

# Meals on Wheels

## OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

*Saving lives one meal at a time*

SPRING 2022

## LOOKING BACK: A FAREWELL INTERVIEW WITH DIRECTOR JACQUELYNNE LIVINGS

**Written by Elise Lozano**

Senior Nutrition Program Director and Meals on Wheels of Contra Costa Operations Manager, Jacquelynne Livings retired this January after 38 years working with seniors.

Jacquelynne's interest in nutrition and food services started with her mother who had the suggestion that she pursue health and nutrition as an area of study in college after she had experience as a cook and later a food service supervisor at a retirement home and regularly worked with dietitians – an area she thought Jacquelynne would be well-suited for.

"You know, your parents kind of steer you a little bit... And so I told her, I didn't know what to do. She said...what about a dietician?"

Jacquelynne later received her BA in Nutrition and Institutional management from Florida A&M University. Initially, she was more interested in food technology and quality control; skills she utilized in her first job as a food analyst at Kraft Foods and later a food technologist. After working for Kraft for a while, Jacquelynne decided to leave her job to go back to school to pursue a Master's degree as well as an RD license which she had not gotten up to this point.

"I didn't have my RD, because when I left school, it was so difficult to get an internship.... My husband at the time was very education minded and he talked me into getting my masters and my RD, which turned out to be a great thing."

Jacquelynne received a MS degree in Nutrition and Food Science from Long Beach State as well as her RD after doing work experience under a supervising PHD where she worked with various community agencies such as Head Start, clinical rotations in a hospital setting, and another agency doing community nutrition for children. After receiving her degree and RD, Jacquelynne tried out several different positions before finding an area she really enjoyed.



"I started out working when I got my degree for a nutrition program in Orange County. I didn't like that. I worked as a dietician, and I didn't like that. And so, the city of Inglewood had a position for a program manager in nutrition and so that's what gave me my introduction to nutrition programs... and I stayed there for eight years."

After living and working in Southern California and starting a family with her husband, they moved to Austin, Texas so her husband could get his MBA. In Austin, Jacquelynne had her first experience working for a Meals on Wheels and held a position as the director of food service for Meals on Wheels and More in Austin for about a year before the family moved from Austin to Chicago for better work opportunities. In Chicago, Jacquelynne was a stay-at-home mom for a time but found herself once again drawn to Meals on Wheels and continued her involvement as a volunteer delivery driver for Meals on Wheels Chicago.

After living in Chicago, Jacquelynne and her family moved to the Bay area where Jacquelynne went back to work as the assistant food service director for Contra Costa County hospital for a short time before accepting a position as a public health nutritionist in the Contra Costa County Senior Nutrition program where she stayed for the next 20 years. Over this time, Jacquelynne held different program specialist roles before moving into the Program Director position at the end of her time with the County.

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At the time of her retirement, Jacquelynne has spent 38 years working with seniors and 20 years working with seniors in Contra Costa County in particular. When asked why she decided to work in this area for most of her career, Jacquelynne said that she never considered working with another age group or in another field because working with the elderly population of the community has been particularly rewarding.

"You sit down [with the seniors], they'll tell you about life. They'll tell you about their struggles. They give you wisdom and you know; you stay young forever cause they're always older than you are," Jacquelynne laughed. "I felt like my career was more about my passion and assignment more than it was a job. So, I can walk away with great fulfillment. I have fulfilled everything I wanted to do, there is nothing left for me to do."

Reflecting on the end of her long career serving seniors and the chance to relax away from work, Jacquelynne says she is looking forward to retirement as a new journey that she will have to discover – just like every other stage in life.

"I'm okay with an end because I know my end is taking me to a new beginning. Each journey, I think 'what am I going to do when I grow up?' I've never been retired before, so what I'm doing when I grow up now? I'm going to do something. So what is it going to be? I have to move on to something new and... it's a blessing actually to be able to move on."

