

Meals on Wheels

OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

Saving Lives One Meal at a Time

SPRING 2021

MEET A MEALS ON WHEELS RECIPIENT: GARY

Written by Rebecca Hagen

78-year-old Gary was born and raised in Antioch, CA. When he turned 18, he joined the United States Air Force and was able to travel and live in different countries, which he enjoyed very much. He served for four years and was awarded the Purple Heart Medal after sustaining a back injury. For the past 15 years, Gary has lived in Martinez, CA and like many other retired folks, he lives on a fixed income consisting of Social Security. Gary has been a recipient of Meals on Wheels since 2010. He initially needed the meal program because he had trouble walking and did not have a wheelchair at the time. Gary's lack of mobility drastically affected his eating habits as he didn't have the ability to buy groceries or make healthy meals. "I could only make sandwiches or spend money on TV dinners before...it was real stressful health-wise," Gary explained. Due to the limitations of his fixed income, Gary would often purchase unhealthier foods because they were more affordable. However, Gary knew that his diet was poor and that he could not continue eating this way. So, he decided to make a change and reached out to the Meals on Wheels program.

Now, 11 years later, Gary raves about how much he appreciates the nutritious meals from the Meals on Wheels program and how much it has helped his diet and socialization. Gary says he enjoys the meals and some of his favorites include meatloaf, mashed potatoes and gravy, chicken, spinach, and beef stew. The interaction with the volunteer who delivers his food is just as important to him as receiving a meal because it is the only "real contact" he has with the public outside of his apartment building. Having a volunteer come by with his meals is even more critical now because of the "Shelter in Place" mandate and social distancing he has been practicing to remain safe from COVID-19. He says he was already a bit introverted before but now he can't even "shoot the breeze" with someone he sees outside. When a volunteer comes by with his meal and chats with Gary for a few minutes about how he is managing, it means a lot to him and gives him something to look forward to.

Gary's mobility has declined over the years, and he must sit down after taking about 20 steps. Thankfully, the VA gave him an electric wheelchair that gives him a little bit of freedom to sit outside and enjoy the fresh air. He says he can't wait until the pandemic is over so he can start "shooting the breeze" with other people again. We couldn't agree with you more Gary!

Gary's story reflects similar accounts from other clients who are on the Meals on Wheels program. Lack of mobility, declining health, inability to access healthy foods, and little to no support from friends or family nearby are why people need the Meals on Wheels program so desperately. Thankfully, with supporters like you, we can continue helping people like Gary and continue this vital work of *Saving Lives One Meal at a Time*.



JENN'S CORNER

Jennifer Gomes-Fugueria Field Nutrition Assistant

Before COVID, I had the privilege of riding along with the volunteer drivers throughout Contra Costa visiting with our Meals on Wheels participants. When COVID hit, we had to quickly adapt to new delivery procedures to keep our volunteers and seniors safe.

Instead of face-to-face visits, I make regular phone calls to check in with our participants and hear how they are getting along during these most challenging times.

I wanted to share a few of their comments so that you can appreciate how grateful our participants are for this program and the people serving them especially during this difficult time. Many expressed that they continue to stay positive but greatly miss the daily visits with the volunteers.

One of our participants shared that our meals have been a lifeline to so many people who can't get out. She talked about how the volunteers delivering the meals are people who care, and their visits are a shining light in her life.

Another one of our participants spoke about how wonderful the meals are and thanked the staff and volunteers for checking in with her. She recently said that watching a 49er football game made her feel normal.

One of our participants expressed how much he appreciates the meals because he is able to stay home and care for his wife who is ill and bed bound. He is grateful to be able to still be with the love of his life of 56 years.

After reading what our participants are saying about Meals on Wheels, we hope you know how much your support is needed and that you do make a difference in the lives of so many of our older adults.

Jennifer Gomes-Figueira is the Field Nutrition Assistant for Meals on Wheels of Contra Costa. She does a wonderful job of auditing the routes and meals for program compliance. She also checks in on the well-being of our clients and has created meaningful connections with them. She is a kind-hearted person and truly cares for the people on the program.



