

Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SUMMER 2019



The Second Meal Heartbreak

by Paul Kraitz

Our countywide Meals on Wheels Program, like most others in our nationwide network, has been constrained historically to delivering only one meal per day per homebound individual by lack of resources. Nearly two decades ago a study of our local Meals on Wheels participants revealed that a handful of them, primarily in West County, had no food in their homes other than what they received from Meals on Wheels. We then sought but were denied a state grant to provide a second cold “deli” evening meal for these individuals. However, having identified the need we felt a moral obligation to respond. Thanks to your caring charitable contributions and grants received through Meals on Wheels of Contra Costa, we were able to add that second meal for those participants.



Fast forward to four years ago when staff in Far East County reported finding a similar handful of homebound senior Meals on Wheels participants

I never imagined finding the numbers of homebound elderly participants in such desperate circumstances, even in more affluent communities...

dependent solely on our one daily meal delivery for their total daily sustenance. Thanks to your ongoing generosity we felt comfortable offering the second meal option to them as well. Then last year, knowing that the rapidly increasing Bay Area cost of living, especially rents, was severely impacting our homebound seniors throughout the county, we extended the program countywide without first doing a proper assessment of the

potential need. This quickly placed a severe strain on our resources far beyond anything I had imagined.

Suddenly instead of a few homebound seniors in West and Far East County, by April of this year the second meal program grew to nearly 400 homebound elders living in virtually every community in our county, and receiving more than 7,500 “second” meals per month. I never imagined finding the numbers of homebound elderly participants in such desperate circumstances, even in more affluent communities like Moraga, Danville, Walnut Creek, Lafayette and San Ramon. Regardless of address, these homebound elders with no food other than Meals on Wheels deliveries each shared the same daily struggle.

(cont'd on p. 2)



(cont'd from p. 1)

They frequently must choose between paying their rent, utilities, purchasing needed medications, or paying for life sustaining food. It warms my heart to know that Meals on Wheels can be there for them to lessen the challenges they face each and every day.

It breaks my heart however to report that we cannot continue to support this level of "second meal" service with existing resources going forward, which in April alone cost an additional \$37,000. I will therefore have to cap the second meal program to existing participants in the sad expectation that attrition will eventually bring those numbers down to affordable levels. This is done regrettably knowing that there will be many more new homebound elderly Meals on Wheels participants in the future who desperately need more than just one meal per day.

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

San Joaquin Yacht Club Golf & Bowling Fundraisers

Meals on Wheels of Contra Costa, Inc. thanks everyone who participated in the annual Meals on Wheels Golf & Bowling Tournament Fundraisers on May 18th. The event is hosted by the San Joaquin Yacht Club. They have been a huge support to us since the beginning of the nonprofit. We are indebted to them and appreciate the hard work and effort that goes into these fundraisers. It takes a lot of dedication to host these fundraisers year after year. We honor and thank everyone involved for helping needy seniors in Contra Costa County! According to Geri Marshall, grand organizer of the 31st Meals on Wheels Benefit Golf and Bowling Tournaments, 56 players (14 teams) tee'd off with sunny skies and long drives at the Brentwood Golf Club. Geri has long had a cart decorated with the Meals on Wheels of Contra Costa logo. Her custom cart is used to deliver box lunches to players finishing up on the back 9. Thirty-nine players bowled the Harvest Park Bowl. After the tournaments, 25 more members and guests joined the players at the Yacht Club for a fantastic Rib & Chicken dinner highlighted by the giving of prizes. **Over the past 30 years, SJYC has raised over ½ million dollars for MOW of CC (WOW!).**



"Premiere Sponsors" Geri Marshall, event volunteer since 1989 & Ted Alesna, golf event coordinator since 1998



ALL VETERANS team, entry fees sponsored by several yacht club members allowing these 4 to play in honor of Armed Forces Day. Far left Randy Zierau, Mike, Mike & Mike... Merritt, Quier, Carmichael (not sure which mike is which mike) Their wives paid to join us at the awards dinner



Geri Marshall thanking San Joaquin Yacht Club "Presenting Sponsor" members with Rear Commodore Yvonne Morrison



GALLEY CREW
Clockwise from left: Kat Anderson, CHEF Jim Senior, Susan Berhard (cancer survivor), and Auntie Di Rubbacacla



Bowling Team representing "Presenting Sponsor" Delta Coves. Veronica, Athena, Diane, far right JEN KIRK (won 1st place high series scratch.)



