



Meals on Wheels

OF CONTRA COSTA

Federal Tax ID: 68-0231350

Saving Lives One Meal At A Time

Summer 2023

Stories From the Heart

Presents: Ms. Hattie Pruitt

Ms. Hattie Pruitt has been a Meals on Wheels client for over a year. Meals on Wheels programs are a vital lifeline for Hattie and hundreds more like her. Our clients are homebound and find it difficult to prepare meals for themselves. The services that we provide allow them to remain in their homes in comfort and security knowing they have a supportive network of caring people that will deliver food to their doors.

Hattie has always been a hard worker. Growing up on a farm and later attending an agricultural high school, she learned from a young age the importance of determination and self-sufficiency. So, when World War II broke out, Hattie answered her country's call and became a member of one of the most heroic and famous groups of women workers, Rosie the Riveter!

Hattie is now 107 years old; with three generations of loving family surrounding her, she prepares for her next birthday in August. Hattie continues to be a picture of strength and is supported in her strength by the nutritious meals provided by the Meals on Wheels Coalition in Contra Costa County.

We are not put on this earth for ourselves, but we are placed here for each other. We are blessed to serve a local hero that gave so much to so many!



LOOKING FORWARD

Meals on Wheels of Contra Costa, a non-profit organization that has been supplementing the cost of meals and delivery services to seniors in Contra Costa County, for over three decades. Since its inception in 1990, the organization has provided supplemental funding for 8 million meals delivered by the county wide home delivered "Meals on Wheels" program. This year Meals on Wheels of Contra Costa has made a transition from being embedded in the county wide Meals on Wheels nutrition program to externally operating. We continue to be a community-supported non-profit matching government funding. The shift in the operational structure of Meals on Wheels of Contra Costa was necessitated by broader changes within aging services across the nation and the impact of those changes on the Area Agency on Aging (AAA) in Contra Costa County.

Both Meals on Wheels of Contra Costa and Area Agency on Aging recognise the continued need to generate community funding to fill the gap that government funding leaves. Our partnership supports the continues provision of vital meals services to seniors in our community. To achieve this goal, Area Agency on Aging and Meals on Wheels have embarked on a joint transition process allowing the two agencies to be separate in their operations and collaborative in their approach to continue providing services. The transition has not been without its challenges. Meals on Wheels CC has had to significantly ramp up its fundraising efforts to replace the in-kind support that Contra Costa County uses to provide for the agency's operation as well as working to provide support to help prevent the upcoming fiscal cliff that many nutrition providers in our county are facing.

A key to the organization's success in making this transition has been its focus on building strong relationships with individual donors, local businesses, provider partners and Contra Costa County's Area Agency on Aging. Meals on Wheels of Contra Costa has worked hard to create a sense of community and involvement getting back to the core values and purpose of our coalition. The organization's success has been rooted in its ability to communicate the impact of its work to the community. Meals on Wheels of Contra Costa continues to be transparent about the number of meals served and the impact of its efforts on the community. This has helped to build trust and confidence in the coalition's ability to support the county wide meals on wheels services. The transition from government-supported to fully independent and community-funded has lead to significant changes for Meals on Wheels of Contra Costa. However, through hard work and determination the organization has made a successful transition.

Executive Director Spotlight



Cassandra Miranda, Executive Director of Meals on Wheels Contra Costa, is the face of the agency. Cassandra provides day-to-day guidance and leadership to her small team of committed, superstar employees. These employees go above and beyond every day as they strive to provide excellent customer care and support to donors, clients, family members and provider partners who make up the community that Meals on Wheels Contra Costa supports. Cassandra and her team are grateful to have a lot of community and partner support, making the job a bit easier and a lot more enjoyable.

Cassandra says, "I feel blessed to be working in my current role. It is my life's passion to provide care to the members of my community. I start my new journey with open arms and a willingness to step up to the challenges and find solutions." Cassandra's immediate goal for Meals on Wheels CC is to re-engage the volume of volunteerism that existed before the pandemic. Meals on Wheels CC is looking for volunteers who have a variety of skills in various age groups. Her long-term goal for Meals on Wheels CC is to get local businesses, community associations and others involved in supporting the home delivered meals services in Contra Costa County. Meals on Wheels CC looks to the future and its partners to successfully battle food insecurity ensuring our coalition continues to save senior lives in our community.

New Staff Spotlight



Lorie Brown is our Program Accountant, she has worked in accounting for many years. When not working, Lorie works with her church youth, volunteers in her community and spends time with her family. Lorie can also be found shopping for antiques in her spare time.



Lindsey Loving is our Development and Administrative Specialist. Lindsey has worked in nonprofits for several years. Lindsey is a dedicated mother to her 12 year old daughter. In her spare time she can be found taking long walks, and spending time with friends and family.



Vanessa Haro is our Social Media and Community Relations Specialist. Vanessa is a seasoned social media coordinator who brings a fresh perspective to our channels. Vanessa hopes to bring positive change to the communities she works in. When she is not working she spends time with her fiance and family.

