



SAVING LIVES ONE MEAL AT A TIME

SUMMER 2024

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Nourishing News:

J-SEI's Journey with Meals on Wheels of Contra Costa

Meals on Wheels of Contra Costa is delighted to spotlight our dedicated partner, J-SEI, in this summer's feature story. Celebrating over 50 years of service, J-SEI has evolved from its humble beginnings into a cornerstone of support for seniors, providing not only nourishing meals but also a deep sense of community.

In a recent interview, Kathleen Wong, Senior Nutrition Manager at J-SEI, shared insights into their inspiring journey and the significant impact of our partnership. "J-SEI began as the East Bay Japanese for Action (EBJA)," Kathleen recounted, "to serve the Issei generation, the first Japanese Americans, with events and resources." Over the decades, J-SEI's mission expanded, merging with other Nikkei groups and evolving into a multicultural and multigenerational hub while maintaining its Japanese roots.

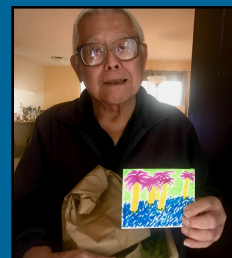
J-SEI's home-delivered meal program has seen impressive expansion in Contra Costa County. "We started off delivering to about 20 seniors in West County, Richmond, and El Cerrito areas. Now, we serve over 70 seniors in West and Central Contra Costa County, including Walnut Creek, Pleasant Hill, and Concord," Kathleen shared. This expansion underscores J-SEI's commitment to addressing community needs, particularly for those who yearn for the comfort of traditional Japanese meals. "Delivering these meals means so much to the seniors. They get a sense of home, of their heritage, in every meal," she noted.

Our collaboration with J-SEI, which began in 2014, has been pivotal in their growth. "Meals on Wheels of Contra Costa came through at the peak of our growth. Their funding and confidence in us helped us to prepare and embrace this growth," Kathleen expressed. This partnership has not only provided financial backing but also instilled a deep sense of assurance within the J-SEI team, empowering them to expand their service capacity and community impact.

J-SEI's success is a collaborative effort, "It takes a lot of different resources to run this program. Not just our amazing staff and volunteers, but also our partnerships with nonprofit organizations," Kathleen emphasized. She highlighted that J-SEI is the only meal provider offering hot, ethnic Japanese meals in Contra Costa County, a unique service that is cherished by the seniors they serve.

As J-SEI continues to grow, they remain steadfast in their mission to deliver nutritious, culturally meaningful meals while fostering a vibrant sense of community. "Knowing that we are able to expand our reach in Contra Costa County and bring a taste of home to more seniors is incredibly rewarding," Kathleen concluded.

At Meals on Wheels of Contra Costa, we are proud to support such a dedicated and impactful organization. Together with J-SEI, we are providing more than a meal; we are nurturing a stronger, more connected community.



A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear friends,

Here at Meals on Wheels Contra Costa, we are honored to support the countywide Meals on Wheels services that nourish and enrich the lives of our communities' homebound seniors. As we continue to be a beacon of hope to seniors in need, we are also seeing a growing demand for services. This demand and the expansion of services provided countywide highlight the great need for support from our community through donations and volunteer efforts.

Together, we can ensure that our senior neighbors are not just surviving but thriving. This summer, let us continue to build upon the bonds of community and compassion. Whether it's through volunteering, donating, or simply spreading the word, every action you take makes a significant impact.

Thank you for being a part of our Meals on Wheels family. Your generosity and kindness are the ingredients that make our work possible. Here's to a summer filled with hope, health, and happiness for all.

Cassandra Miranda

Cassandra Miranda
Executive Director

INAUGURAL GOLF TOURNAMENT HIGHLIGHTS

We are delighted to reflect on our inaugural golf tournament, which brought together a wonderful mix of participants and supporters. The event was a fun day on the greens, filled with camaraderie, sportsmanship, and a shared commitment to our cause. It was a "hole-in-one" day for everyone involved! The funds raised from this event will help us continue our mission to ensure homebound seniors continue to receive life-saving nourishment which enables them to live independently in the comfort and security of their own homes.



June 7th, 2024

Golf Tournament



The tournament was an opportunity to make a significant impact on the lives of homebound seniors in our community. The growing need for Meals on Wheels services makes these funds critical in supporting our mission to provide nutritious meals. Each swing, putt, and cheer on the course translated into nourishment for those in need.

We extend our heartfelt gratitude to all the participants, sponsors, and volunteers who made this event a resounding success. Your contributions not only made the day enjoyable but also ensured our mission continues to thrive. Mark your calendars for next year's tournament on Saturday, May 10th, 2025. We look forward to seeing you on the course for another round of golfing for a great cause!

Special Thanks:

This event would not have been possible without the generous support from our Event Ambassadors. Thank you to the Ford Motor Company SF Region employees, Walnut Creek Surf 2014 Boys Blue - 9/10 year olds, and the Bethel Island Community members. You were pivotal in making this event a success!

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Gateway Gas N Mart

Delta Sports Bar

IBEW Local 302

John Marsh Trust

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Bill's Auto & Truck Repair Oakley
A&A Auto



Meals on Wheels of Contra Costa has been awarded a Community Impact Grant in the amount of \$1,500 from Antioch Community Foundation. Thank you to ACF Executive Director Keith Archuleta & the Board of Directors for selecting us!

Thank you to everyone who voted for us in the Target Circle Giving Program! MOWCC has been awarded \$13,328.09



Thank you to the Kiwanis Club of Martinez! On May 23, MOWCC Executive Director Cassandra Miranda accepted a grant from Kiwanian past President, David Gerson. Cassandra spoke about the impact the Kiwanis Clubs grants have had on our mission to nourish homebound seniors. Over the past 25 years, the Kiwanis Club of Martinez has granted a total of \$26,100 to MOWCC.



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Meals on Wheels

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If you would prefer an email version of our newsletter,
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REMEMBERING MEALS ON WHEELS

Meals on Wheels of Contra Costa Legacy Circle members are an exclusive group of caring individuals who have made a Planned Gift in their Will or Trust to ensure that we will be here to help provide for all the 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 925-387-5001 to discuss other planned giving options.

Scan this QR code to
learn more about
Planned Giving



JOIN OUR SUPPER CLUB!

BECOME A MONTHLY DONOR

Generous donors who make monthly gifts provide Meals on Wheels of Contra Costa with 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 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.



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