

# Meals on Wheels

## OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

*Saving Lives One Meal at a Time*

SPRING 2021

## MEET A MEALS ON WHEELS RECIPIENT: GARY

Written by Rebecca Hagen

78-year-old Gary was born and raised in Antioch, CA. When he turned 18, he joined the United States Air Force and was able to travel and live in different countries, which he enjoyed very much. He served for four years and was awarded the Purple Heart Medal after sustaining a back injury. For the past 15 years, Gary has lived in Martinez, CA and like many other retired folks, he lives on a fixed income consisting of Social Security. Gary has been a recipient of Meals on Wheels since 2010. He initially needed the meal program because he had trouble walking and did not have a wheelchair at the time. Gary's lack of mobility drastically affected his eating habits as he didn't have the ability to buy groceries or make healthy meals. "I could only make sandwiches or spend money on TV dinners before...it was real stressful health-wise," Gary explained. Due to the limitations of his fixed income, Gary would often purchase unhealthier foods because they were more affordable. However, Gary knew that his diet was poor and that he could not continue eating this way. So, he decided to make a change and reached out to the Meals on Wheels program.

Now, 11 years later, Gary raves about how much he appreciates the nutritious meals from the Meals on Wheels program and how much it has helped his diet and socialization. Gary says he enjoys the meals and some of his favorites include meatloaf, mashed potatoes and gravy, chicken, spinach, and beef stew. The interaction with the volunteer who delivers his food is just as important to him as receiving a meal because it is the only "real contact" he has with the public outside of his apartment building. Having a volunteer come by with his meals is even more critical now because of the "Shelter in Place" mandate and social distancing he has been practicing to remain safe from COVID-19. He says he was already a bit introverted before but now he can't even "shoot the breeze" with someone he sees outside. When a volunteer comes by with his meal and chats with Gary for a few minutes about how he is managing, it means a lot to him and gives him something to look forward to.

Gary's mobility has declined over the years, and he must sit down after taking about 20 steps. Thankfully, the VA gave him an electric wheelchair that gives him a little bit of freedom to sit outside and enjoy the fresh air. He says he can't wait until the pandemic is over so he can start "shooting the breeze" with other people again. We couldn't agree with you more Gary!

Gary's story reflects similar accounts from other clients who are on the Meals on Wheels program. Lack of mobility, declining health, inability to access healthy foods, and little to no support from friends or family nearby are why people need the Meals on Wheels program so desperately. Thankfully, with supporters like you, we can continue helping people like Gary and continue this vital work of *Saving Lives One Meal at a Time*.



# JENN'S CORNER

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## Jennifer Gomes-Fugueria Field Nutrition Assistant

Before COVID, I had the privilege of riding along with the volunteer drivers throughout Contra Costa visiting with our Meals on Wheels participants. When COVID hit, we had to quickly adapt to new delivery procedures to keep our volunteers and seniors safe.

Instead of face-to-face visits, I make regular phone calls to check in with our participants and hear how they are getting along during these most challenging times.

I wanted to share a few of their comments so that you can appreciate how grateful our participants are for this program and the people serving them especially during this difficult time. Many expressed that they continue to stay positive but greatly miss the daily visits with the volunteers.

One of our participants shared that our meals have been a lifeline to so many people who can't get out. She talked about how the volunteers delivering the meals are people who care, and their visits are a shining light in her life.

Another one of our participants spoke about how wonderful the meals are and thanked the staff and volunteers for checking in with her. She recently said that watching a 49er football game made her feel normal.

One of our participants expressed how much he appreciates the meals because he is able to stay home and care for his wife who is ill and bed bound. He is grateful to be able to still be with the love of his life of 56 years.

After reading what our participants are saying about Meals on Wheels, we hope you know how much your support is needed and that you do make a difference in the lives of so many of our older adults.

