

Nourishing News

Meet Stephan: The difference a delivered meal can make

For Stephan, receiving home-delivered meals means more than having food on the table—it helps him remain safely and comfortably in his own home.

As a participant in the Meals on Wheels West Contra Costa home-delivered meals program, Stephan receives fresh, nutritious meals delivered directly to his door. Living with medical conditions that make grocery shopping and cooking difficult, he relies on the program to help meet his daily nutritional needs while maintaining his independence.

Stephan says the meals have made a meaningful difference in his quality of life by ensuring he eats regularly and enjoys a variety of balanced, nutritious foods. He especially appreciates the rotating menu and the quality of the meals.

"Sometimes I eat two in a day!" Stephan shared with a smile.

Beyond the meals themselves, Stephan values the reassurance of knowing that caring individuals are looking out for him. The program provides not only nourishment, but also connection and peace of mind. Today, Meals on Wheels West Contra Costa serves approximately 100 seniors through its home-delivered meals program, helping older adults remain healthy, independent, and connected to their community.

Meals on Wheels Contra Costa is proud to support our service provider partners like Meals on Wheels West Contra Costa, helping ensure that vulnerable seniors throughout Contra Costa County have access to the nutritious meals they need.

For Stephan, the program has made a meaningful difference in his life:

"I have friends who could benefit from a program like this, and I'm grateful for the meals and support I receive."

Stories like Stephan's reflect the impact of nutritious meals and consistent support for older adults in our community. This work is made possible through the generosity of donors who help ensure seniors have access to meals and the support they need to age safely at home.



Stephan (left) with Yendy Rebollo, Executive Director of Meals on Wheels West Contra Costa, one of Meals on Wheels Contra Costa's service provider partners.

MEAL SPOTLIGHT



Meatloaf, Mashed Potatoes, Carrots & Peas prepared by **Art at Vibe** for **Meals on Wheels West Contra Costa** participants.

Here's a sample of nutritious meals served to older adults through the **Meals on Wheels West Contra Costa** program, prepared by **Art at Vibe**.

Sample weekly menu:

- **Mon:** Chicken Pot Pie, biscuit, mixed veggies
- **Tue:** Turkey Penne with garden sauce, green beans
- **Wed:** Veggies fried rice, tofu, spring roll, mixed veggies
- **Thu:** Lemon Chicken, rice, carrots
- **Fri:** Channa marsala, chickenpeas, turmeric rice, cauliflower
- **Sat:** Meatloaf, mashed potatoes, carrots, peas

1% milk & fruits are also included.

UPDATES FROM MEALS ON WHEELS CONTRA COSTA

Over the past few months, we have been engaging with partners throughout the county to better understand how we can effectively address the nutrition needs of homebound seniors. Our journey began with a tour of our central caterer, Trio, which offered us valuable insights into their operations, menus, and quality standards. We also had the chance to explore the West Contra Costa meal program and the new headquarters of Meals on Wheels Diablo Region.

In our ongoing commitment to collaboration and support, we met with each county supervisor to share our work. Three of our dedicated board members attended the Meals on Wheels Diablo Region Gala, celebrating the impactful work of one of our largest partners.

Each of these experiences has strengthened our relationships with program partners and enhanced our understanding of the community's needs, enabling us to better serve homebound seniors.

DID YOU KNOW?

Did you know there are meaningful ways to support Meals on Wheels Contra Costa beyond cash donations? Many donors are surprised to learn that gifts of stock and qualified IRA distributions can make a powerful impact in helping ensure meals are available for homebound seniors in our community.

Donate Stock

A gift of appreciated stock is a simple, tax-efficient way to give. When you donate stock directly, you may be able to avoid capital gains taxes while supporting vital nutrition services for seniors. It's a win-win: your gift costs you less to give, but has the full impact of helping provide nutritious meals and connection for neighbors in need.

Give Through Your IRA

If you are 70 ½ or older, you may be eligible to make a Qualified Charitable Distribution (QCD) directly from your IRA. These gifts can count toward your Required Minimum Distribution (RMD) and may reduce your taxable income, all while supporting seniors in Contra Costa County.

