

Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SUMMER 2020

**EVERYONE
HAS BEEN
AFFECTED**
in some way by
the COVID-19
pandemic



During these challenging times, it is imperative that our most vulnerable residents remain safe, healthy and have everything they need. It has been amazing to witness how the Meals on Wheels program in Contra Costa County had to change rapidly to address the increased need for food while changing the logistics of deliveries in order to keep their elderly clients safe. It was a team effort between our subcontractors at West County Meals on Wheels, Meals on Wheels Diablo Region, and their coordination of volunteers, Bateman/Trio Community Meals, and the Senior Nutrition Program. Everyone involved is so grateful that our frail elders continue to be served when the need and reassurance of having enough to eat is important now more than ever.



To meet the increased need for meals for our most vulnerable population, all involved had to respond quickly with everyone's safety in mind. The Meals on Wheels program had to change the way their seniors were served to minimize contact for their protection and the protection of the volunteers delivering the meals. A new meal and delivery model had to be created that adhered to the CDC's Shelter In Place guidelines. Also, the program could

not operate at the same capacity due to the sudden lack of volunteers that had to shelter in place as well.

Instead of delivering hot meals daily, the Meals on Wheels program had to reduce the number of deliveries down to once

per week. An 8-week cycle frozen menu that followed the nutrient requirements for seniors was created by Jeanne Polk, Senior Nutrition Program Dietitian and Kathy Taylor, the manager at Bateman/Trio Community Meals, which prepares the meals for the MOW program. Our seniors initially received 7 frozen meals at a time once per week. To reduce the fear our seniors had of running out of food, they were given two "Emergency Pack" boxes that contained 12 shelf stable meals. WCCMOW and MOWDR had to change the logistics of the routes in order to deliver these meals efficiently.

This new model for the Meals on Wheels program began on March 16, which coincided with the Shelter In Place mandate. This was an incredible feat spearheaded by such a wonderful and talented group of people. The cherry on top was when a client called our office at Meals on Wheels of Contra Costa praising the food and expressing gratitude for the meals and everyone involved. On June 1, due to funding limitations, the MOW program began to deliver 5 frozen meals once per week along with variations of fresh fruit, milk, bread, whole wheat crackers, oatmeal, and calcium fortified juice packets.



(Continued from page 1)

The volunteers delivering the meals also stepped up to this tremendous challenge and have gone above and beyond the call of duty during this pandemic. Many of the volunteers over the age of 60 needed to Shelter In Place in order to keep themselves healthy and safe too. Fortunately, WCCMOW and MOWDR quickly created partnerships with transit agencies like The County Connection and WestCAT, in order to continue delivering nutritious meals without skipping a beat. All volunteers involved adapted quickly to the new mode of delivery and route changes. We are truly grateful for them and cannot do this important work without them.



It is powerful and heartwarming to see Meals on Wheels volunteers and multiple transit buses pulling up to the pickup site wearing their masks and gloves along with their positive attitudes, ready to deliver containers full of food to feed our homebound seniors. The drivers are given a specific route of where to deliver the meals. Once they pull up to a recipient's house they knock on the door, leave the meals at the door (usually on a chair), stand back at least 6 feet, wait until the participant receives the meals, and does a well check to make sure their seniors are doing OK and have enough to eat. Although our participants miss their daily interactions with their friendly volunteers, they understand that this new non-contact delivery ensures the safety of all involved. The COVID-19 outbreak has exasperated many of our

homebound participants' feelings of loneliness that can impact their mental well-being. The MOW teams continue to conduct friendly well-check phone calls and address seniors in need of extra food and necessities.

Meals on Wheels of Contra Costa is so thankful for the kind and compassionate volunteers, our subcontractors who coordinate the volunteers and routes at West County Meals on Wheels and Meals on Wheels Diablo Region, and Bateman/Trio Community Meals for their delicious lunches. The collaborative efforts prove that we are all in this together!

STATEMENT FROM BATEMAN/TRIO COMMUNITY MEALS

At the onset of the pandemic, the TRIO Community Meals team led by Kathy Taylor quickly mobilized to ensure all participants continued to receive critical nutrition.

