

## Nourishing News

### A Legacy of Generosity: The Lasting Impact of Matt and Kym Hopwood

Some people leave behind more than memories—they leave a lasting impact on the lives of others. Matt and Kym Hopwood were two such people, known for their generosity, sense of adventure, and deep appreciation for the world around them. Though they lived life to the fullest, they also planned for the future, ensuring that their legacy would continue to support causes they cared about. One of those causes was Meals on Wheels Contra Costa, where their thoughtful bequest will provide thousands of meals to homebound seniors in need.



Matt & Kym Hopwood, Celebrity Cruise

Matt Hopwood lived life to the fullest, embracing adventure, exploration, and generosity. Born in Livermore, California, on September 23, 1963, he was raised on the Delta in the family home on Sandmound Slough, where his appreciation for nature took root. After graduating from Liberty High School in 1981, he pursued his interest of geology at California State University, Sacramento, earning a bachelor's degree in 1988, followed by a Master of Business Administration in 2002. Matt worked as a consultant before joining AT&T, where he managed environmental compliance for Northern California for 20 years. He was eagerly anticipating his retirement when he passed away unexpectedly in 2021.

Kym Hopwood, born on May 23, 1965, in North Dakota, moved frequently with her family before settling in Concord, California, in 1979. She attended culinary school at Diablo Valley College, where she developed a love for food and hospitality. Though she later built a successful career as an insurance broker, she remained devoted to creating memorable dining experiences for family and friends. Every Thanksgiving, for 26 years, Kym meticulously planned and prepared an elaborate gourmet meal, a tradition that embodied her deep love for bringing people together through food.

Travel was a shared passion for Matt and Kym, and together they visited all seven continents, making lifelong memories. As a geologist, Matt accumulated an impressive rock and mineral collection, which he bequeathed to Sacramento State's Geology Department. He also established a scholarship fund to support students pursuing geology degrees, ensuring his love for the field would inspire future generations.



Thanksgiving 2004



Matt & Kym in Sydney, Australia

Their legacy of generosity extended beyond education. Though they did not have a direct connection to Meals on Wheels, Kym deeply valued food and hospitality. Her appreciation for the importance of proper nourishment and care for others made their bequest to Meals on Wheels Contra Costa a fitting tribute to her values. Trustee Deborah Hopwood, Matt's sister, reflected on their giving spirit:

"I feel very privileged to be their Trustee. It has put into perspective that we are not what we accumulate materially in this life, but what we give while we are here. Although Matt and Kym worked hard and spent their free time pursuing fun and adventure, they also planned for how they could give back after they were gone."

Matt and Kym thoughtfully structured their estate to support three core areas: education, religion, and food security. In addition to funding a geology scholarship and projects at their church, their bequest to Meals on Wheels Contra Costa will provide thousands of meals to homebound seniors. Their generosity will be felt for generations, ensuring that vulnerable members of the community receive the nourishment they need.



Deborah Hopwood, Matt's Sister



"Matt and Kym put a lot of thought into planning their trust and how they wanted to distribute their assets," Deborah shared. "Their advice to others today would likely be to set up your will or trust now and not put it off. We don't know how much time we have, but we can be sure to leave a legacy when we are gone."

Though their time was cut short, Matt and Kym's memory lives on through the lives they have touched. Their foresight, generosity, and passion for helping others serve as an inspiring reminder of the impact we can all have when we plan for the future.

This fiscal year, we have been fortunate to receive three generous bequests from the following donors totaling **over \$478,000**, which will guarantee the delivery of **more than 59,000** nutritious meals. We are very grateful that these generous donors have chosen to leave a lasting gift to Meals on Wheels Contra Costa.

*Thank You*

**Matt & Kym Hopwood Trust**  
**James Hattum Trust**  
**Hoenig Family Trust**

## DID YOU KNOW?

The **Older Americans Act** (OAA) is a federal program that helps fund services like Meals on Wheels—but it doesn't cover the full cost of providing meals to homebound seniors. That's where **Meals on Wheels Contra Costa** comes in. For **35 years**, we've been **closing the funding gap**, to ensure the continued delivery of nutritious meals to thousands of homebound seniors.