Jacquelynne has quite a few goals and ideas on how to spend her newfound free time during retirement including traveling to Africa and Costa Rica, road tripping to destinations within the United States to visit family and friends in Tennessee, Virginia, New York, New Jersey, and Chicago, and visiting her son and grandkids in Michigan. Jacquelynne also says she would like to get back into journaling consistently, read the Bible in chronological order, and spend more time

with her husband, Oscar. As Jacquelynne put it, "Retirement is sort of about what you want to do in life. Like the things that you've always wanted to do." In the immediate future following retirement, Jackie said she wants to "stand on the corner in my pajamas with a cup of coffee and wave to everyone else going to work" and catch up on some well-deserved rest.

Looking back on her time with the Contra Costa County Senior Nutrition Program and Meals on Wheels of Contra Costa, Jacquelynne said she is most proud of the opportunity to be an advocate for the seniors the program serves, and for her team. She has enjoyed her time as operations manager of MOWCC especially because it allowed her to interact with all the moving pieces of the Meals on Wheels program and build a team focused on a common goal.

"I love to put the pieces together and the people together -- making it all fit together. Being able to work with a group of people that have the same common goal is what I would say is [my] largest accomplishment. Training everybody to be sure that the focus was on who we served and fostering that here has made us be the best we can be."

After leaving the Meals on Wheels program, Jacquelynne has some future hopes for the program to accomplish after she is gone that focus around the overarching goal that the program will provide quality of life to seniors so they can remain an active and healthy part of the community as much as possible and remain in their homes safely for as long as possible.

"I would love to know that this program is continuing to grow and to serve the needs of every isolated, every frail, elderly person that's dealing with isolation and insecure nutrition and ensure that they are cared for, and the value of their lives is recognized."

thank you

**from all of us at Meals on Wheels of Contra Costa and the Senior Nutrition Program for your years of service and leadership, Jacquelynne. We wish you the best in your retirement!**

Jacquelynne's role as Senior Nutrition Program Director is currently being filled by Interim Director Sara Cortez while her Operations Manager role at Meals on Wheels of Contra Costa is being filled by Interim Operations Manager Cassandra Sorto Miranda. All inquiries about MOWCC operations should be directed to Elise Lozano, Development Coordinator, at [mowcc@cchealth.org](mailto:mowcc@cchealth.org).

In Jacquelynne Livings' absence you may notice that some communications from MOWCC, including donation mailings are now sent from Robert Sessler, our Board of Directors President and co-founder.

### [ Quotes from our staff ]

**"JACKIE HAS ALWAYS BEEN SO PASSIONATE ABOUT OUR SENIORS AND PUTTING THEIR NEEDS FIRST"**

**"JACKIE IS A COMMITTED AND PASSIONATE LEADER"**

**"JACKIE'S CARE AND DEDICATION IS NOT ONLY AN INSPIRATION TO THE SENIORS BUT TO EVERYONE SHE WORKS WITH"**

**"YOU CAN ALWAYS COUNT ON JACKIE FOR WORDS OF WISDOM. HER LOVE FOR THE SENIORS AND EVERYONE SHE WORKS WITH IS CLEARLY PRESENT IN ALL THAT SHE DOES."**

**"JACKIE HAS ALWAYS BEEN SO SUPPORTIVE OF ME, BOTH PERSONALLY AND IN MY CAREER. SHE IS ALWAYS THERE FOR WORDS OF ENCOURAGEMENT-AND FOR A GOOD RECIPE!"**

**"HAPPY RETIREMENT, JACKIE! CONGRATULATIONS ON THIS NEW PHASE OF YOUR LIFE. MAY ALL YOUR HOPES AND PLANS COME TRUE."**

**YOU ARE LEAVING US AN INSPIRING LEGACY IN HELPING US MAKE A POSITIVE IMPACT IN THE LIVES OF OUR SENIORS. OF ALL THE BOSSES IN THE WORLD, I AM BLESSED WITH THE BEST. THANK YOU FOR HAVING FAITH IN ME. HAPPY RETIREMENT!**

# MEET A MEALS ON WHEELS RECIPIENT: KATHLEEN

Written by Elise Lozano

Kathleen is a Bay Area native and, “a third generation San Franciscan” where she was born after her great great grandparents came over in 1851 from the East Coast during the gold rush. She is currently 76 years old, lives in Oakley in East Contra Costa County, and has been a client of the Meals on Wheels program for a little over a year.

