

Meals on Wheels

OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

FALL 2019

Stories from the Heart




June 19, 1919 was, as Lena Montesano's father claimed, "A lucky day: 191919." Her birthday. Now just over 100 years old, Lena seems as lively as someone many years younger. She still resides in the same home where she and her husband moved over sixty years ago. She lives what she describes as a "quiet life" which she prefers. Her husband died over 30 years ago, so she doesn't go out much anymore, just occasionally to a church function, or when a friend or family member takes her on outings.

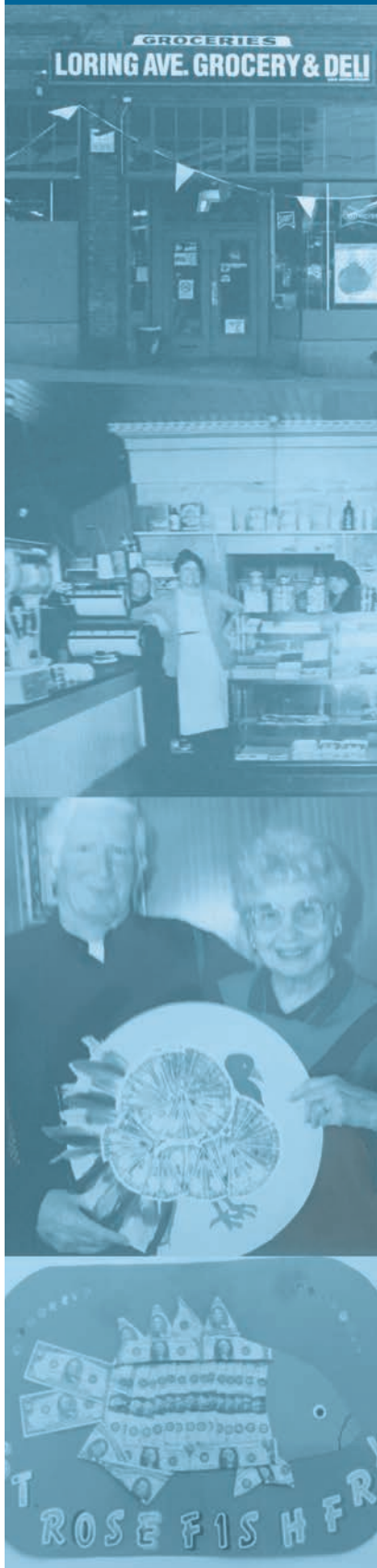


Lena was born in Rio Dell near Scotia, a company town founded by the Pacific Lumber Company. She had five sisters and one brother. Her father worked at the mill until his allergies from the wood dust became intolerable. Then the family moved to San Jose where Lena graduated high school.

"I didn't go to college, because in those days, it was expected that the women would get married and raise a family." Which Lena did. In fact, she and her sister married brothers. She mused that her older sister married the younger brother and she married the older one. The brothers Montesano opened a store in Crocket called "The Loring Ave. Grocery & Deli" which they ran for 48 years. Lena also worked at the store while raising their two sons, one who loved working with wood and became a contractor and the other who became a criminal defense attorney. She has 3 grandchildren and 4 great-grandchildren.

Lena also volunteered for St. Rose Catholic church in Crocket, often being called upon to create raffle items. Two of her favorites (pictured) were a turkey made from the feathers of a friend's parrot that was always shedding and the other was a fish made of dollars for the church fish-fry.

Lena loves word puzzles and is thrilled when the Meals on Wheels volunteers drop by. "I appreciate the time they take to deliver meals. They are so nice, all of them. And the meals, without them I wouldn't be able to stay at home. So I'm very happy. I get to meet wonderful people who bring my food. You can't have anything better than that. There's no place like home, so when you can stay in your own home, you are very lucky." 



A special way to help...

Answers to your questions about leaving a bequest to Meals on Wheels of Contra Costa

Q-What is a bequest?

A-A bequest provides a specific amount of money, a percentage of an estate, or a certain piece of property to a charitable organization at the time of death. For most people this involves naming a charity as a beneficiary in a will, codicil, life insurance policy or retirement plan or by making a gift of real estate.