*Jennifer Gomes-Figueira is the Field Nutrition Assistant for Meals on Wheels of Contra Costa. She does a wonderful job of auditing the routes and meals for program compliance. She also checks in on the well-being of our clients and has created meaningful connections with them. She is a kind-hearted person and truly cares for the people on the program.*



# LETTER FROM THE DIRECTOR

**Jacquelynne Livings**  
**Senior Nutrition Program Director**

Happy Spring Everyone,

It is a beautiful time of year where everything seems to come to life. The hills are green, the sun is shining through the clouds and the fields are filled with the sweet fragrance of flowers. I love this time of year. It reminds me that new life and opportunity are around the corner. It is a time to refocus, restructure, reimagine and recreate new ways of providing services to the frail homebound clients in our communities who depend on us. Spring is a sign of hope.

Last year was one of the most difficult years we have ever experienced. It was filled with uncertainty and loss. We were introduced to one of the deadliest viruses of this century. Many of us experienced the loss of a loved one, were ourselves infected, or know someone who is currently suffering from the virus. During this time, the meal delivery program went through a number of changes in order to keep serving our vulnerable clients. The normal daily hot meal delivery and check-in had to be changed to a once-a-week delivery. Daily contact with Meals on Wheels clients had to be avoided. Due to this change, many of our clients became more isolated, fearful, and alone. This also caused an increase in the number of homebound seniors in Contra Costa County that were requesting our services.

With this increased need, Meals on Wheels had to adapt to constant daily challenges. The program dealt with meal service and route changes, funding issues, work from home issues and many more. I am happy to say, with the help of partners like you who have come along to assist us, we were able to make it this past year. During this challenging time, the meal delivery program was not only able to maintain current services but also expand. Starting in February, we were able to provide all Meals on Wheels recipients with two additional cold meals weekly. These new meals have made a huge difference in the lives of those who receive them. Because of your dedication and commitment to frail homebound clients in Contra Costa County, every senior who requested a meal received one.

Moving forward, how do you plan and forecast a future with limited knowledge or deal with things we cannot control? With the roll out of the new vaccine and social distancing guidelines, we are hopeful that we will soon move into a new normal. Frail homebound clients will continue to receive much needed services they have come to depend on.

As a community we still have a lot of work to do. We will need to continue to pool our resources, talents and skills and recommit our efforts to serve those frail homebound clients who desperately need us.

As the largest funder of meals in Contra Costa County, our dedication to the homebound seniors has and always will be our main focus. Hopefully you will continue to support us in this endeavor.



## ABOUT OUR WEBSITE

Visit now to see photos, videos, online newsletters & organizational updates  
<http://www.mealsonwheelsofcontracosta.org>

 [facebook.com/mealsonwheelscc](https://facebook.com/mealsonwheelscc)

Follow us on Twitter: @MOWCC 



# PROGRAM UPDATES

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## July – December 2020 Program Results:

- Clients Served = **2,328** – increased by 481 clients from the same period in 2019
- Meals Provided = **210,705**

## Giving Tuesday Results: (Dec 1st, 2020)

- Total Dollars Raised = **\$10,539.57** surpassing our \$10,000 goal!

Thank you to all our generous donors who contributed to these campaigns during the past holiday season!

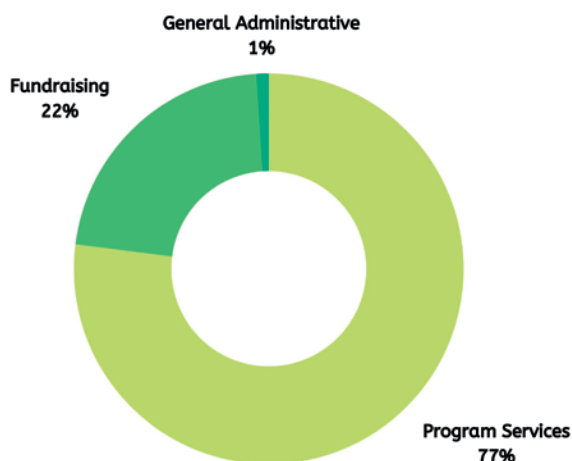
## Thank you to Travis Credit Union Foundation!