As a local, Kathleen graduated from Pittsburg High School and went on to get her bachelor's degree at Diablo Valley College and Cal State East Bay in Hayward (formerly California University in Hayward when she attended). Over her career, Kathleen had many different work experiences. “I sold encyclopedias door to door, and I was a telephone operator, and a clerk, and all sorts of good things.” Kathleen also served in the Peace Core in South America for four months at one point and worked for the social security administration for a time as well.

Later in her life, at the age of 46, and with three young children, Kathleen's parents helped her to go back to school to get her teaching credential. While she was in school, Kathleen saw that there was a high demand for special education teachers. “They were always short of special ed people, so I took the training and I loved it... I really did enjoy special ed. They're special kids... I just wish I found it earlier.” Kathleen spent 17 years as special education teacher in three different states – with jobs in Richmond, Escondido, and Pittsburg in California; Kodiak Island and Anchorage in Alaska; and Waianae in Hawaii, before retiring.

Kathleen has three children and six grandchildren and currently lives with one of her daughters and her family in Oakley. Kathleen says she is lucky that she has family to help her, especially after she suffered through a long battle with COVID-19 and is still experiencing lingering conditions caused by her illness. In December of 2020, Kathleen contracted COVID-19 and spent nine weeks in the hospital with serious illness. She developed pneumonia, had a blood clot in her left lung, and experienced many lingering symptoms such as brain fog, a permanent lung condition, a loss of taste that lasted six months, and diabetes as a result. “I spent 5 weeks in a convalescent hospital. I was so weak I couldn't stand up and walk two feet. It's taken me a whole year to get most of my strength back...They warned me I'll never be back to 100%.”

Kathleen says she got her vaccinations as soon as possible and emphasized how important it is to get vaccinated to protect yourself and your loved ones. She remembers the last polio epidemic when she was a child where there were “thousands of kids and adults in iron lungs trying to stay alive.” Kathleen recalls that when the polio vaccine was introduced, health officials, “sent a postcard to your house telling you to report to a location to get your vaccine, and if you didn't show up the police knocked on your door to find out why you didn't come to your appointment.” Living through this pandemic as well, Kathleen reflected that some people have an “it'll never happen to me attitude” even though many people such as herself have serious consequences from COVID-19.

During this extremely challenging last year, Kathleen is grateful that Meals on Wheels was there to rely on to get the nutrition she needs. “If I have to order things from restaurants, besides being extremely expensive, it's not healthy – it's over in fat, or sugar etc.” Kathleen emphasized that her meals from Meals and Wheels allows her to remain more independent. “I have severe arthritis in my shoulders, so cooking is almost impossible. Everybody [in my family] works, or they're in school, so I'd be home alone – I could put a meal into the microwave and eat it and then I didn't have to worry about needing anybody here to cook. I could make my lunch and do it myself.”

Kathleen says she has been pleasantly surprised with how tasty the meals provided to her through Meals on Wheels are and jokes that, “it's a better cook than I am!” She especially enjoys all the different fish dishes on the menu, the pasta dishes, and meals with vegetables like brussel sprouts and spinach. When asked if there was anything she would like community members to know about the program, Kathleen said, “it just makes life so much better... It's a lifesaver for a lot of people, including me. It's nice to know I don't have to worry about where it's [my food is] coming from or when. Everyone has seemed extremely nice, polite, respectful. I can't say enough about them. They're always here no matter what day or the weather. It's really nice to know that you can count on it... It's just a godsend in many ways.”