LETTER FROM THE DIRECTOR

Jacquelyne Livings
Senior Nutrition Program Director

Happy Spring Everyone,

It is a beautiful time of year where everything seems to come to life. The hills are green, the sun is shining through the clouds and the fields are filled with the sweet fragrance of flowers. I love this time of year. It reminds me that new life and opportunity are around the corner. It is a time to refocus, restructure, reimagine and recreate new ways of providing services to the frail homebound clients in our communities who depend on us. Spring is a sign of hope.

Last year was one of the most difficult years we have ever experienced. It was filled with uncertainty and loss. We were introduced to one of the deadliest viruses of this century. Many of us experienced the loss of a loved one, were ourselves infected, or know someone who is currently suffering from the virus. During this time, the meal delivery program went through a number of changes in order to keep serving our vulnerable clients. The normal daily hot meal delivery and check-in had to be changed to a once-a-week delivery. Daily contact with Meals on Wheels clients had to be avoided. Due to this change, many of our clients became more isolated, fearful, and alone. This also caused an increase in the number of homebound seniors in Contra Costa County that were requesting our services.

With this increased need, Meals on Wheels had to adapt to constant daily challenges. The program dealt with meal service and route changes, funding issues, work from home issues and many more. I am happy to say, with the help of partners like you who have come along to assist us, we were able to make it this past year. During this challenging time, the meal delivery program was not only able to maintain current services but also expand. Starting in February, we were able to provide all Meals on Wheels recipients with two additional cold meals weekly. These new meals have made a huge difference in the lives of those who receive them. Because of your dedication and commitment to frail homebound clients in Contra Costa County, every senior who requested a meal received one.

Moving forward, how do you plan and forecast a future with limited knowledge or deal with things we cannot control? With the roll out of the new vaccine and social distancing guidelines, we are hopeful that we will soon move into a new normal. Frail homebound clients will continue to receive much needed services they have come to depend on.

As a community we still have a lot of work to do. We will need to continue to pool our resources, talents and skills and recommit our efforts to serve those frail homebound clients who desperately need us.

As the largest funder of meals in Contra Costa County, our dedication to the homebound seniors has and always will be our main focus. Hopefully you will continue to support us in this endeavor.



ABOUT OUR WEBSITE

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

 facebook.com/mealsonwheelssc

Follow us on Twitter: @MOWCC 

PROGRAM UPDATES

July – December 2020 Program Results:

- Clients Served = **2,328** – increased by 481 clients from the same period in 2019
- Meals Provided = **210,705**

Giving Tuesday Results: (Dec 1st, 2020)

- Total Dollars Raised = **\$10,539.57** surpassing our \$10,000 goal!

Thank you to all our generous donors who contributed to these campaigns during the past holiday season!

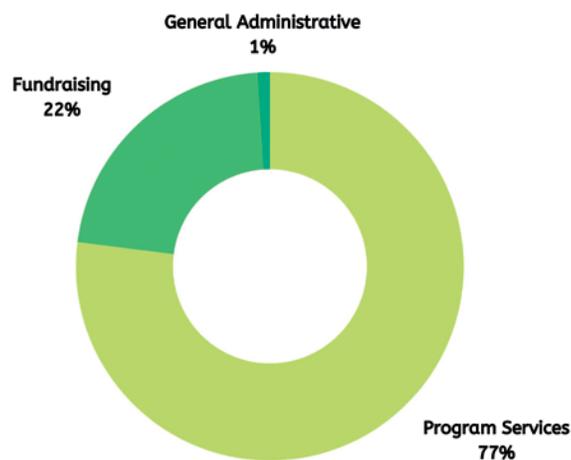
Thank you to Travis Credit Union Foundation!

Through a generous donation-matching campaign through the Travis Credit Union Foundation, Meals on Wheels of Contra Costa received an incredible **\$31,786!** Thank you to everyone who participated in this campaign and thank you Travis Credit Union for supporting critical senior nutrition services in our community!

Follow us on Facebook to donate or create a fundraiser for Meals on Wheels of Contra Costa!

Visit our website: mealsonwheelsofcontracosta.org to make a donation today!

How We Use Your Donation



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

"BECAUSE YOU HELPED MY MOM BEFORE SHE PASSED. THANK YOU."

"...BECAUSE NO ONE DESERVES FOOD MORE"

"WE WOULD LIKE TO MAKE SURE THE ELDERLY ARE FED AND CAN CARE FOR THEMSELVES AS LONG AS POSSIBLE IN THEIR HOMES."

