

# Nourishing News

## Partnering for Impact: How Meals on Wheels West Contra Costa Supports Seniors with Dignity and Care

In this edition of Nourishing News, we shine a spotlight on Meals on Wheels West Contra Costa (MOW WCC), an organization dedicated to ensuring seniors can age in place with dignity, independence, and access to vital services. With the support of Meals on Wheels Contra Costa (MOWCC), the program has grown significantly to meet the needs of the community's most vulnerable members.

Founded in 1971 by Reverend Palmer Watson to provide sandwiches to elderly residents, MOW WCC has evolved into a program serving nutritious meals to seniors throughout West Contra Costa. Today, as part of the Meals on Wheels Contra Costa initiative, it fulfills its mission of providing wholesome meals and essential services to over 500 seniors in need.

Jackie Rios, Program Director for MOW WCC, joined the organization after learning about the critical need to serve homebound seniors who face challenges to access basic meals. "Going into this, I knew it was something that I was just going to fall in love with," she said. Jackie's role has grown from assisting with client intakes and delivery routes to managing and expanding the program.

One of the programs Jackie helped stabilize is the Grocery Bag Program. Partnering with the Food Bank of Contra Costa and Solano, this initiative provides weekly groceries at no cost to seniors in need. "Now it's on more stable footing and really successful," Jackie stated, reflecting on the program's impact.

The partnership with MOWCC has also been critical in addressing challenges. From funding breakfast meals during a financial shortfall to providing volunteers to cover delivery routes, the support from MOWCC has had a tangible impact. "In the past, there was an issue with funding for breakfast meals," Jackie recalled. "Meals on Wheels Contra Costa was able to help us out and fund those meals directly in the meantime so that our seniors wouldn't have to fall short."

Looking ahead, Jackie envisions expanding MOW WCC's reach and services. Plans include moving to a larger office space to improve operations and launching new initiatives, such as the Friendly Caller Program to support seniors' mental health and a Fall Prevention Program to provide home safety resources like shower chairs and railings. "A lot of the seniors, they are on their own and we are only a once-a-week delivery," Jackie explained. "If we have a friendly caller or visitor the other days of the week...it's really good also for their mental health."

Community support will be essential for these aspirations to become a reality. "Meals on Wheels West Contra Costa is an anchor in our community to help seniors who are homebound," Jackie emphasized. "We would appreciate any help—whether through donations, volunteering, or spreading the word about our work."

This winter, let's celebrate the remarkable work of MOW WCC and the enduring partnership that helps keep our seniors nourished, connected, and supported. Together, we can ensure seniors in West County thrive.



## A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear friends,

As we begin the new year, I am thrilled to share some incredible news about what we have achieved together. Thanks to your generosity and dedication, we successfully met our goal to match the \$10,000 set by the Target Circle Giving Program—doubling the impact for our seniors in need!

Your unwavering support and contributions were the driving force behind this success. Target Circle's generous grant provided a meaningful foundation, but it was you—our community of compassionate donors—who rose to the challenge and made this milestone possible. Because of you, we are able to deliver even more life-saving, nutritious meals to homebound seniors across Contra Costa.

As we navigate ongoing funding constraints and rising demands, your support is more critical than ever. Government funding alone does not fully meet the growing needs of our community, and your generosity helps us bridge this gap to ensure that no senior is left without the nourishment and care they need to thrive.

On behalf of the entire Meals on Wheels Contra Costa team and the seniors we serve, thank you for being a vital part of this mission. Your generosity inspires us to keep going, and we look forward to continuing this journey together in 2025.

Thank you for standing with us to save lives—one meal at a time.

*Cassandra Miranda*  
Cassandra Miranda  
Executive Director

We extend our heartfelt thanks to The Church of Jesus Christ of Latter-day Saints, Martinez Ward, for their incredible support! Their youth group generously volunteered their time to help prepare tax letters for our donors, making a meaningful impact for the second year in a row.

## CURRENT & UPCOMING FUNDRAISING EVENTS



### Experience Paradise: Cabo San Lucas Condo Auction

Bid on a 7-night stay in a luxurious ocean-view villa at Villa La Estancia, Cabo San Lucas! Enjoy five-star amenities, breathtaking views, and access to pristine beaches. Proceeds benefit Meals on Wheels Contra Costa.

**Auction Ends: February 28th at 5 PM**

**Learn More & Bid: [Visit our website](#) for more details and how to bid.**

### Save the Date: Annual Golf Tournament Saturday, May 24th, 2025 Shadow Lakes Golf Course, Brentwood

Mark your calendars for our annual golf tournament where we will Drive Out Hunger, One Swing at a Time. Join us for a day on the green to support Meals on Wheels Contra Costa mission. Stay tuned for more details as the date approaches!

Contact us for sponsorship opportunities and pre-sale of tickets!



