

Meals on Wheels

OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SPRING 2020

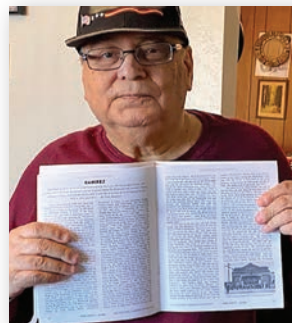
Stories from the Heart



Tony R. was born on June 4th, 1939, right before the start of WWII. By the end of the war, he was just 6 years old. He remembers his mother telling him she had received news from his brother Peter, who was fighting in Italy. Fearing that his brother was dead, he began to cry. Much to his surprise, his mother told him his brother had not died but had been awarded the Purple Heart for being injured in the war. Tony was relieved to hear that his brother was okay." To this day, Tony is proud to be an American and displays the American flag outside his house.




Tony became a Meals on Wheels client after a stroke slowed him down in 2012, which made preparing a nutritious daily meal very difficult. A neighbor of his was a Meals on Wheels client and encouraged Tony to sign up for the program. "The meals give you the correct portion sizes and provides the vitamins needed to maintain health. Meals on Wheels is for real. The volunteers are for real ... Steve, Buzz, Pam, Coco, Leo, Maria, and Art." Tony describes the Meals on Wheels volunteers as being good Samaritans who deserve respect from the community.



Tony is a big believer in people sharing their stories with one another. He feels that sharing stories from the past will encourage this generation that may be going through hard times today. He had a great desire to share his story with the people in the City of Richmond. He mentioned this to Meals on Wheels volunteers, and they encouraged him to start writing. "I discovered a hidden talent," he reminisces fondly. Tony began writing about his life. He felt he was being led to write, that he was being empowered to write from his heart. One day he handed one of his stories to Pam, detailing childhood memories about the City of Richmond. About 2 weeks later, Pam brought him a newsletter from the Point Richmond History Association, "*THIS POINT... in time*," with his story in the newsletter. He was shocked they had chosen his story! He was also very grateful that he was finally able to share one of his many stories with others.

At the end of our meeting, Tony picked up his guitar that he hadn't played in 2 years. He sang songs for us including Johnny Cash's "Folsom Prison" and Richie Valens' "La Bamba" – in perfect Spanish. He played and sang with pride. We smiled and danced in appreciation of his talent. Needless to say, our visit ended on a heartwarming note.

People like Tony are the reason our program exists. The Meals on Wheels program allows us to serve people like Tony in our community who depend on us for much needed services. 

Tony as a child, with his brother Peter and his parents

A Farewell Note from Paul

My 42 Year Love Affair Comes to an End

It began innocently enough with an interview for a job I was sure I wouldn't want. After a year or so in Public Accounting I knew that wasn't for me. So why would an accounting job for county government be any different? As I was about to discover at 25 years old, the answer was "Public Service." It's so easy to be confident (perhaps a bit arrogant) interviewing for a job you don't really want. But, the more the interviewers explained this job in the County Senior Nutrition Program, the more I realized it was exactly what I was looking for, a chance to do something important for others.

From day one, April 12, 1978, as the new "Accountant/Auditor" for the four-year-old Senior Nutrition Program in the Contra Costa County Health Department (now Public Health), I found a lifelong passion in finding the means to stretch every government dollar (and later private sector dollars) to provide as many high quality nutritious daily meals to seniors as possible, first as Program Accountant, and then Program Director. By 1980, Meals on Wheels was added to our program which had previously only served hot daily meals in Senior Centers countywide.

With any serious relationship comes the occasional heartbreak. For me this was caused by the growing lists of homebound seniors who, due to lack of program funding, would desperately wait for an opening on a Meals on Wheels route, with no other means of receiving a nutritious daily meal. To address this travesty in 1990, I joined with then Director of the County Area Agency on Aging to found Meals on Wheels of Contra Costa, Inc. A charitable nonprofit coalition of all the agencies involved in the countywide Meals on Wheels Program, to raise the sorely needed funds from the community to provide the urgently needed meal services.