"YOUR ORGANIZATION HELPED MY GRANDPARENTS MANY YEARS AGO. I'LL NEVER FORGET."

"YOU DO GOOD WORK AND THIS YEAR IT NEEDS TO BE – AND HAS BEEN – EVEN MORE HELPFUL"

"WHEN MY OWN PARENTS WERE WEAK, HOMEBOUND, AND IN NEED OF HEALTHY MEALS, MOW WAS A BLESSING"

"ALWAYS WANT TO HELP FOLKS! ESPECIALLY THIS YEAR!"

WELCOME NEW STAFF MEMBERS!

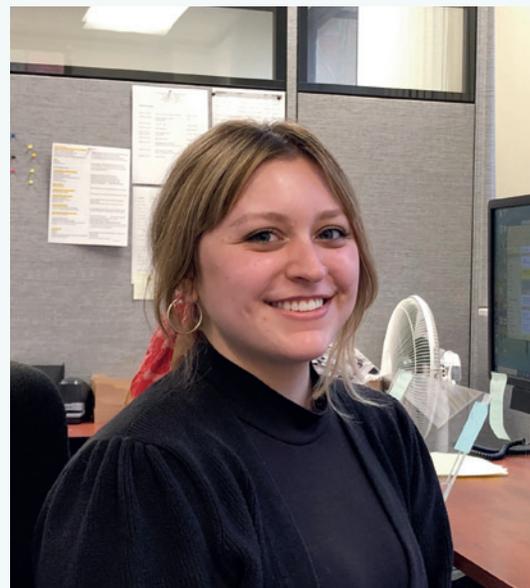


Elise Lozano
Development Coordinator MOWCC

Elise started working with Meals on Wheels of Contra Costa in August 2020. She comes to us with experience in nonprofit program coordination and a degree in Anthropology from Saint Mary's College of California. Elise is looking forward to further expanding her skillset in the fundraising and development side of nonprofit operations. Elise says, "Being able to help seniors is very rewarding. Even in the middle of COVID-19 I have been constantly impressed and inspired by the incredible generosity of our donors and community members in their desire to help one another during this time."

Maisie Carney
Development Assistant MOWCC

Maisie began her work with Meals on Wheels of Contra Costa in January 2021. Maisie is a recent 2020 graduate from Portland State University where she earned a degree in Community Health Promotion. Maisie says that she is excited about working in the Public Health field and looks forward to gaining more experience in the nonprofit sector. Maisie grew up in the Bay Area and says, "I am proud to be helping seniors in my own community!"



Cassandra Miranda
Administrative Service Assistant III

Cassandra just started working for the County Senior Nutrition Program in February 2021 but she is no stranger to work with the County; having previously held a position for Contra Costa County in Public Health Finance since 2017. Cassandra is a Bay Area native and grew up right here in Contra Costa County before pursuing degrees in Sociology and Accounting at UC Davis and University of Maryland. Cassandra says she is looking forward to no longer being just in support service, but learning every aspect of a program and the people it serves, "I'm trying to absorb as much knowledge as possible about the program history" Cassandra said, "and then seeing how to make things better if I can."





March is National Nutrition Month! This year's theme from the Academy of Nutrition and Dietetics, *Personalize Your Plate*, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

During National Nutrition Month, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. They also recommend people adjust their eating habits to address the nutritional needs of their bodies during all stages of life.

In addition to maintaining healthful eating habits throughout life, experts recommend the following tips:

- **Teens to 20s** — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens, and canned salmon with bones.

- **20s to 30s** — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes, and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts, and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals, and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.

- **30s to 40s** — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants, and dietary fiber.

- **40s to 50s** — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt, and saturated fat.

- **60s and beyond** — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu, and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

Source: Academy of Nutrition and Dietetics

Word Search

Words may be horizontal, vertical, diagonal, or backwards.

