County**, including Crockett, El Cerrito, El Sobrante, Hercules, Pinole, Port Costa, Richmond, Rodeo and San Pablo.
- **138,590 meals in Central County**, including Alamo, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon, and Walnut Creek.
- **155,518 meals in East County**, including Antioch, Bay Point, Bethel Island, Brentwood, Byron, Discovery Bay, Knightsen, Oakley, and Pittsburg.



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 acknowledgment letter.

THANK YOU!

to our 1,000+ donors who have supported Meals on Wheels of Contra Costa for over a decade and, in so doing, have had a major impact on the lives of homebound elders in our community.

Nutritious meals, and cost effective too!

Meals on Wheels volunteers can deliver another meal for every four dollars we receive in community contributions. Here's how:



FY 16-17 Meal Cost	\$4.94
Fundraising/Admin Costs	+ .97
	<u>\$5.91</u>

Average Voluntary Client Contribution	- .99
Government Funding	- .96
Community Gifts	<u>\$3.96</u>

Volunteer drivers, contributions from homebound elders receiving Meals on Wheels, and government grants that cover staff and overhead costs make this possible. With your help we will subsidize 416,500 meals in FY 2017-18.



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A Grateful Thank You to Our Major Donors

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(Geri Marshall)

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 Quist, James and Lorene
 Rathbun, Richard and Kimberly
 Ray, Sanjay and Anuradha
 Reeves, Ruth H.
 Retired Physicians Assn. (Kristine
 Steensma, MD)
 Riggs, Sharon
 Riley, Jeanne and William
 Ritchey, Sharon and Don
 Roberti, Steven and Diane
 Robinson, Keith
 Robinson, Richard
 Robnett, Rosemary and Dudley
 Rodriguez, Rudy and Mary
 Roe, Stanley
 Roland Horn, Mary
 Roth, Edwin and Dawn
 Roy, Paul and Lynda
 Rustemeyer, Jean
 Rutenberg, Virginia
 Ryckman, Verrill
 Saake, Ronald and Jennifer
 Saito, Warren
 Saling, Tina L. and David P.
 Schillinger, Leslie K. and Mark L.
 Schinnerer, Donald and Diane
 Schlenz, Gary
 Schloemer, Lucille and Michael
 Schmidt, Angela
 Schnack, Susan
 Schroer, Bernard

Schruben, Donna and Lee
 Schussel, Gloria
 Scorallo, Betty
 Seabolt, Betty
 Sellers, Nell
 The Senior Citizens Club of Martinez
 (Kathy Curry and Bonnie Prato)
 Sfbaiia (Robert Fakhimi)
 Shaffer, Lois
 Sharkey, Anne
 Shelton, Evelyn
 Shipton, Nancy and Daniel
 Siddens, Paula
 Simkins, Joyce
 Simmonds, Elizabeth
 Skeahan, Russell
 Sloan, Gary and Komas, Barbara
 Sloat, Robert
 Smith, Catherine
 Smith, Phyllis and Glenn
 Smith, Phyllis
 Snider, Sigrid
 Soares, Jean F.
 Solano Pet Shop
 Spencer, Vincent and Charlotte
 Spiller, Francis and Carol
 Stack, Ruth
 Stark, Andrea
 Stein, Daniel and Judith
 Steuber, Harold
 Stickney, Sharon
 Storer, David
 Stringfellow, Jean
 Sturgess, Frances
 Suite, Mary and Jack
 Surges, John
 Swanberg, Virginia
 Takei, Celeste and Kevin
 Tan, Lee-Whei
 Terukina, Jennifer
 Tessler, Larry
 The Fremont Group Foundation
 (Matching Gift Program)
 Thomas, William and Nona
 Tie, Thomas and Teresa
 Timmins, Luzanne
 Tittle, David
 TNT Carpet Cleaning
 Traversaro, Laurel and Duilio
 Turner, David
 Turnwall, Susan and Steven
 Urbanic, Allan and Barbara
 VanBuren, Robert and Barbara
 Vu, Tao
 Wagner, Ann
 Wallace, Robert and Jane
 Wedl, Martha
 Wells, Carter and Elizabeth
 Westover, Lemoyne and Betty
 White, Linda
 Whorton, Leonard
 Williams, Connie and George
 Winge, Renee
 Wise, Frances E
 Witsil, Vivienne
 Wright, Renee
 Xavier, Janet E. and Julian M.
 Yarborough, Kitty and Rick
 Youngdale, Dara
 Zumwalt, Linda and James

Memorials

FROM REMEMBERING
 Lourdes Orantes Juan Jose Orantes
 Summerset I Kare Bears Tony Perez
 George & Bea Hart John Barrett
 Ray & Joanne Doorack Doris Anderson
 Janice Rhodes Laura Price
 Maggiore Family Bearl Casey
 Jim Harwood W.P. Harwood
 James Griffith Dee Slosek
 Bob Ganch Rose Ganch Barron
 Pat Griffen Dee Slosek
 Richard Willis Virginia Willis
 Robert Young Phyllis & Casey Young
 Myrtle Silva Richard Silva
 Scott Wilson Johnny Wilson
 Stella Magana John Reeves
 Lilly Shapiro Max
 Nancy Strauch Pat Monson
 Olga Knight Mildred Church
 Luba R. Ross Jonathan Eric Ross
 Richard Lieblich Ira Lieblich
 Ray & Joanne Doorack Terrance Bezdek
 Pamela Gullud Grandmother
 Jan Brown Lorraine Pastor
 Marlene Michelson Peggy Sheeks
 Yvonne Ruiz Isidro & ana Ruiz
 Julie Rinkenberger Lyle Rinkenberger
 Richard & Barbara Barlow Kenneth Ferguson
 Jan Hershfeld Rena David
 Karen Lind Taylor Thomas MacLean
 Mertya Chang J. Paul Gouveia
 Mertya Chang Bill Hockingbury
 Albert Jacobs Diana M Jacobs
 Ernie Cecaci Rena Cecaci
 Yvonne Ruiz Ana & Isidro Ruiz
 Deborah & Lou Roessler Bob Rakish
 Marjorie McHugh Maxine Wilson
 Lowell Tennyson Janel Primrose
 Anonymous Anonymous
 Jim & Dorene Scharetg Mary Balestrieri

Tributes

FROM HONORING
 Paula Tint Doris Miller
 Karen & Jeffrey Vesely John & Dorothy Butler
 Janette Pettus Arnold Harris
 Kevin Franklin The Poor & Destitute
 John Bartolero John & Mary B.
 Ron & Donna Parks Lucille Ferus & Barbra Higgins
 Debra Pohilson Sharon Goodall
 Beatrice Pressley Jodi & Brian Servatius
 Beatrice Pressley Jan & Jack Kilgour

Thank you!





Meals on Wheels of Contra Costa

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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 has partnered with the East Bay Community Foundation for their 75 years experience in assisting charitable nonprofit organizations 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 Kraitz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-335-3358 to discuss other planned giving options.

JOIN OUR SUPPER CLUB!

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

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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.

Sample language that can be used when making a bequest to Meals on Wheels of Contra Costa

"I give, devise, and bequeath to Meals on Wheels of Contra Costa, Inc., federal tax identification number 68-0231350, PO Box 3195, Martinez CA 94553, the sum of \$_____ (or describe the real or personal property or portion of the estate) to be used for its general purposes, including its delivery of nutritious meals to frail and elderly neighbors."



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

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www.MealsOnWheelsOfContraCosta.org

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



Meals on Wheels of Contra Costa
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