Drawing Prize Winner "A Man Cave Starter Kit" Wendy Machado

Healthbeat

A note from Dietitian Jeanne Polk

Meals on Wheels: Menu Writing Guidelines

Have you ever wondered how the menus for our home-delivered clients are put together? Our program is fairly unique, in that we do not employ a cycle menu. We write a custom menu for our clients each month, starting with one of our many popular and recurring entrée dishes. The main course is then paired with a variety of hot & cold vegetable choices, whole-grain starches, fruits, and occasional desserts.

Menus provide an average caloric range of 600 – 800 calories per meal. Each meal contains a 3-ounce portion of meat, fish, poultry, eggs or cheese. Each meal contains at least two ½-cup servings of different vegetables or fruits or their juices. A vitamin-C rich food is served daily, and a vitamin-A rich food is served at least three times per week. Each meal contains an 8-ounce carton of low-fat milk.

The sodium content of menus are averaged over a week to have no more than 1,100 mg per meal. Fat is limited to 30-35% of calories averaged for the week. Our menus reflect the seasonal availability of food and are planned so that food items are varied within the week and within the month. Food items are not repeated two days in a row or the same days of consecutive weeks. Our program has featured many recent new menu items, and we continually adjust menu choices based on the feedback we receive from our clients.

We are proud to provide nutritious, balanced, and colorful meals to our homebound seniors, who may not be able to purchase or prepare meals for themselves. 



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Don't miss the 4th Annual Foodie Fest filled with amazing food, wine & beer, a line-up of your favorite local bands & musicians, and more. All to celebrate friendship and to benefit several local non-profits including Meals on Wheels of Contra Costa. For more information, visit the Foodie Fest PH 2019 Facebook page.

This is an open house event with a \$20.00 donation at the door. Bring a little extra for some amazing raffle prizes and live auction!

Donor Recognition Luncheon

Meals on Wheels of Contra Costa, Inc. recognized our donors at the beautiful new CC Cafe in Danville on May 10. We cannot provide the Meals on Wheels program to our seniors without the tremendous help of our donors. **THANK YOU TO ALL!** And thanks to the Danville CC cafe for your warm hospitality! 



Cauliflower, My New Favorite Vegetable

by Marti Carlson, Community Engagement Specialist,
Meals on Wheels of Contra Costa

Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins.

It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients. An article published by the Centers for Disease Control and Prevention (CDC) places cauliflower 24th on a list of “powerhouse fruits and vegetables.”

- Cauliflower is as good a source of fiber and vitamins.
- Its ingredients may help strengthen bones, boost the cardiovascular system, and prevent cancer.
- Tasty ways of eating cauliflower include cauliflower crust pizza and cauliflower and cheese soup.
- People who are using blood thinners should not suddenly start eating a lot of cauliflower because the high levels of vitamin K could react adversely with the drugs.



How often should I eat cauliflower?

Answer: It is recommended that you eat cauliflower or other cruciferous plants approximately 2 to 3 times per week. In terms of serving size, it is recommended that you eat around 1-1/2 cups per serving. This being said, it is imperative that you prepare cauliflower in the right way—otherwise you may accidentally cook off some of the nutrients. See the next question for preparation tips.

What is the best way to cook cauliflower?

Answer: While most of us are accustomed to eating boiled cauliflower, this isn't the best way to take advantage of the veggie's enormous health benefits. Steaming, boiling, and roasting cauliflower may be delicious, but these methods cook off a lot of the essential nutrients that your body thrives on. One of the most beneficial ways to cook your cauliflower is as follows:

- Add approximately 5 Tbsp. of vegetable or chicken broth (or just plain water) to a stainless steel skillet.
- Turn the heat on and wait for the broth or water to begin to bubble.
- Add the cauliflower florets to the skillet, along with a little bit of turmeric.
- Cover the skillet and let it cook for approximately 5 minutes.
- Take the skillet off the heat, serve and enjoy.

Cooking cauliflower with a little turmeric is both easy and delicious.

See <https://www.allrecipes.com/recipe/54675/roasted-garlic-cauliflower/> for another fun nutritious way to eat cauliflower!



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Martha.Carlson@hsd.cccounty.us

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 925-335-3358 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

Editor: Martha Carlson
Designer: Casey Creative