When I first joined the Senior Nutrition Program in 1978, it served under 900 meals per day in 18 Senior and Community Centers throughout the county. Today the program serves 2,700 daily meals in Senior Centers and via 100 Meals on Wheels routes countywide, to more than 6,300 seniors annually. Meals on Wheels alone will deliver more than 500,000 meals to homebound Contra Costa County seniors this fiscal year. Each and every one of those meals is substantially subsidized by the individual contributions and grant funds received through Meals on Wheels of Contra Costa, Inc., which is now the largest single funder of Meals on Wheels services in Contra Costa County.

I am pleased and proud of our accomplishments during my tenure. Though I formally retired from the County in 2011, I continued to work part-time as Program Director, and volunteered my time managing Meals on Wheels of Contra Costa until now. After nearly 42 years it is time to step aside. I am confident the program will continue to thrive under the capable leadership of its new Director Jacquelynne (Jackie) Livings, who brings with her a wealth of Senior Nutrition Program experience from throughout the country. Though I will remain on the Board of Directors of Meals on Wheels of Contra Costa, Inc. for now, my time at the helm comes to an end. It has been my great honor and good fortune to serve in this position that I have truly loved (my affair of the heart if you will). 🍷

Best Regards,

A. Paul Krintz

Retired



Quotes of the Day...

“Dear Mr. Krintz, Thank you for the work you have done to expand and support the work of “Meals on Wheels.” It is an important addition to those in need in this country. Again, thank you. ”
—Tim H.

“Mr. Krintz, Thank you for the letter you sent me thanking me for my donation. My brother is a recipient of MOW in Chandler, Arizona. MOW does what it says, feeds the shut ins. I am proud to be able to support MOW. ”
—Barbara

Introducing Jackie


We would like to introduce you to Jackie Livings, formerly Jackie Winfield, the new Program Director of the Senior Nutrition Program which includes Meals on Wheels and Congregate Meals program in senior centers in Contra Costa County. Jackie comes to our program with over 35 years of senior program experience gained while working with agencies in Los Angeles, CA, Austin, TX, Chicago, IL and now Martinez, CA. She began working as a Public Health Nutritionist for the Senior Nutrition Program for Contra Costa County in 2002, was promoted to Program Specialist I in 2012, Program Specialist II in 2017 and Director in 2019. As Program Specialist, she was the Operations Manager for both the Congregate and Meals on Wheels programs which serve approximately 2200 meals per day to seniors throughout Contra Costa County. She is a Registered Dietitian with a Master's Degree in Nutrition and Foodservice Administration.



When asked the question, why have you spent your entire career working with seniors? Her reply was, “I love working with this age group. Instead of my serving them, I feel like they are serving me. It has been an honor and privilege to work with a group of people that have raised their children, served this country, built strong communities and left legacies with which we could build on. Because of this, I feel a sense of duty to give back to them.”



Her goal for this program is to make sure every senior in this community who needs a nutritious meal will be provided one. She and her staff will work to eliminate waiting lists, address those that are frail, socially isolated and in need of our services.

Jackie is excited about the opportunities this position brings and is looking forward to advancing the program into the future. 

ABOUT OUR WEBSITE:

We update our website regularly. Visit now and see recent photos, videos, online newsletters and organizational updates:

<http://www.mealsonwheelsofcontracosta.org>

“Your organization is helping so many old and alone and hungry! I was one of these people and received Meals on Wheels too. Thank you.”
—Trudy H.

“My great grandmother would not have been able to live independently until she was 100 without Meals on Wheels.”
—Loulana M.




Healthbeat

A note from Dietitian Jeanne Polk

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

The National Nutrition Month® 2020 theme-*Eat Right, Bite by Bite* - supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming.

- **Eat a variety of foods.** Choose foods from each food group every day, and don't be afraid to try new foods.
- **Make half your plate fruits and vegetables.** Fruit contains fiber, vitamins and minerals and can satisfy your sweet tooth. Include more nonstarchy vegetables including leafy greens, asparagus, carrots and broccoli each day. Also, choose whole fruit more often and juice less often.
- **Choose healthy carbohydrates.** Increase the amount of fiber you consume by eating at least half of all grains as whole-grain foods each day. Brown rice, buckwheat, oatmeal, whole-wheat breads and cereals are good sources of fiber.
- **Eat less fat.** Choose lean meats, poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products. Enjoy meatless meals by swapping out meat for lentils or tofu.
- **Cut the salt.** Use less salt and more pepper, herbs and seasoning. Eating less salt helps control high blood pressure.
- **Avoid skipping meals.** Skipping meals can make you more hungry, moody and unable to focus. Learn what works best for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy for you and stick with it.
- **Focus on your food.** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think.
- **Watch portions.** You don't need to cut out carbohydrate-rich foods but it is important to eat a balance of them spread evenly throughout the day. Read food labels and pay attention to portion sizes and carbohydrate content. 