Q-What is the benefit of making such a gift?

A-Often a planned gift offers a charitable-minded person the chance to leave a special legacy without compromising his or her current financial situation. Some planned gifts can offer immediate tax benefits during life as well.

Q-Is it difficult or complicated to leave a planned gift?

A-Typically no. The first step is to contact an attorney who can advise you on setting up a gift that ensures your wishes are followed. Sample language is provided on the back page that should make the process even easier.

Q-Why does Meals on Wheels of Contra Costa want to know that I have named it as a beneficiary in my estate plans?

A-When a generous donor includes Meals on Wheels of Contra Costa in their will or estate plans, we want to have the opportunity to thank them for their heartfelt gesture by acknowledging them through our exclusive Meals on Wheels Legacy Society. Knowing about future planned gifts also helps us plan for growth to meet the growing needs of our community.

A Note from Paul

LEADING WITH HEART

In the last newsletter I wrote about our heartbreaking but also budget breaking dilemma of whether the countywide Meals on Wheels Program could continue to provide a second daily meal to approximately 400 of our most economically disadvantaged homebound elders who were discovered to have no other food in their homes beyond the single daily Meals on Wheels deliveries. This decision came with a price tag of more than \$300,000 for this year alone to maintain a second meal service to those currently receiving them, and would cause the Meals on Wheels Program to be nearly a quarter million dollars in the red for the current fiscal year.

I am pleased and proud to tell you that the Meals on Wheels of Contra Costa Board of Directors at their last quarterly meeting decided to take a considerable dip into our contingency reserve funds to cover this enormous budget shortfall, and allow the program to continue providing those second meals for at least the current fiscal year. This action will put a considerable dent in our contingency reserves going forward, but from a humanitarian standpoint it was deemed by our MOW of CC Board to be the right thing to do for these the 400 least fortunate of our Meals on Wheels recipients. Contrary to what one might suspect, Meals on Wheels program participants in economic distress and desperately in need of a second daily meal reside in virtually every community in our county. They truly are all of our neighbors whether you live in Danville or North Richmond, Bethel Island or Moraga.

Since the founding of Meals on Wheels of Contra Costa, Inc. in 1990, to raise funds from the community to subsidize direct Meals on Wheels services for homebound elders in need, our Board has embarked on a policy that during financially “good years” we would bank any excess proceeds so that the countywide Meals on Wheels Program could avoid program services reductions in the lean years. This has worked out very well in all but one year since then. This occurred near the end of the “Great Recession” when too many lean years in a row had exhausted our contingency reserves. The program was forced to freeze new participant additions to the program until services were reduced by attrition to a level we had funds to subsidize. Luckily the shortfall at that time was not as large as it is this year, so we were able to lift the freeze after just a few months.

So, “safe for now” is the operable phrase. Like any savings account, when it's gone, it's gone, so we can only hope for increased donations or grants from the community before that happens. For now, your generous help for your homebound elderly neighbors has once again made an important difference in the lives of our most needy Meals on Wheels Program participants.

Thank you for your continued generous help,

Paul



A. Paul Krintz, Director, Senior Nutrition Program: Meals on Wheels/CC Cafe's, and Secretary Treasurer/Co-Founder, Meals on Wheels of Contra Costa, Inc.



#GIVINGTUESDAY

“We’re looking forward to December 3—this year’s #GivingTuesday.

Stay tuned for our campaign plans and share how you can make a difference this Giving Tuesday!”

COUNTDOWN BEGINS NOW...

MEALS ON WHEELS PROGRAM SERVICES

Fiscal Year July 2018 - June 2019



- **459,315 hot and frozen nutritious meals** delivered to frail homebound elders this past fiscal year by Meals on Wheels volunteers and staff.
- **71,834 “second daily meals”** were provided for those homebound elders in the greatest economic need.
- **All meals** delivered to homebound elders were subsidized by contributions and grants to Meals on Wheels of Contra Costa, Inc. from caring individuals, foundations, businesses, or community service organizations.
- **Approximately 1,100 volunteers** drive most of the 96 daily Meals on Wheels routes countywide, clocking over 240,000 volunteer miles driven last year.
- **99% of all Meals on Wheels deliveries** countywide are made to homebound elders.
- **Each meal exceeds** the Recommended Daily Allowance for older adults. Special diets are available for those with a documented medical need.
- **Frozen meals were provided** for weekends and holidays for the homebound elders without the benefit of friends or family.