TRIO has steadfastly remained committed to enhancing our rigid safety and sanitation practices as well as the protocol to ensure a safe workplace for TRIO teams and meals safe to consume. Throughout these past months, we adopted a new protocol and introduced further training and procedures to minimize the spread of COVID-19.

These are a few team members we'd like to recognize: Andy Braun, who created a new production plan for frozen meals from a hot meal plan. Paul Grieve implemented the packaging plan and transportation plan of frozen meals, and Lisa Vetere whose great organization skills enhanced the packaging of the frozen meals.

TRIO is genuinely humbled and honored to be able to impact the Contra Costa County community. Together, we continue to be organizations of hope and support for those experiencing food insecurity.



LETTER FROM THE DIRECTOR

Jacquelynne C. Livings, MS, RD
Program Director

It has been a tremendously challenging 4 months. With the onset of COVID-19 we have changed the way we provide services to the frail population we serve. Never in my 38 years of working with senior nutrition programs across this country have I ever seen anything like this. To protect our clients and limit our direct contact with them, we changed from serving 5 hot meals 5 days a week to serving 7 frozen meals once per week and provided 12 emergency meals just in case we were unable to make deliveries.

At the time, we had no idea how long the virus would last or the impact it would have on our clients or the resources for the program. Because of funding, we had to reduce the 7 frozen meals once per week to 5 frozen meals once per week. This way we could accommodate the increased number of clients requesting a meal.

The original goal of this program was to provide a daily hot meal to every eligible homebound client along with a well check from a friendly volunteer. We wanted to make sure that not only were the clients receiving hot nutritious meals, but they were being checked on by a friendly volunteer who could provide a well check for clients who are generally isolated and alone.

With these challenges I am truly grateful for the many agencies that partnered with us to continue to provide meals to our clients. Our contractors at West County Meals on Wheels and Meals on Wheels Diablo Region and their staff have risen to the challenge by establishing partnerships with various bus companies to provide frozen meal deliveries to our clients when their normal volunteers were unavailable. Bateman (Trio), our caterer, had to shift from a hot meal program to a 100% frozen meal program. I would also like to thank the many donors who have given us the much-needed funds during this crisis. These funds allow us to serve more clients. Without these dedicated agencies, volunteers and donors, our seniors would not have the vital services they need in this crisis.

We are not out of the woods yet. Our program continues to receive calls from clients, health care providers, neighbors, family members and others who are looking for meal service for their clients and loved ones. With your help we can continue to provide this much needed service to our frail clients who need us.



ABOUT OUR WEBSITE

Visit now to see photos, videos, online newsletters & organizational updates
<http://www.mealsonwheelsofcontracosta.org>

A note from Dietitian Jeanne Polk

Tangy Green Zebra Gazpacho

Total Time: 30 minutes | Serves: 10

Green Zebras are heirloom tomatoes with a striped pattern; they are sweet like red tomatoes but give this gazpacho a lovely jade hue. To make the chilled soup extra tangy, use tomatillos or unripe red tomatoes instead of Green Zebras.

INGREDIENTS

- 2 pounds Green Zebra tomatoes, cored and coarsely chopped, plus 1 Green Zebra tomato cut into small wedges for garnish
- 1 seedless cucumber, unpeeled and coarsely chopped, plus finely diced unpeeled cucumber for garnish
- 1 medium sweet onion, coarsely chopped
- 1 Hass avocado—halved, pitted and peeled
- 1 small jalapeño, stemmed and seeded
- 2 garlic cloves
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons mint leaves, plus more for garnish
- 2 tablespoons cilantro leaves
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground pepper

// STEP 1

In a blender, combine half each of the coarsely chopped green tomatoes, cucumber and onion with the avocado, jalapeño, garlic, lime juice and 1 cup of cold water and puree until smooth. Transfer the puree to a large bowl.

// STEP 2

Add the remaining coarsely chopped green tomatoes, cucumber and onion to the blender along with the 2 tablespoons of mint, the cilantro and 1/4 cup of olive oil and pulse to a chunky puree. Add the puree to the bowl and stir well. Refrigerate the soup until well chilled, about 1 hour. Season the gazpacho with salt and pepper and ladle it into chilled bowls. Garnish the cold soup with the tomato wedges, diced cucumber, mint leaves and a drizzle of olive oil and serve.