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2021

Avocados	A	L	M	N	D	R	S	A	V	O	C	A	D	O	S
Beans	T	X	V	G	P	M	N	O	I	T	L	C	V	K	T
Cereal	N	S	N	A	E	B	R	H	N	L	I	F	H	S	M
Dates	R	L	G	R	J	K	Y	X	E	M	L	N	O	E	Q
Eggs	L	J	Z	L	V	U	Q	Z	G	C	E	B	B	O	S
Flaxseed	E	R	A	I	S	I	N	S	A	Y	T	L	M	T	X
Garlic	B	C	M	C	N	P	T	D	R	L	T	Z	A	A	V
Hummus	I	E	D	M	K	S	L	C	Q	S	U	O	N	T	M
Ice	C	L	J	Y	U	F	G	I	X	V	C	Q	L	O	C
Jackfruit	E	T	R	M	Z	B	R	G	P	W	E	S	R	P	D
Kiwi	F	Q	M	N	C	D	K	U	M	C	L	M	Q	E	L
Lettuce	N	U	H	J	P	T	W	Z	I	R	T	U	A	F	Y
Milk	H	I	F	O	S	M	S	R	R	T	Z	L	X	O	O
Nuts	L	N	I	E	P	Q	D	W	H	J	P	B	G	F	L
Oats	K	O	T	L	R	L	M	Y	S	T	B	U	Z	R	I
Potatoes	M	A	C	Z	I	O	E	L	A	E	R	E	C	R	N
Quinoa	D	O	I	W	I	K	C	R	Q	T	T	N	M	S	I
Raisins	L	X	M	N	R	B	L	K	P	S	F	G	N	N	H
Shrimp	J	L	A	U	T	Q	S	I	R	P	P	L	U	M	C
Turkey	K	B	T	R	F	C	D	P	M	E	N	N	T	I	C
Vinegar	A	I	D	C	G	F	A	Y	X	G	Z	R	S	L	U
Wild rice	M	O	Z	X	R	B	Q	D	L	G	M	N	P	R	Z
Yogurt	N	F	D	K	L	F	L	A	X	S	E	E	D	S	T
Zucchini															

MEMORIALS

FROM REMEMBERING

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 Candice Qualls Leasha's Father
 Catherine Skapura John Skapura
 Charisse Mackey Elsie Davis
 Chet & Judy Holm Gene & Essie Sickles
 Christine McDonald Vern McDonald
 Cristina Lauck Richard A. Lauck
 Dan & Irene Weakley Mike Rueda
 Darrell Murray Leoral Natalile Erbe Murray
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 Gary Soots Joyce Lee Aguiar
 Harold Honsberger Vivan
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 Irena Schwaderer Madeline Gomes
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 Jan Hershfeld Jan's Parents
 Jeraldine Lange Laura Wilson
 Jody Benkly George Benkly
 Judith & Chester Holm Gene & Essie Sickles
 Kathy O'Toole Lawrence O'Toole
 Kathy Silvey Kenan's dad
 Keith Young Emily's mother
 Ken Noble Sara Crew-Noble
 Kenneth Keeler Jean Keeler
 Kimberly Powelson Patricia McAuliffe
 Laurie Miller Ted McNeill and others
 Lenore Griffin Herbert Griffin
 Les & Jeanne Marks Thomas Taylor
 Leslie Diard Mary Iachini
 Linda Parena Gina Saucedo
 Mangaiyarkarasi Rajan All our ancestors
 Margaret Ryerson Marjorie & Arthur Strasburger
 Maria Goi Figueira Juvenal Figueira
 Mary C. Young My Husband
 Maybelle Lee Madeline Gomes
 Nancy Kron Janice Cotroneo
 Pamela Wilson Richard Cabral
 Pamela Wilson Richard Cabral
 Pamela Wilson Richard Wilson
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 Sioux Ammerman Claudia Whitnah
 T. Perata P. Family
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 Theresa Nagle Helen Devlin
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 Carole Temps Dore Atkinson
 Antonette Steffensen Diane Tomlins
 Rev. Pat King Mary Gunn
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 Nathaniel Rosidi Camden & Suhyon
 Patricia Murphy Gloria Adams
 Neeta & Vinod Mahadik Madhukar Khewoor & Manohar Mahadik
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 Holly Stevens Patrick L. Stevens
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 Eileen Mascaro The Kavanaugh Family
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 Cheryl McClane Marjorie Tovey
 Joe Macaluso David, John, & Joe
 Jan Hershfeld Jan's Parents
 Daniel Portillo Sylvia Levinson
 Jackie Peterson Wilma Underwood Synatzske
 Gary Gray "Mom"
 Loretta Hill David Hill
 Theresa Nagle Helen Devlin
 Jean Matsuka William Matsuka
 Patricia Ogura Anna R. Powell
 Jill Peterson Nancy Peterson
 Guilmerma Sebastian Carmelita Sebastian
 Beverly Anderson Louise Anderson