Through a generous donation-matching campaign through the Travis Credit Union Foundation, Meals on Wheels of Contra Costa received an incredible **\$31,786!** Thank you to everyone who participated in this campaign and thank you Travis Credit Union for supporting critical senior nutrition services in our community!

**Follow us on Facebook to donate or create a fundraiser for Meals on Wheels of Contra Costa!**

**Visit our website: [mealsonwheelsofcontracosta.org](http://mealsonwheelsofcontracosta.org) to make a donation today!**

## How We Use Your Donation



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## Why I give ... [quotes from our donors]

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"BECAUSE YOU HELPED MY MOM BEFORE SHE PASSED. THANK YOU."

"...BECAUSE NO ONE DESERVES FOOD MORE"

"WE WOULD LIKE TO MAKE SURE THE ELDERLY ARE FED AND CAN CARE FOR THEMSELVES AS LONG AS POSSIBLE IN THEIR HOMES."

"YOUR ORGANIZATION HELPED MY GRANDPARENTS MANY YEARS AGO. I'LL NEVER FORGET."

"YOU DO GOOD WORK AND THIS YEAR IT NEEDS TO BE – AND HAS BEEN – EVEN MORE HELPFUL"

"WHEN MY OWN PARENTS WERE WEAK, HOMEBOUND, AND IN NEED OF HEALTHY MEALS, MOW WAS A BLESSING"

"ALWAYS WANT TO HELP FOLKS! ESPECIALLY THIS YEAR!"

# WELCOME NEW STAFF MEMBERS!



**Elise Lozano**  
**Development Coordinator MOWCC**

Elise started working with Meals on Wheels of Contra Costa in August 2020. She comes to us with experience in nonprofit program coordination and a degree in Anthropology from Saint Mary's College of California. Elise is looking forward to further expanding her skillset in the fundraising and development side of nonprofit operations. Elise says, "Being able to help seniors is very rewarding. Even in the middle of COVID-19 I have been constantly impressed and inspired by the incredible generosity of our donors and community members in their desire to help one another during this time."

**Maisie Carney**  
**Development Assistant MOWCC**

Maisie began her work with Meals on Wheels of Contra Costa in January 2021. Maisie is a recent 2020 graduate from Portland State University where she earned a degree in Community Health Promotion. Maisie says that she is excited about working in the Public Health field and looks forward to gaining more experience in the nonprofit sector. Maisie grew up in the Bay Area and says, "I am proud to be helping seniors in my own community!"



**Cassandra Miranda**  
**Administrative Service Assistant III**

Cassandra just started working for the County Senior Nutrition Program in February 2021 but she is no stranger to work with the County; having previously held a position for Contra Costa County in Public Health Finance since 2017. Cassandra is a Bay Area native and grew up right here in Contra Costa County before pursuing degrees in Sociology and Accounting at UC Davis and University of Maryland. Cassandra says she is looking forward to no longer being just in support service, but learning every aspect of a program and the people it serves, "I'm trying to absorb as much knowledge as possible about the program history" Cassandra said, "and then seeing how to make things better if I can."





March is National Nutrition Month! This year's theme from the Academy of Nutrition and Dietetics, **Personalize Your Plate**, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

During National Nutrition Month, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. They also recommend people adjust their eating habits to address the nutritional needs of their bodies during all stages of life.

In addition to maintaining healthful eating habits throughout life, experts recommend the following tips:

- **Teens to 20s** — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens, and canned salmon with bones.

- **20s to 30s** — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes, and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts, and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals, and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.

- **30s to 40s** — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants, and dietary fiber.

- **40s to 50s** — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt, and saturated fat.

- **60s and beyond** — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu, and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

Source: Academy of Nutrition and Dietetics

## Word Search

Words may be horizontal, vertical, diagonal, or backwards.