Source: Academy of Nutrition and Dietetics



San Joaquin Yacht Club announces it's 2020 Fundraiser for



Meals on Wheels
OF CONTRA COSTA

In Memoriam: Team Leader Leslie Clemensen

BUILDING TO THE MILLION



Have some fun & help Someone!

MAY 16

**GOLF & BOWLING
TOURNAMENTS**



SEPTEMBER 19

**CHAMPAGNE
CRUISE**



Since 1989, San Joaquin Yacht Club has supported Meals on Wheels of Contra Costa. This year the Club is building on their efforts to reach \$1 Million!

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE:

Presenting Sponsor: \$2500 • Premiere Sponsor: \$1000 • Event Sponsor: \$500

In-Kind Donations are also needed and greatly appreciated!

To learn more about these events & sponsorships contact:

Geri Marshall
(925) 684-9837
mowgolfsjyc@gmail.com

Toni Napoletano
(925) 303-7081
mowbowlsjycfeed@gmail.com

Kathy Smith
(408) 309-4137

EMPLOYEE GIVING

Many individuals contribute through their employers, most having matching-gift programs. In 2019, Meals on Wheels was pleased to receive workplace donations from the following donors:

Aleta Perata	Derrick and Louise Lue	Jamie L. Sur	Luz Coniglio	Richard P. and Katherine S. Moore
Alicia Weber	Dian Miller	Janet Dowling	Marci Smith	Richard Winter
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	James Earle	Lori Dunn		



LOCAL GRANTS

Each year, nonprofits apply for grants from local organizations with an allotted amount of money to go towards helping those in their communities. We are thankful and honored to have been a grant recipient from the following organizations in 2019:

City of Martinez
 Concord/Pleasant Hill Health Care District
 Dean & Margaret Leshner Foundation
 Keller Canyon
 Kiwanis Club of Martinez
 Martinez Community Foundation
 Pacheco Lodge No. 117
 Shell Oil Products Martinez Refinery
 The Swinerton Foundation
 Walmart

Memorials

FROM REMEMBERING

Al & Katie Carlson	Chris Scalberg
Albert Law	Fred F. Law
Alice Burns	Mary Herrera
Alice Hunter & Mark McKenna	Nancy T. & Andrew D. Hunter
Barbara Baker	Frederick C. Baker
Barbara Jean Ageno	Janice B.
Beverly Anderson	Louise Anderson
Bonnie Wanderer	Letitia Bobby Deibert
Brian Fay	Diane Fay
Carl Mattioda	Jim Pidoli
Catherine Monahan	Dorothy Noll
Charlene Kramer	Addie Kramer
Constance Silva	Vern Silva
Darrell Murray	Orin B. Murray
Debbie Taylor	Adeline Rieker, June Taylor & Fred Rieker
Deidre Ramsey	James Ramsey
Donald Kaiper	Mom
Donna Hemmila	Daniel Scott Reed
Dr. Rebecca Render, Kaiser Permanente	Isabel & Diego
E.I. Lentz Junior	Emil Nyoran
Eileen & Mike Mascaro	The Kavanaugh Family
Elisa, Nora and Debbie	Irene Pagh
Elizabeth Crowley	Rose & Frank Crowley
Fred Lorenzetti	Jay Pecker
Gina Gotsill	Aldo Comparini
Greg Miller	Norman Fink
Harold Friedman	Mark Briggs
Harry & Melva Hall	Lucille
Jack Suite	Cheryl Suite
Janice Denham	Margarida Braga Gomes
Janice Littrell	Thomas Field
Jennifer Phillips	Robert Lynch
Jo Macaluso	Joe, David & John Macaluso
Joyce M. Porter	Glen
Judith Scrimger	Gary Jones
Judy Guerisoli Gomes	Anna Ginochio
Julia Grimsrud	Mr. & Mrs. Miers
Julie Peck	Judy Sessler
Karen Brocker	Anna Ginochio
Karyn Henderson	My Granny
Kathleen Javdani	Elizabeth Smith
Kathleen King	Charlie Petri
Kenneth Pyutlewski, P.E., Anamet Inc.	Edward A. Foreman
Kent Lightfoot & Roberta Jewett	Les Rowntree