SJYC

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San Joaquin Yacht Club has been an amazing sponsor for the last 36 years. With their wonderful team and driven mission to help our cause, Meals on Wheels Contra Costa looks forward to sharing many events sponsored by SJYC this year!

The first event is our Golf Tournament & it sold out!! SJYC prepared a wonderful 18-hole golf tournament with 60 players on 15 separate teams! Sponsored by Shadow Lakes Golf Course, we had for a fun filled day of golf, snacks and drinks followed by wonderful dinner at the yacht club, with raffles and prizes! Thank you to all those who participated

The second event is the Bowling Tournament to be held on September 16th. Get your tickets and join us for a great time at Delta Bowl, event will have food and drinks, raffles and prizes. Awards dinner hosted at the San Joaquin Yacht Club.

The final event is a family friendly Oktoberfest taking place on October 22nd! This event is being sponsored by the Delta Sports bar and Grill in Bethel Island, we are looking forward to the drinks, food, games and festivities.

All of these events go to support Meals on Wheels CC saving seniors one meal at a time. Thank you to our long time partner, none of it would be possible without our amazing sponsors, the San Joaquin Yacht Club.



Funder Spotlight

Martinez Kiwanis Club provided a grant for \$1,500 and have been supporting our mission for over 20 years

Antioch Community Foundation provided a grant for \$1,250 and have been support this service for 2 years

Anonymous Grants

Meals on Wheels of Contra Costa has received two large donations for home delivered meals this year by donors who wish to support with out recognition. One was for \$50,000 through Great Horizons donor advised funds and the other is \$20,000 through foundation source

We Thank you for supporting seniors in your community

Concord Pleasant Hill Health

Meals on Wheels Contra Costa has been awarded a generous grant of \$16,000 from Concord Pleasant Hill Health Care District. We have received funding form this group for home delivered meals for approximately 9 years. This charitable grant will be used to provide thousands of meals to homebound seniors in the Central Contra Costa County region of Concord and Pleasant Hill. Thank you to the for selecting us for this award.

Grant From Keller Canyon Mitigation Fund

Meals on Wheels Contra Costa has been awarded a generous grant of \$10,000 from the Keller Canyon Mitigation Fund. The Keller Canyon Mitigation Fund (KCMF) was established in 1992 to lessen the impacts of East County landfill on roads, open space, and the surrounding community. This charitable grant will be used to provide thousands of meals to homebound seniors in the East Contra Costa County region of Pittsburg and Bay Point. Thank you to the Keller Canyon Mitigation Fund Staff and Supervisor Federal D. Glover of Contra Costa Countyt District 5 for selecting us for this award.

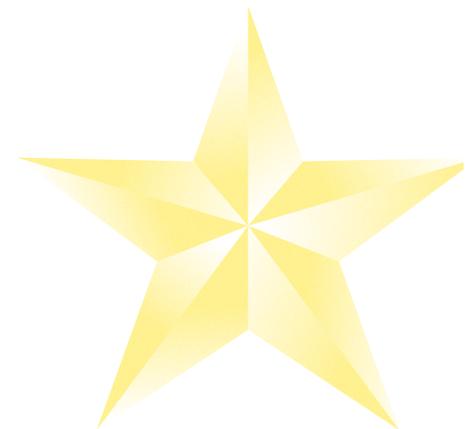
Ford Motors Brings Goodie Bags

Thank you to Ford Motors Community Foundation for supporting homebound seniors during the Ford Global Day of Giving by granting Meals on Wheels Contra Costa \$7,500. With this generous grant, Meals on Wheels Contra Costa was able to purchase various personal effects to assemble goodie bags for Meals on Wheels of Contra Costa. Thank you to all of the Ford employees for joining our volunteers in assembling each goodie bag with love and helping Meals on Wheels successfully serve the members of our community.

Memorials & Tributes

Charles Cumpton remembering Jay Cortes
Johnathan Marsh remembering Rod Faber
Linda Houle remembering Evelyn F.W.
Jan Reynolds remembering Mary Reynolds
John McDermott remembering Laurel McDermott
Helen Friedman remembering Barbara Cortese
Kathleen Glenn remembering Barbara Cortese
Jane Solomon remembering Barbara Cortese
Rosie White remembering Barbara Cortese
Mary Catalano remembering Barbara Cortese
Judith Kunofsky remembering Barbara Cortese
Cynthia Aguilar remembering Theresa Novello
Nikki Disangro remembering Pauline Cardoza
Frances Hodge remembering Stan Hodge
Anne Matsushino remembering Tazuko
Lupe Szymanski remembering Jesus Pangelinan
Patricia Lester remembering Sally Ann Smith
Paul West remembering C. M. Weaver
Fred D. Lorenzetti remembering Bob Silvera
Susan Burk remembering Barbara Cortese
Antonette Steffensen remembering Pat Swanson
Richard Chin remembering Tsai & Chung Chin
Nikki Disangro remembering Heidy Maron (delivered meals for MOW)

Your Fico Corp honoring Thomas Lee
Michele Parisi honoring Meryl Trebino
Donna Hegedus honoring Maragaret Luethy
Antonette Steffensen honoring Debbie Troglin
Antonette Steffenson honoring Josie Torres
Shannon McClelland honoring Louise Lee
Shannon Kilbane honoring Gordon Throwbridge
Robert Kerns honoring David Kerns



Partner Corner

West Contra Costa County

Meals on Wheels West Contra Costa County

Our meals and the clients who receive them are managed by this fabulous organization located in the city of San Pablo.