// MAKE AHEAD

The green gazpacho can be stored in an airtight container and refrigerated overnight.

// SUGGESTED PAIRING

At Katie Lee's party, the guests drank a vibrant, lemony Sauvignon Blanc from New York with this refreshing soup. A good choice would be a Sauvignon Blanc from a cool climate, like New Zealand's Marlborough region.



Source: foodandwine.com/recipes/tangy-green-zebra-gazpacho

\$1,000+ DONORS

We appreciate all of our donors doing their part in helping our frail seniors during this crisis

The following donors contributed \$1,000 or more during the covid-19 crisis, THANK YOU!

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A huge thank you to our grant donors for helping our frail neighbors get through this difficult time

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Thank you!



Why I give ... [quotes from our donors]

"NOW MORE THAN EVER, OUR SHUT-IN SENIORS NEED OUR HELP."

"MY FATHER AND SISTER HAVE USED THIS SERVICE. AND I WANT TO HELP WITH COVID-19 INCREASED NEEDS."

"I DON'T LIVE IN CONTRA COSTA COUNTY ANYMORE BUT I WILL ALWAYS SUPPORT YOU GUYS. YOU HELPED MY MOM SO MUCH. THANK YOU."

"AS A SENIOR CITIZEN, I CANNOT VOLUNTEER BUT AM ABLE TO MAKE A DONATION AT THIS DIFFICULT TIME TO ENSURE A FEW SENIORS GET PROPER NUTRITION."

DOUBLE YOUR IMPACT!

Travis Credit Union Foundation reached out to Meals on Wheels of Contra Costa, giving us a grant of \$15,000! Not only that, they are offering to match up to \$20,000 worth of donations made to Meals on Wheels of Contra Costa on their website through September 30, 2020: <https://tcufund.org/ways-to-give>



“The Travis Credit Union Foundation is dedicated to lifting communities through financial wellness. Financial wellness looks different today than it did earlier this year. While business shutdowns, self-quarantines and “shelter in home” orders have kept people safe from the virus, they have also limited the capacity of families to access income, food and much needed resources. Community organizations are continuing to provide more services with less resources. To meet this demand for support in our communities, the Travis Credit Union Foundation is raising funds for local charities.”

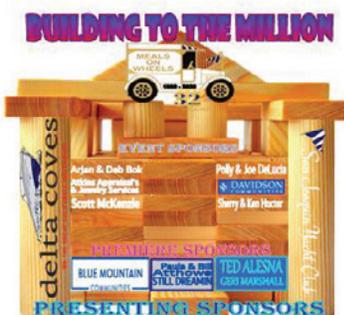
Source: <https://tcufund.org/join-travis-credit-union-foundations-covid-19-relief-initiative>

SAN JOAQUIN YACHT CLUB'S ANNUAL FUNDRAISERS for Meals on Wheels of Contra Costa:

“Settembre sul Fiume” (September on the River) - September 19, 2020
Golf and Bowling Tournaments rescheduled for October 17, 2020
Annual Champagne Cruise postponed until September 18, 2021



- ♦ No host Cocktails 5:30-7:00
- ♦ 5 courses paired with 3 wines 7:00-11:00
- ♦ RESERVATIONS REQUIRED
- ♦ Limited seating
- ♦ FORMAL YACHTING ATTIRE
- ♦ \$ 75. p/p



- ♦ 18 holes and cart
 - ♦ 4 person scramble
 - ♦ Box lunch
 - ♦ Awards dinner @ SJYC
- Brentwood Golf Club
SHOT GUN START @ 9:45
\$110. p/p



OCTOBER 17th



- ♦ 3 Games
- ♦ 9 pin no tap
- ♦ Awards dinner @ SJYC
- ♦ Harvest Park Bowl
- ♦ 2:00 PM start
- ♦ \$60. p/p

for more information contact;
Gerri Marshall 925.684.9837 mowgolfsjyc@gmail.com
Toni Napoletano 925.303.7081 mowbowisjycfeed@gmail.com
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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 of 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 us at 925-313-6312 to discuss other planned giving options.

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."

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 _____

SECURITY CODE _____

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.

Meals on Wheels of Contra Costa
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www.MealsOnWheelsOfContraCosta.org



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

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



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