### EVENTS

#### Important Event Update:

We want to let you know, due to unforeseen circumstances, our golf tournament will not take place this year. However, we're excited to invite you to **Save the Date** for a **Charity Cruise** hosted by the **San Joaquin Yacht Club** on **Saturday, September 20th**. Proceeds from the event will benefit Meals on Wheels Contra Costa and Bethel Island Children's Support.

More details coming soon!

Email [LLoving@mowcontracosta.org](mailto:LLoving@mowcontracosta.org) with any questions.

## sharethespirit EAST BAY TIMES

We are incredibly grateful to Share the Spirit East Bay Times, for awarding Meals on Wheels Contra Costa a **\$45,000 grant!** This generous funding, made possible through their annual holiday fundraising campaign from November to January, reflects the kindness and generosity of our community.

Each year, Share the Spirit provides grants to local organizations and nonprofits, ensuring vital services reach those in need. Thanks to their support, we can continue helping provide thousands of nutritious meals to homebound seniors, bridging the funding gap and providing comfort and nourishment.

A heartfelt thank you to Share the Spirit, East Bay Times, and every donor who contributed—your generosity is truly making a difference! 💙

### FUNDERS SPOTLIGHT

- Edward & Elizabeth Kozel Foundation, \$25,000
- Louise P. Hackett Foundation, \$5,000
- Ray Benton Family Fund, \$8,000
- The McCabe Walls Foundation, \$5,000
- The Mervyn L. Brenner Foundation, \$7,500
- Excelsior German Center, \$7,000

### MEMORIALS & TRIBUTES

Donor	In memory/honor of
Anna LaCourt.....	Angelo LaCourt
Mary M. Morton.....	Beverly O'Malley
Catherine Carter.....	Bill and Lorraine Herold
K. Levingston.....	Bill Poe
Anna Vela.....	Charlene McKinny
Yvonne Ruiz.....	Isidro & Ana Ruiz
Gerald Apostolo.....	Joyce Apostolo
Russell Rettig.....	Lorraine Silva
Leticia Tolibas.....	Luis Castillo
Kendall Lee.....	Maayan Stanton
Carolyn Butler.....	Matthew Umanos
Andrew J. Guiliano...	Miyako & Frank Leahy
Bhavani Param.....	Ruth & Paul Tay
Jamie Faulk.....	Suzie Faulk
James Villa.....	Thelma Maggio
Nezhia Burkes.....	Vicki
Zheng Li.....	Zhi Si Li



# Meals on Wheels

CONTRA COSTA

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## HAVE YOU CONSIDERED THESE GIVING OPTIONS?

### **Legacy Giving:**

A legacy gift to Meals on Wheels Contra Costa ensures that our vital services for homebound seniors will continue for generations to come. Whether through a bequest in your will or trust, or by giving assets such as stocks, bonds, real estate, or cash, your gift can provide lasting support. Legacy gifts offer tax advantages and allow you to make a meaningful impact on our mission.

### **Donor-Advised Fund (DAF):**

A Donor-Advised Fund (DAF) is a flexible and tax-efficient way to support Meals on Wheels Contra Costa. By contributing cash, stocks, or other assets to your DAF, you can recommend grants to us whenever you'd like. This provides immediate tax benefits, while allowing you to direct your charitable giving to our cause in a simple and effective manner.

### **Workplace Giving:**

Many employers offer workplace giving programs that make it easy to support causes you care about—often through automatic payroll deductions. Even better, some companies will match your gift, doubling or even tripling your impact! Ask your HR department if your company offers matching gifts or workplace giving options to support Meals on Wheels Contra Costa.

If you are considering a legacy gift or wish to support Meals on Wheels Contra Costa through your Donor-Advised Fund (DAF) or workplace giving program, we would be happy to discuss your options and guide you in making a lasting impact. Please contact us at 925-387-5001 for more information and assistance on how to create a meaningful partnership with our organization.

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 "Donate"



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Annual Report & Form 990 are available on our website. If you would like an emailed version, please call our main office.

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



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