# FUNDRAISING / PROGRAM UPDATE

## Thank you to the Real Estate Marketing Association!

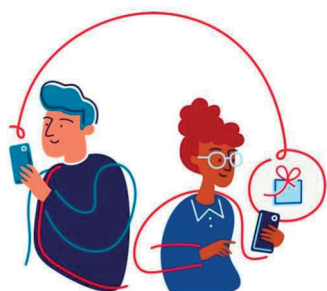
Meals on Wheels of Contra Costa was honored to receive a generous donation of **\$3,000** from the Real Estate Marketing Association in Danville this past December. We are so grateful for this group's support of our mission to support homebound seniors with nutritious meals right here in our local community! (former) Director Jacquelynne Livings and Development Coordinator Elise Lozano attended RMA's Holiday Breakfast where they accepted this generous donation.

Pictured from left to Right:  
Elise Lozano – Development Coordinator MOWCC  
Jacquelynne Livings – (former) Operations Manager MOWCC  
Tom Hart – RMA President



## Meals on Wheels Receives Grant from the Pease Family Fund

Meals on Wheels of Contra Costa gratefully recognizes a generous grant of **\$20,000** from the Pease Family Fund of the Cerity Partners Foundation. Thank you so much for your dedication to helping homebound seniors in our community!



## MOWCC participated in myWalgreens donation program

From December 2021 through February 2022, Meals on Wheels of Contra Costa participated in the myWalgreens donation program. During this campaign, Walgreens customers were able to donate their Walgreens Cash Rewards to our organization. Over the course of the campaign, we had over 20 generous individuals choose to donate their rewards dollars to us. Thank you so much to everyone who participated. It really adds up!

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

"THANK YOU FOR YOUR GOOD WORK IN THE COMMUNITY!"

"YOU ARE DOING WONDERFUL THINGS AND THEY ARE MUCH APPRECIATED!"

"YOUR PROGRAM WAS SUCH A GREAT THING FOR MY MOTHER OVER 30 YEARS AGO, SO I AM HAPPY TO 'PASS IT ON.' THANK YOU!"

"I KNOW THINGS ARE VERY CHALLENGING RIGHT NOW. BLESS YOU FOR YOUR DEVOTION TO OUR SENIORS."

"I AM BLESSED TO BE ABLE TO 'PASS IT ON' TO COMMUNITY ORGANIZATIONS LIKE YOURS WHO ARE PROVIDING VITAL SERVICES DURING THIS PANDEMIC. THANKS FOR ALL YOU DO!"

# THANK YOU TO SAN JOAQUIN YACHT CLUB!

In November of 2021, representatives from Meals on Wheels of Contra Costa attended an annual dinner organized by San Joaquin Yacht Club in Bethel Island where we were presented with a donation of **\$10,500!** San Joaquin Yacht Club is one of our oldest supporters and have been giving to us for 33 years. Over this time, SJYC's loyal donations have provided 276,933 meals for clients in their community of East Contra Costa County.



## GRANT FROM DARBY BETTS FUND

Meals on Wheels of Contra Costa has been awarded a generous grant in the amount of **\$5,000** from the Darby Betts Fund, a program in partnership with Front Porch and the Episcopal Impact Fund. This fund was started in 2005 to make awards to support senior services in the community.

Thank you to the representatives of Front Porch and the Episcopal Impact fund for selecting us for this award. We are so grateful for the support!

## GIVING TUESDAY 2021 A SUCCESS!

November 30th, 2021 was Giving Tuesday. Every year, the Tuesday after Thanksgiving is designated as a day for charitable giving throughout the United States and around the world. Every year, Meals on Wheels of Contra Costa runs a special campaign where we ask donors to take part in this global day of giving by donating to our organization. This past November, we raised an incredible **\$16,802.96** with 74 individual gifts in just 24 hours! That's over **3,300** meals for hungry seniors in our community. Thank you so much to all our dedicated donors who gave during this campaign!



# PLANT THE SEEDS OF A LASTING LEGACY TODAY

You can leave a gift that will benefit seniors in our community for generations to come through planned giving. Planned giving, also referred to as legacy giving, generally refers to a donor's intention to contribute a gift to an organization beyond their lifetime. However, there are some forms these gifts might take that encompass donations made during an individual's lifetime. Gifts made by such donors are often arranged as part of an overarching estate plan.