Contra Costa County Communities Served by Area

- **110,755 meals in West County**, including Crockett, El Cerrito, El Sobrante, Hercules, Pinole, Port Costa, Richmond, Rodeo and San Pablo.
- **150,777 meals in Central County**, including Alamo, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon, and Walnut Creek.
- **197,783 meals in East County**, including Antioch, Bay Point, Bethel Island, Brentwood, Byron, Discovery Bay, Knightsen, Oakley, and Pittsburg.



Nutritious meals, and cost effective too!

Meals on Wheels volunteers can deliver another meal for every four dollars we receive in community contributions. Here's how:



FY 18-19 Meal Cost	\$5.07
Fundraising/Admin Costs	± .98
	<u>\$6.05</u>

Average Voluntary	
Client Contribution	- .89
Government Funding	- 2.37
Community Gifts	<u>\$2.79</u>

Volunteer drivers, contributions from homebound elders receiving Meals on Wheels, and government grants that cover staff and overhead costs make this possible. With your help we will subsidize 480,000 meals in FY 2019-20.

Show how much you care

with a tax-deductible gift to Meals on Wheels of Contra Costa in tribute to a special person or organization, to commemorate a special event, or in memory of someone important in your life. Meals on Wheels will send an appropriate card per your wishes to whomever you specify, expressing your sentiments and announcing receipt of your gift (but never the gift amount) and you will receive an acknowledgment letter.

THANK YOU!

to our 1,000+ donors who have supported Meals on Wheels of Contra Costa for over a decade and, in so doing, have had a major impact on the lives of homebound elders in our community.



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Another successful Foodie Fest! The 4th annual Foodie Fest (FF) brought out record numbers thanks to Jill Scheidel (pictured below with live auction item "I Love Martinez") who dedicates herself annually to numerous causes including Meals on Wheels of Contra Costa, Inc. In fact next year, FF will move to a larger space. The food contributions included offerings from WiseGirl, Roxx on Main and Slow Hand BBQ. And many individual contributions. And thanks to the committee: Jill Scheidel, Nicole Musser, Heather Prewitt, Cathy Gromacki, Lana Hanlon, Amy Baldwin, Beverly Lloyd and Marti Carlson for their insights and heavy lifting.

Also, thank you to our awesome volunteers: Bruce Holloway, Scotty O'Neill, Lena Scheidel, Andrea DeVille, Sophia DeVille, Sue Mitchell, Jane Gosney, Chris Contant, Adam Stone, AJ Kennedy, Greg Earley, Jenny Starmack, Linda Monroe, Kayla Brooks, College Park Key Club, and Acalanes Key Club, and the community supporting meals for our frail homebound seniors. A special shout-out to Lesley Stiles, our kitchen manager. And all the musicians who donated their time and talents to keeping us entertained for 5 hours!



Erin Morphy-Lum from Sugarchef

FOODIE FEST 2019



The "New Frantics" brought attendees to their feet



Jill, with sponsor Matt Rinn, Vice-Mayor of Pleasant Hill and State Farm Agent



Moonlight Cruise

Bill and Paula Atthowe's *Still Dreamin* is "still" fundraising for Meals on Wheels of Contra Costa, Inc. with their filled-to-capacity Moonlight Cruise. To the left is a photo of September's voyage. Thank you Bill and Paula and the entire Trilogy in the Vineyards' members who participated and donated \$100.00 each!

Healthbeat

A note from Dietitian Jeanne Polk



Fall Produce Picks to Add to Your Plate

Choosing produce that is in season offers several benefits. First, it tastes better because it has been allowed to ripen naturally. Second, seasonal produce is fresher and has more antioxidants. Also, seasonal food is cheaper because farmers will be harvesting the crop in abundance. Seasonal food is more likely to be locally produced, which reduces the load on the environment due to transport.

Pumpkin

Pumpkin is full of fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.