Anne Baker Edna Thurman
 Robert Bassett John Bahan
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 Joan Murakami Patricia Y. Murakami
 Carol Arabian Bernice & Ed Welke
 Norma Dale Tommy LiPuma
 Joanna Cassese Rita Cassese
 Judi Satow Pete & Yoko Mori
 Howard Adams Medoro Pagni
 Donna Hemmila Daniel Scott Reed
 Janice McDonald Helen Yale
 Jennifer Shaw Shelby Cefalu
 Ginger Pedroni Max & Dena Nye
 Howard Shaw Esther Krauss
 Nerissa Riray Natividad T. Garcia
 Antonia Quantstrom Tom Sheridan & Louise
 John McDermott Laurel McDermott
 Joanna Cassese Rita Cassese
 Gary Gray "Mom"
 Pam Phillips Wilbur & Myrtle Daly
 Suzanne Levins Edith Hoffman & Ruth Levins
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 Sidnie Davis Joyce McCarty
 Kathleen Matteucci Idenry Alconero
 Madeline Cortese Cortese Families
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 Kathryn Hashimi-Campos Memo Campos
 Bonnie Cassriel Daniel McCormick
 Sheryl Turney Teri Marton
 David & Judy Jew Mary Louise Miramontes
 Antonette Steffensen Deborah & Darlene
 Mildred Horton Aurella Swanson
 Robert Young Phyllis & Casey Young
 Paul Chodroff Brenda Chodroff
 Cynthia Aguilar Theresa Novello
 Regina King Priscilla Mae
 Vicki Wisher Angelic Roush
 Garisa Gallagher Pinky Gallagher
 Chet & Judy Holm Gene & Essie Sickles

TRIBUTES

FROM HONORING

Debra Pohlson Sharon Goodall's birthday
 Dr. Sally Tubach Terry Burch's 90th birthday
 Kimberly Hedemark Edward Bennett
 Monica Sholaas Fire Fighters protecting our communities
 Nancy Smith Essential Workers & First Responders
 Paula Tint Karen Swift
 Maureen Newman Sharon Cahill's Birthday
 Jill Vernor Ed Herold's Birthday
 Asher Fawad Shamim Qazi
 Susan Klingman Tomm & Janeen Heath
 Thomas Crowe Sharon Crowe
 Chris Lueth The Kraft & Snowden Families

Janice & Nichole Coggiola Ruth Bachofer
 Connie Towey Alice & Matt
 C & C Wilcox All the volunteers that make MOW Happen
 Stuart Vaughn Cynthia Vaughn
 Andrea Williams Erica Ehmann
 Brenda Hillman Fran Lerner
 Michele Martinez Make & Gerri Martinez
 Traci Menendez Ray & Carol Okinaga
 Ruby Chew Maureen Morrison
 Yvonne Fluehr Yvette Fluehr & Jeff Bonivert
 Thomas Beisheim Charlie Burke
 Michele Henry Heidy Maron
 Anthony Bilich Jarrod Combes

Paula Kleihauer Erica Ehmann
 Kate Ruby Claudia Bubeck
 Anthony Bilich John Lucio
 Mary Cosola Shirley Jackson
 Linda Dortzbach-Hudlin Dick Dortzbach
 Sean Bailey Judi Dinneen
 Jamie Menasco Fred Schleich
 John Moran III John & Barbara Moran
 Christine Dugan-Ihm Oakley Kimochi Friendship Group
 James N. Ritchey All the healthcare workers & public safety workers helping everyone everywhere
 John Chastain Mom & Dad
 Lisa Harris Tonya Cole
 Ruchi Sahgal Anurag Tandon



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If you would prefer an email version of our newsletter, please email mowcc@cchealth.org

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 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
 PO Box 3195, Martinez CA 94553
www.MealsOnWheelsOfContraCosta.org



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



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 Business Inquiries about services, call 866-669-6697 or go to
www.MealsOnWheelsOfContraCosta.org

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