Planned giving may be a convenient and cost-effective method for many donors to make a large impact with their gift, while not being limited by their current wealth. Unlike many annual or one-time gifts, planned giving may provide an option for donors to make a gift they wouldn't ordinarily be able to make. The following are some planned giving options donors may like to explore when thinking about their estate planning. We would be grateful if you considered including Meals on Wheels of Contra Costa in your estate plans and help ensure homebound seniors get the nutritious home-delivered meals they need for generations to come.

**Living Trust Donations /  
Bequests**

**Donations from Retirement  
Assets such as 401(k) or  
IRA during your lifetime**

**Charitable Remainder  
Trust Donations**



**Donations through your DAF  
(Donor Advised Fund)**

**Donations from Retirement  
Assets such as a 401(k) or  
IRA after your death**

**401(k) or IRA during  
your lifetime**

## Already Have Meals on Wheels of Contra Costa Included in Your Estate Plan?

Let us know by filling out our Declaration of Support form found on the Donate page of our website here:

<https://bit.ly/36AGICS>

or scan this QR code to visit the form:



## RECENT BEQUESTS

Since our last publication, Meals on Wheels of Contra Costa was named as a beneficiary of two trusts/estates. We would like to extend our heartfelt appreciation to the following donors and our sympathies to their loved ones. These generous gifts will make it possible for thousands of seniors to receive lifesaving nutritious meals right here in Contra Costa County.

**The Estate of Marlyn June Cooper  
The Marilea Larm Trust**

*If you or someone you know is interested in joining the Meals on Wheels of Contra Costa Legacy Circle with a planned gift, please see instructions on the back page of this newsletter or contact us at [mowcc@cchealth.org](mailto:mowcc@cchealth.org) for more information.*

# HEALTH AND WELLNESS TIPS FOR SPRING

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## CONSIDER SPRING CLEANING

- Test and/or replace carbon monoxide detectors and smoke detectors in your home
- Help purify the air in your home by changing the air filters in furnaces, heaters, and air conditioners
- Clear out your medicine cabinet and properly dispose of any expired medications – most pharmacies have safe medication disposal bins you can take extra or expired medications to
- Go through your closet and consider donating clothes you no longer need to a good cause such as – Goodwill, St. Vincent de Paul of Contra Costa County, or Wardrobe for Opportunity



## TAKE ADVANTAGE OF WARMER WEATHER

- Going for a walk around the block, a bike ride, or other outdoor activity can boost your energy, strengthen your heart, and help your immune system
- Get some fresh air and sunshine daily by simply sitting outside or opening your curtains – exposure to sunshine can boost your mood and increase your vitamin D absorption
- Get your garden ready for the season by planting seeds for flowers or vegetables that you can enjoy later on or purchase a small plant to take care of
- Be sun-safe when you're outdoors for longer periods of time by wearing long sleeve shirts, a wide-brimmed hat, and always use broad-spectrum sunscreen with at least SPF 15

## REVITALIZE YOUR DIET

- Spring is a great time to incorporate more fresh, in-season fruits and vegetables into your diet – produce such as peppers, berries, apricots, asparagus, peas, and many kinds of greens are all in season during spring
- Try visiting a local farmer's market if you are able and explore new produce and other fresh products you've never tried before
- Start your daily routine with a healthy breakfast. You need long-lasting energy to make the most of your day so consider complementing your morning cup of coffee with a protein and fruit

## TAKE CARE OF YOUR BODY AND MIND

- Spring can be a good time for a wellness check – take some time to schedule any medical appointments and make sure you're up to date with immunizations and annual check ups
- Reevaluate your New Year's resolutions – goals set or re-formed in the Spring can feel more attainable than those made in the cold winter months and give you a chance to see what has or hasn't been working for you
- Pick up a healthy habit such as journaling or meditation to aid self-reflection and personal growth





**Meals on Wheels of Contra Costa**  
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If you would prefer an email version  
of our newsletter, please email  
[mowcc@cchealth.org](mailto: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.

### 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](http://www.MealsOnWheelsOfContraCosta.org)

### *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.  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)



Annual Reports and Form 990  
are available on our website  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)



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call 866-669-6697 or go to  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)  
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