Sweet Potatoes

Another great source of fiber, sweet potatoes also are packed with vitamin A and potassium. Their mellow, sweet taste works in all kinds of recipes. Slice into thin "coins" and toss with canola or olive oil before roasting.

Pears

Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. If you eat the peel too, one medium pear has 6 grams of fiber.

Apples

Apples pack a powerful nutrition punch. They are a good source of vitamin C and fiber. Sprinkle apple slices with ground cinnamon or pair with cheese or peanut butter for an easy snack. 

Source: Excerpted from EatFresh.org

For healthy, seasonal recipes: www.eatingwell.com/recipes/18318/seasonal/fall/

Roasted Cinnamon and Honey Sweet Potatoes

Source: eatright.org

Ingredients:

4 sweet potatoes, peeled and cut into 1-inch cubes
1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
1/4 cup honey
2 teaspoons ground cinnamon
Salt and freshly ground black pepper

Steps:

- Preheat oven to 375 degrees F.
- Place sweet potatoes in a single layer on a roasting tray.
- Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes.
- Roast for 25 to 30 minutes in oven or until tender.
- Take sweet potatoes out of the oven and transfer them to a serving platter.
- Drizzle with more extra-virgin olive oil.
- Serve immediately.



A Grateful Thank You to Our Loyal Donors

Loyalty Donors who have given

15+ years

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We apologize that our limited space does not allow us to list all the names of over 1,800 donors who have generously contributed to Meals on Wheels for a decade but less than 15 years.

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Antonette Steffensen	Nick Papadakis
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San Joaquin Yacht Club celebrating 31 years of fundraising for Meals on Wheels of Contra Costa, Inc.

The San Joaquin Yacht Club launches another successful Champagne Cruise. Countless hours & efforts from many, extra, extra+ efforts from Marilyn Fisher, KT Senior, Pat Bell, Toni Napoletano, Patricia Atkins & Geri Marshall.

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Presenting

Delta Coves & San Joaquin Yacht Club

Event

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Premier

Geri Marshall & Ted Alesna

Buoy

Bethel Harbor, IBEW Local 302



The after-party on the Sutter, an authentic river barge.



Ladies aboard the Get Reel 'N'



The skippers that donated their vessel, fuel and time from left to right: Doug Kruger—Chase Boat, Brent Bordanaro—Infinity, Vince Tyson—Big Dog, Jeff Gray—Ended Quest, Cary Swiers—Cary'd Away, Ken Hocter—Get Reel 'N', Dennis Pippin—Snow Bird

Dear Donors,

Please join us at the Pleasant Hill Senior Center (233 Gregory Lane, Pleasant Hill, CA 94523) on Tuesday, November 26 at 11:30 AM for a Traditional Old Fashioned Turkey Dinner with all the trimmings. Let us show our gratitude for your generosity and for making a difference in the lives of our homebound elderly neighbors. The meal you will be served is also what our homebound clients will be eating that day.

Please RSVP by November 19 so we have an accurate count for our caterer. RSVP via email: Martha.Carlson@cchealth.org or by phone: (925) 313-6311.



Meals on Wheels of Contra Costa

PO Box 3195 · Martinez CA 94553

925-313-6310

Fed Tax ID 68-0231350

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US Postage

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Martinez CA

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If you would prefer an email version
of our newsletter, please email
Martha.Carlson@cchealth.org

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 of Contra Costa has partnered with the East Bay Community Foundation for their 75 years 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 Paul Kraitz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-313-6320 to discuss other planned giving options.

JOIN OUR SUPPER CLUB!

Become a Monthly Donor

Generous donors who make monthly gifts provide Meals on Wheels of Contra Costa with the steady income needed in order to provide food and friendship 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

SEC CODE

Meals on Wheels of Contra Costa
PO Box 3195, Martinez CA 94553
www.MealsOnWheelsOfContraCosta.org

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 a 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.

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

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

Annual Reports and Form 990
are available on our website
www.MealsOnWheelsOfContraCosta.org

If you would like paper copies please call
866-669-6697

Meals on Wheels of Contra Costa
PO Box 3195 · Martinez CA 94553

Business Inquiries about services,
call 866-669-6697 or go to
www.MealsOnWheelsOfContraCosta.org

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