**eat right.** Academy of Nutrition and Dietetics

National Nutrition Month® 2021

Avocados	A	L	M	N	D	R	S	A	V	O	C	A	D	O	S
Beans	T	X	V	G	P	M	N	O	I	T	L	C	V	K	T
Cereal	N	S	N	A	E	B	R	H	N	L	I	F	H	S	M
Dates	R	L	G	R	J	K	Y	X	E	M	L	N	O	E	Q
Eggs	L	J	Z	L	V	U	Q	Z	G	C	E	B	B	O	S
Flaxseed	E	R	A	I	S	I	N	S	A	Y	T	L	M	T	X
Garlic	B	C	M	C	N	P	T	D	R	L	T	Z	A	A	V
Hummus	I	E	D	M	K	S	L	C	Q	S	U	O	N	T	M
Ice	C	L	J	Y	U	F	G	I	X	V	C	Q	L	O	C
Jackfruit	E	T	R	M	Z	B	R	G	P	W	E	S	R	P	D
Kiwi	F	Q	M	N	C	D	K	U	M	C	L	M	Q	E	L
Lettuce	N	U	H	J	P	T	W	Z	I	R	T	U	A	F	Y
Milk	H	I	F	O	S	M	S	R	R	T	Z	L	X	O	O
Nuts	L	N	I	E	P	Q	D	W	H	J	P	B	G	F	L
Oats	K	O	T	L	R	L	M	Y	S	T	B	U	Z	R	I
Potatoes	M	A	C	Z	I	O	E	L	A	E	R	E	C	R	N
Quinoa	D	O	I	W	I	K	C	R	Q	T	T	N	M	S	I
Raisins	L	X	M	N	R	B	L	K	P	S	F	G	N	N	H
Shrimp	J	L	A	U	T	Q	S	I	R	P	P	L	U	M	C
Turkey	K	B	T	R	F	C	D	P	M	E	N	N	T	I	C
Vinegar	A	I	D	C	G	F	A	Y	X	G	Z	R	S	L	U
Wild rice	M	O	Z	X	R	B	Q	D	L	G	M	N	P	R	Z
Yogurt	N	F	D	K	L	F	L	A	X	S	E	E	D	S	T
Zucchini															