## GRANTORS



Thank you to the Dean and Margaret Lesher Foundation for awarding Meals on Wheels Contra Costa a generous multi-year grant of \$150,000. For 25 years, the Lesher Foundation has been a dedicated partner in helping us provide nutritious meals to homebound seniors. Their continued support ensures that no senior is left hungry or isolated, and we are deeply grateful for their unwavering commitment to our mission and community.



We are excited to share that the Crescent Porter Hale Foundation has renewed their support with a generous 3 year grant totaling \$60,000. Their commitment strengthens our ability to provide meals to homebound seniors, and we are grateful for this renewed partnership.



We are thrilled to welcome the Teichert Foundation as a new partner and thank them for their generous \$4,000 grant to Meals on Wheels Contra Costa. This funding will directly support our efforts to provide nutritious meals to homebound seniors. We are grateful for their investment in our mission and excited about the impact this new partnership will have in our community.



We are excited to welcome Finance of America Cares as a new partner and thank them for their generous \$5,000 grant to Meals on Wheels Contra Costa. This contribution will help us continue providing nutritious meals to homebound seniors. We are grateful for their support and look forward to the positive impact this partnership will have in our community.



A warm welcome and thanks to the Dermody Properties Foundation for their generous \$1,000 grant to Meals on Wheels Contra Costa. This support will help us provide nutritious meals to homebound seniors, and we're excited to partner with them to make a difference in our community.

## MEMORIALS & TRIBUTES

### Gift from

Ron Chapman  
Jim Coates  
Maureen Fischl  
Delma Wilson  
Marion Coletto  
Deniz Barin  
Jan McWilliams  
David Dyke  
David Dyke  
Katherine Ward  
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Chad Wiest  
James Estes  
Joe Burns  
Silicon Valley Installation Company  
Antonette Steffensen  
Malcolm Sher  
Larry Begley  
Tim Meltzer  
Donna Cook

### In memory of

Barbara Chapman  
Barbara Coates  
Brad Klemm  
Carrie Gensler  
Carrie Gensler  
Dad  
Dean Barnett  
Dellajeane Combs  
Dellajeane Combs  
Delores Hand  
Dick Davis  
Dr. Thanabalasundrium  
Earl Koski  
Edward Schnitzel  
Emil Knopf  
Frank Piacente  
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Janet Dal Porto Berumen  
Jeannette Wiest  
Jim Estes  
Joe and Bettye Burns  
Katalin Szabo  
Kathy Beratta  
Lindsey Sher  
Lisa Cordova-Begley  
Pamela Meltzer  
Pauline Brammer

### Gift from

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Bhavani Param  
Bonnie Sevener  
Carol Williams  
Richard Chin  
Richard Chin  
Laureen Barthman-Thompson  
Laura Constantine  
Sukum Rujiramahakul

### Gift from

Gayle Greene  
Gayle Greene  
Zoe McCloskey  
Mary Nguyen  
Steven Garcia  
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Sheila Bright  
John R. Moran III  
John R. Moran III  
Antonette Steffensen  
Patricia Ting  
Karen Morones  
David Arnold-Mancin  
Cara Gavan  
Gary Gray  
Karen Seaton  
Patricia Wickersham  
Donna Buessing  
Carol Hafford  
Rae Zachary  
Ted Crum

### In memory of

Pauline Hasenpflug  
Ruth & Paul Tay  
Stuart Sevener  
Stuart Williams  
Tsai Yuen  
Chung Ping Chin  
William Carter  
William J. Murray  
Yuadeng Buasri

### In honor of

Agnes Greenberg  
Lydia Greenspoon  
Brian McCloskey  
Chinh Nguyen  
David Resse Garcia  
Gayl Cherry  
Giroleen Bright  
John & Barbara Moran  
Jim & Aileen Nissen  
Josie Torres  
Juanita Ting  
Lois & Elwin Stocking  
Mark Yurkivich  
Matha & Allen Arata  
My Mom  
My Mom  
Perry and Nancy Solomon  
Roberta Whitman  
Rosemarie Hafford  
Sandy D.  
Theodore Crum



# Meals on Wheels

CONTRA COSTA

PO Box 3195 Martinez CA 94553

Toll Free: 866.669.6697

Federal Tax ID: 68-0231350

## REMEMBERING MEALS ON WHEELS

Meals on Wheels 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 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.

Donate a vehicle through our partnership with



Scan the QR code below to get started or visit [www.MOWContraCosta.org](http://www.MOWContraCosta.org) & click on "Donation Options"



Annual Reports & Form 990 are available upon request. Call our main office.

## JOIN OUR SUPPER CLUB!

### BECOME A MONTHLY DONOR

Generous donors who make monthly gifts provide Meals on Wheels 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 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.

If you would prefer an email version of our newsletter, please email [Info@MOWContraCosta.org](mailto:Info@MOWContraCosta.org)



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