This organization has partnered with Meals on Wheels CC for over three decades to serve the homebound seniors in their area.

Currently this provider delivers meals to over 500 clients and last year the group started serving additional breakfast meals to food insecure seniors. Starting this year they will be offering a new menu of food and it focuses on cultural cuisine selections.

J-Sei

Meals and the clients who receive them are managed by this fabulous organization located in the city of Emeryville.

This organization has partnered with Meals on Wheels CC for many years to serve Japanese cuisine and other homebound seniors in the cities of El Cerrito and Kensington.

Currently this provider delivers meals to over 75 clients county wide and continues to expand.

Central Contra Costa County

Meals on Wheels Diablo Region

Our meals and the clients who receive them are managed by this fabulous organization located in the city of Walnut Creek.

This organization has partnered with Meals on Wheels CC for over three decades to serve the homebound seniors in their area. In addition this agency provides a full suite of senior services

Currently this provider delivers meals to over 2200 clients county wide. Last year the group started offering food focused on cultural cuisine selections, this program has seen much success.

J-Sei

Meals and the clients who receive them are managed by this fabulous organization located in the city of Emeryville.

This organization has partnered with Meals on Wheels CC for many years and this year they are expanding their service of Japanese cuisine to homebound seniors to the city of Pleasant Hill .

Currently this provider delivers meals to over 75 clients and have expanded their home delivered meals to central county in Pleasant Hill and Concord.

East Contra Costa County

Meals on Wheels Diablo Region

Our meals, the clients who receive them, and so much more is managed by this fabulous organization located in the city of Walnut Creek. This group serves all of East Contra Costa County.

This organization has partnered with Meals on Wheels CC for over three decades to serve the homebound seniors in their area. In addition this agency provides a full suite of senior services and has worked to establish a partnership across many of senior provider agencies located in East Contra Costa county.

This provider delivers meals to approximately 2200 clients county wide. Last year the group started offering a new menu of food and it focuses on cultural cuisine selections, this program has seen much success. Also in East County Meals on Wheels Diablo Region has lead the charge in expanding home delivered meals services!

A Taste of Summer

As summer comes to an end there are still many warm days ahead. Try making this Epic summer salad for your next family and friends gathering.



Ingredients

For the dressing

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes, zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey

Ingredients

For the salad

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled
- handful of herbs (reserved from the dressing)

Enhancing Your Health

SPEND TIME OUTDOORS DAILY

Spending time outdoors taking in the beautiful weather and scenery is such a staple for everyone! Short strolls outside can significantly increase your physical and mental well-being!

ALLERGY MANAGEMENT

With the new weather coming in and all the pollen and grass changes, we are expecting allergy season to come out! Talk with your doctor if you are having problems with allergies to see how they can help you.

TIP: Carry travel size tissues with you so you can blow your nose and wash your hands often to keep pollen and other plants away!

SUN PROTECTION AND WEATHER-WEAR

The sun is out and so is the sun damage and sun burns! Make sure to apply SPF before you start your day and reapply through the day even if it is chilly outside. Make sure to dress for the hot and cold weather swings.

SPRING CLEANING

Make sure all your tripping hazards have been put away, secured or removed from the home to prevent tripping and falling injuries. Secure your rugs to the floor, make ample walkways and move home décor to safe spots.

MEDICAL ATTENTION

Make sure to reschedule any doctors appointments missed due to the bad winter weather and check all medications for expiration dates.



Meals on Wheels OF CONTRA COSTA

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866-669-6697
Fed Tax ID 68-0231350

If you would prefer an email version of our newsletter,
please email info@MOWofContraCosta.org

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

"I give, devise, and bequeath to Meals on Wheels Contra Costa, Inc., federal tax identification number 68-0231350, PO BOX 3195 Martinez CA 94553, the sum of \$___ (or describe 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.MOWofContraCosta.org

Annual Reports and Form 990 are available on upon request
www.MOWofContraCosta.org

Meals on Wheels Contra Costa
PO BOX 3195 Martinez CA 94553



@Meals On Wheels of Contra Costa



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For provider services go to
www.MOWofContraCosta.org

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JOIN OUR SUPPER CLUB! Become A Monthly Donor

Generous donors who make monthly gifts provide Meals on Wheels 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 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 Contra Costa to charge my debit or credit card each month for the amount I stated above until I notify Meals on Wheels Contra Costa of any changes, and they have had 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 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 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 866-669-6697 to discuss other planned giving options.