# MEMORIALS

## FROM REMEMBERING

Alex Breidler	Kory Hansen
Anne Ogonowski	Henry Elson
Antoinette & Steve Steffensen	Carmen Cattalico
Brandy Christensen	Grandpa Brewer
Candice Qualls	Leasha's Father
Catherine Skapura	John Skapura
Charisse Mackey	Elsie Davis
Chet & Judy Holm	Gene & Essie Sickles
Christine McDonald	Vern McDonald
Cristina Lauck	Richard A. Lauck
Dan & Irene Weakley	Mike Rueda
Darrell Murray	Leoral Natalile Erbe Murray
Donald Giacomini	Penny Giacomini
Elizabeth Kelker	Stanley Kelker
Eula Gullledge	Rev G.G. Griffin
Frank Kelly	Will La Fontaine
Fred Lorenzetti	Jim Boccio Sr.
Fred Lorenzetti	Judy Mori
Gary & Carol Kefer	Betty & Duane Peterson
Gary Soots	Joyce Lee Aguiar
Harold Honsberger	Vivan
Helen Kook	Meow Meow Kook
Howard Adams	Faustino Pagni
Irena Schwaderer	Madeline Gomes
Jack Suite	Cheryl Suite
Jan Hershfeld	Jan's parents
Jan Hershfeld	Jan's Parents
Jeraldine Lange	Laura Wilson
Jody Benkly	George Benkly
Judith & Chester Holm	Gene & Essie Sickles
Kathy O'Toole	Lawrence O'Toole
Kathy Silvey	Kenan's dad
Keith Young	Emily's mother
Ken Noble	Sara Crew-Noble
Kenneth Keeler	Jean Keeler
Kimberly Powleson	Patricia McAuliffe
Laurie Miller	Ted McNeill and others
Lenore Griffin	Herbert Griffin
Les & Jeanne Marks	Thomas Taylor
Leslie Diard	Mary Iachini
Linda Parena	Gina Sauceo
Mangaiyarkarasi Rajan	All our ancestors
Margaret Ryerson	Marjorie & Arthur Strasburger
Maria Goi Figueira	Juvenal Figueira
Mary C. Young	My Husband
Maybelle Lee	Madeline Gomes
Nancy Kron	Janice Cotroneo
Pamela Wilson	Richard Cabral
Pamela Wilson	Richard Cabral
Pamela Wilson	Richard Wilson
Pat Kriletich	Ann
Paul Magreta	Norma Doolittle
Paula Canchola	Pauline Wade
Quincy Fassette	Loretha
Randall Mellin	Sandy Mellin
Raymond & Joanne Doorack	Richard Spahl
Ricard Binder	Jean Binder
Risa Yuhas	Katherine Yuhas
Robert Bassett	John Bahan
Robert Young	Phyllis & Casey Young
Sandee Cunnane	Frank Hilscher
Sandra Biancaniello	Louis P. Biancaniello
Sandra Bogner	Ellie
Sandra Ewing	Tom Ewing
Sandra Serrano	Peter K. Poon Sr.
Sarah Patterson	Kory Hansen
Shirley McKinnow	Adele West
Sioux Ammerman	Claudia Whitnah
T. Perata	P. Family
Tejas Eseltine	Mary E. Johnson
Theresa Nagle	Helen Devlin
Yvonne Ruiz	Isidro & Ana Ruiz
Mr. & Mrs. Harry E. Hall	Lucille
Mike Frederickson	Louise Frederickson
Ward Hampton	"Mom"
Carole Temps	Dore Atkinson
Antoinette Steffensen	Diane Tomlins
Rev. Pat King	Mary Gunn
Park Middle School	Tammy Hansen
Nathaniel Rosidi	Camden & Suhyon
Patricia Murphy	Gloria Adams
Neeta & Vinod Mahadik	Madhukar Khewoor & Manohar Mahadik
Robin Townley	Pops Milewski
Meredith Mountjoy	Virginia Mountjoy
Lisa Salvetti	Louis J. Salvetti
Kelly Morris	Grandma Pat
Holly Stevens	Patrick L. Stevens
Esther Beard	Lt. Col. Frank A. Stanley
Eileen Mascaro	The Kavanaugh Family
David McDonald	Susie Logsdon
Cheryl McClane	Marjorie Tovey
Joe Macaluso	David, John, & Joe
Jan Hershfeld	Jan's Parents
Daniel Portillo	Sylvia Levinson
Jackie Peterson	Wilma Underwood Synatzske
Gary Gray	"Mom"
Loretta Hill	David Hill
Theresa Nagle	Helen Devlin
Jean Matsuka	William Matsuka
Patricia Ogura	Anna R. Powell
Jill Peterson	Nancy Peterson
Guillermo Sebastian	Carmelita Sebastian
Beverly Anderson	Louise Anderson