L.G. Newgarden	Bruce Commiskey
Laurie Miller	Ted McNeill
Lisa & Laura	Rose Kopicki
Louann Giorgi	Moey Martin
Lynne & Alan La Pointe	John Lyons
Lynne & Alan La Pointe	Larry La Pointe
M & W Tax Service	Marjorie Dykeman
Madeline Cortese	Family
Marcus Gomez	Mom & Dad
Margrith Byer	Judy Buhlis
Mike Hotton	Mary Hotton
Mildred Horton	Luana Runkle
Monica Thurston	Michelle Houston
Mr. & Mrs. William Foskett	Bob Foskett
Nat Simons	Lorena Simons
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Olga Knight	Joane O'Keefe
Oliver Reynolds & Sis Cardenas	Bruce Commiskey
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Pamela Wilson	Dustin Verhines
Pamela Wilson	Mid Dornan
Paul Magreta	Norma Doolittle
Paula Allen	Lilia Sousa
Peter and Kathleen Hayes	Edward A. Foreman
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Sharyn Owens	Fred Roth
Stephanie Massoni	Lynette Cakebread
Steve Kestler	Marilyn Kestler
Sue & Bob Galloway	Bruce Commiskey
Suzanne Jenlink	Marcie Benjamin
Suzette Handy	Fern Mills
Teresa Muniz	Lucy Zendejas
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Theresa Nagle	Helen M. Devlin
TOPS	Bruce Commiskey
Valerie Hathaway	Mr. Stubblefield
Yvonne Hamilton	Bruce Commiskey
Yvonne Ruiz	Ana & Isidro Ruiz

Tributes

FROM HONORING

Amy Evoy	Ben Hoban
Charlotty Pan	Henry Hu
Chris Werner	Bruce & Irmgard Willock
Cynthia Abramov	Susan & Scott Applin
Gary & Linda Mahloch	Susan Nelson & David Moen
Horace Dawson Foundation	Margi & Jim Alkire
Horace Lucido	Sal Lucido
Howard & Alice Morioka	Ted & Barbara Sakano
Jay Rosenblatt	Jeff Jagoda
Jeffrey Dickemann	May Yee
Joan Valderrama	Marcia Tello
Joe Torres	Josie Torres
John Moran	John & Barbara Moran
Joseph Abel	Hunter Cech
Joy Graustark	Fiona
Judith Gavin	Scott Zimmermann
Julie McHuron	Grandfather
Leslie Ries	Paul Kraitzt
Madeline Cortese	Husband
Maggie Asmussen	Mr. & Mrs. C.D. Cornett
Mary Cosola	Shirley Jackson
Mary Terjeson	Judy Hassell
Sarah Jane Powell	Sharon & Brent Martin
Sivathanu Sivakaminathan	SAIBABA
Susan Codeglia	Marti Carlson
Yvonne Fluehr	Yvette Fluehr & Jeff Bonivert

Thank You!



Meals on Wheels of Contra Costa provides a nutritious meal to address the specific health conditions of the senior, an in-home safety check to address hazards inside or outside of the home, a friendly visit to combat social isolation and an assessment of any changes that might impact future medical needs, serving as the first line of sight for potential dangers or changes in condition. Supplementing traditional healthcare services with community-based services is a powerful — and cost-effective — way to keep at-risk seniors healthy and reduce avoidable emergency care and healthcare utilization. In fact, Meals on Wheels can serve a senior for an entire year for the same cost as just one day in a hospital or ten days in a nursing home.



Meals on Wheels of Contra Costa
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If you would prefer an email version
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Rebecca.Hagen@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 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 925-313-6312 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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