How to Get Started

We can help make the process simple. To learn more about stock transfers or IRA giving, please contact Lindsey Loving at LLoving@mowcontracosta.org.

Your generosity helps ensure meals are available for our service provider partners to deliver—bringing nourishment, dignity, and care to homebound seniors across our community.

Donor Spotlight: Why I Gave Stock

“I donated appreciated stock directly to Meals on Wheels Contra Costa as it is both easy to do and makes your gift better because there is a ‘double tax benefit.’ You avoid paying capital gains tax on the stock sale, and if you itemize deductions, you can claim a charitable deduction for the full fair-market value of the stock donation. By saving taxes, I felt happy that I could make a larger, more impactful donation to help the seniors that they serve.” – Mary

HELP US REDUCE MAILING COSTS

Postage costs have continued to rise, and more increases go into effect in July. We are working to ensure more of your support goes directly toward providing nutritious meals for older adults in our community.

By sharing your email address, you can help reduce printing and mailing costs. We can also use your email to send donation acknowledgements more quickly, and—if you choose—you may be added to our email list to receive updates, stories, and impact reports.

Contact us at
info@mowcontracosta.org

THANK YOU TO OUR GRANT PARTNERS

We extend our sincere thanks to the following grant partners for their generous support:

The Kiwanis Club of Martinez
Spark Good: Walmart, Martinez
Concord Pleasant Hill Health Care District
Antioch Community Foundation

Their investment helps ensure that older adults in Contra Costa County continue to receive reliable access to nutritious meals.

A LEGACY OF CARE

We are deeply grateful to ***Janice Earl*** for including Meals on Wheels Contra Costa in their estate plans. This meaningful gift helps ensure that older adults in our community will continue to receive nutritious meals and care for years to come.

Thank You

TRIBUTES & MEMORIALS

In Honor Of:

Ernesto Mario Elda Filomena.....Arcangelo Esposito
Jeses.....Richard Chappell
Brian McCloskey.....Zoe McCloskey
John O'Connor.....Dale Dalmada
Eli Ramirez.....Inez Carabajal

In Memory Of:

Paul Aguilar.....Michael Aguilar
Marcia Anderson.....Michael de Lambert
Cliff Bateman.....Doug Bateman
Gloria De Guzman.....Joel De Guzman
Gloria De Guzman.....Thomas Gelzleichter
Gloria De Guzman.....Milan Gill
Gloria De Guzman.....Cynthia Lozeau
Dr. Charles P. Duncan.....Judith Duncan
Harry & Elaine Goodman.....Douglas Goodman
Dolly Hagedorn.....Myrna Cable

From:

In Memory Of:

Maurilio Jaime.....Jennifer Yu
Zenaida Javier.....Gonzalo Javier
Manjulaben V. Jobanputra.....Shailesh Thakker
Fred Law.....Albert Law
Kymber Lee.....Joanne Doorack
Larry Lorenzetti.....Dante & Jennelle Lorenzetti
Ethel Meyer.....Beverly & Robert Meyer
Ana Judith Posada.....Mario Vela
Inez Ramirez.....Inez Carabajal
Allan Sahlberg.....Alana Scott
Betty Staley.....Joan Staley
Virginia Sullivan.....Paul Gleason
Hasumatiben N. Thakker.....Shailesh Thakker
Esther Uziel.....Miriam Scholes
Nancy Virello.....Cynthia Langlois
Susie Wilson.....Scott Wilson

From:



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 we can continue funding nutritious meals for homebound seniors 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.**

If you would prefer an email version of our newsletter, please email LLoving@MOWContraCosta.org



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Turn Your Wheels into Meals



Donating your vehicle is a simple way to support Meals on Wheels Contra Costa. A wide variety of vehicles are accepted - including **cars, trucks, boats and RVs** - and they handle all the details for you. Your gift helps guarantee nutritious meals for homebound seniors throughout Contra Costa County.

For more information or to start your donation, please **scan the QR code** below or call our office at 925-387-5001.



www.CarDonationServices.com

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