Anne Baker	Edna Thurman
Robert Bassett	John Bahan
Randall Mellin	Sandra Mellin
Joan Murakami	Patricia Y. Murakami
Carol Arabian	Bernice & Ed Welke
Norma Dale	Tommy LiPuma
Joanna Cassese	Rita Cassese
Judi Satow	Pete & Yoko Mori
Howard Adams	Medoro Pagni
Donna Hemmila	Daniel Scott Reed
Janice McDonald	Helen Yale
Jennifer Shaw	Shelby Cefalu
Ginger Pedroni	Max & Dena Nye
Howard Shaw	Esther Krauss
Nerissa Riray	Natividad T. Garcia
Antonia Quanstrom	Tom Sheridan & Louise
John McDermott	Laurel McDermott
Joanna Cassese	Rita Cassese
Gary Gray	"Mom"
Pam Phillips	Wilbur & Myrtle Daly
Suzanne Levins	Edith Hoffman & Ruth Levins
Richard & Renee Butruce	Johanna Ida Ognibene
Mr. & Mrs. Gerald A. Dinelli	Mary Olenchak
Mel & Alicia Carone	Frances Ferrante
Joan Symonds	Foxie White
Myrna Allen	Martin A. Wharton
Raymond & Joanne Doorack	Margie Bezdek
Antoinette Steffensen	Josie Torres
Thanhvan Le	Dinh Nguyen
Mary & Bob Taylor	Don Mathis
Darlene Commiskey	Bruce Commiskey
Kathleen Cox	Paul P. Craig
Donna M. Dell	Millie Yocum
Mike & Mary Hotton	Betty & Jim Hotton
Martin Diamond	Tybe Diamond
Sidnie Davis	Joyce McCarty
Kathleen Matteucci	Idenry Alconero
Madeline Cortese	Cortese Families
Kathleen Cichanowski	Elsie Ludwig
Katheryn Hashimi-Campos	Memo Campos
Bonnie Cassriel	Daniel McCormick
Sheryl Turney	Teri Marton
David & Judy Jew	Mary Louise Miramontes
Antoinette Steffensen	Deborah & Darlene
Mildred Horton	Aurella Swanson
Robert Young	Phyllis & Casey Young
Paul Chodroff	Brenda Chodroff
Cynthia Aguilar	Theresa Novello
Regina King	Priscilla Mae
Vicki Wisher	Angelic Roush
Marisa Gallagher	Pinky Gallagher
Chet & Judy Holm	Gene & Essie Sickles

# TRIBUTES

## FROM HONORING

Debra Pohlson	Sharon Goodall's birthday
Dr. Sally Tubach	Terry Burch's 90th birthday
Kimberly Hedemark	Edward Bennett
Monica Sholaas	Fire Fighters protecting our communities
Nancy Smith	Essential Workers & First Responders
Paula Tint	Karen Swift
Maureen Newman	Sharon Cahill's Birthday
Jill Vernor	Ed Herold's Birthday
Asher Fawad	Shamim Qazi
Susan Klingman	Tomm & Janeen Heath
Thomas Crowe	Sharon Crowe
Chris Lueth	The Kraft & Snowden Families
Janice & Nichole Coggiola	Ruth Bachofer
Connie Towey	Alice & Matt
C & C Wilcox	All the volunteers that make MOW Happen
Stuart Vaughn	Cynthia Vaughn
Andrea Williams	Erica Ehmann
Brenda Hillman	Fran Lerner
Michele Martinez	Make & Gerri Martinez
Traci Menendez	Ray & Carol Okinaga
Ruby Chew	Maureen Morrisson
Yvonne Fluehr	Yvette Fluehr & Jeff Bonivert
Thomas Beisheim	Charlie Burke
Michele Henry	Heidy Maron
Anthony Bilich	Jarrod Combes

Paula Kleihauer	Erica Ehmann
Kate Ruby	Claudia Bubeck
Anthony Bilich	John Lucio
Mary Cosola	Shirley Jackson
Linda Dortzbach-Hudlin	Dick Dortzbach
Sean Bailey	Judi Dinneen
Jamie Menasco	Fred Schleich
John Moran III	John & Barbara Moran
Christine Dugan-Ihm	Oakley Kimochi Friendship Group
James N. Ritchey	All the healthcare workers & public safety workers helping everyone everywhere
John Chastain	Mom & Dad
Lisa Harris	Tonya Cole
Ruchi Sahgal	Anurag Tandon





**Meals on Wheels of Contra Costa**  
PO Box 3195, Martinez CA 94553  
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Fed Tax ID 68-0231350

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If you would prefer an email version  
of our newsletter, please email  
mowcc@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 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

SECURITY CODE

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.

**Meals on Wheels of Contra Costa**  
PO Box 3195, Martinez CA 94553  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)

### *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](http://www.MealsOnWheelsOfContraCosta.org)

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Annual Reports and Form 990  
are available on our website  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)

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

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**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](http://www.MealsOnWheelsOfContraCosta.org)

Editor: Elise Lozano  
Design: Thanh Kemp