



Meals on Wheels

OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

Saving lives one meal at a time

SUMMER 2021

MEET A MEALS ON WHEELS RECIPIENT: ROD

Written by Elise Lozano

74-year-old Rod lives in Pinole with his wife of 41 years, Gloria. Rod suffers from Parkinson's disease, a neurological disorder; and Myasthenia Gravis, a neuromuscular disorder. Both of these conditions affect Rod's mobility and speech, so I had the opportunity to speak with Gloria about her husband and his experience with Meals on Wheels on his behalf. Rod is a Bay Area native who was born in Oakland and grew up mainly in the city of Richmond. As a young man, Rod was drafted into the United States Army and served for three years during the Vietnam war where he was stationed at a missile site in Alaska. After getting out of the Army, Rod returned home to the Bay Area and went on to work as a welder for most of his life – a skill he picked up during his service. For the last 10 years of his career, Rod even had his own welding and fabrication shop as a small business owner until retiring due to the effects of his Parkinson's.



Rod and Gloria met through a bowling league and were married in 1980. Rod has two sons from a previous marriage, he and Gloria have two more sons together, and now they also have two teenage grandsons. Together they have enjoyed a full life including travel for annual vacations in Hawaii and a few big trips to Italy. Rod and Gloria also particularly enjoyed an opportunity they had to travel to the historic WWII site of Normandy in France. Gloria told me that as a veteran, Rod is very patriotic and has taken an interest in history; reading some books about WWII and other military history.

During his younger years, Rod also used to love fishing and fly fishing, "his biggest hobby," and took frequent trips out to fish in the Bay or fly fish in the rivers. Gloria and Rod told me about a specific time Rod caught a sturgeon in the Bay that was a whopping 128 lbs. Rod was so proud of this amazing catch that he preserved the fish's spine and has it displayed in their yard. Gloria said that even though Rod doesn't drive anymore, "We do have a boat that we can pull out and sit out on the water."

As Rod's mobility has declined over the years and Gloria continued to work full time in her office, she started to find it difficult to shop, plan, and prepare meals for Rod ahead of time every day. Rod found out about Meals on Wheels from some friends who were receiving meals through the program and called to see if he might be eligible too. Rod has now been receiving Meals on Wheels for about one year and the service makes it much easier for him to be able to prepare meals himself and saves Gloria a lot of time out of her workday. "Because it's all prepared and it's pretty balanced it makes it easy for him." Some of Rod's favorite meals are the breakfast omelet with potatoes and the barbeque chicken dish. Rod and Gloria shared a tip to warm up some of the food items in a pan on the stove if you are able since it makes the meals taste homemade. The friendly visit from their delivery driver Mike, is also always appreciated as part of the Meals on Wheels Program. When asked if there was anything they would like people to know about Meals on Wheels, Gloria said that they would like more people to learn that Meals on Wheels is there for them and "I hope that more people who are struggling reach out when they really need the help".

LETTER FROM THE DIRECTOR

Jacquelynne Livings
Senior Nutrition Program Director

To say the least, this has been a trying year, and like many of you, I'm ready to get back to a sense of normalcy. I'm a planner and I like to see things work in an orderly fashion. However, with the onset of COVID that was no longer possible. COVID forced us to make daily changes to our program causing uncertainties. Shifting health and safety guidelines, delivery and distribution changes, budgetary challenges, staffing changes, and menu modifications kept us on our toes throughout the year. For the first time, we were forced to restructure and manage our programs differently to meet these daily changes and challenges. It was imperative for us to work together with our current partner agencies and also form new partnerships with local businesses and organizations that were necessary to meet the growing needs of our clients. We came to accept and realize that we were -- and are -- in a different phase and needed to make the necessary adjustments to our program to continue to be of service to our clients.

In some ways, we have learned how to rebuild and restructure our program so that we can continue to help the frail homebound seniors who have come to depend on our services. For 16 months now, these homebound seniors have been isolated and alone without their daily check in from a friendly volunteer due to the social distancing mandate. Our partner agencies Meals on Wheels Diablo Region, West County Meals on Wheels, and J-Sei who provide the meal deliveries to our clients were only allowed to deliver meals once a week.

With COVID cases declining and vaccination rates rising, we are laying the groundwork for a new normal. As conditions improve, we are now faced with the task and challenge of reconnecting our homebound clients back to the outside world. Thanks to the efforts of Contra Costa County Public Health, 94% of seniors in the county have been vaccinated. This makes many more opportunities possible and in the near future, we expect to have more frequent face-to-face contact with our clients than we have in over a year. This vulnerable population that has been doing their best to stay inside and stay safe, now has to take a chance on trusting us again and allowing us into their lives. We have the added responsibility of helping our elderly clients regain trust in our services and our ability to keep them safe in their environment.

We can't do it without your help. The continuous financial support and assistance of our generous donors has gotten us through the many challenges and changes of the past 16 months and we hope it will also enable us to meet the growing needs of our frail homebound clients in Contra Costa County going forward. Thank you again. We hope you will continue to support us as we navigate this next huge step forward.



ABOUT OUR WEBSITE

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

 facebook.com/mealsonwheelscc

Follow us on Twitter: @MOWCC 

FUNDRAISING / PROGRAM UPDATE

Anniversary of the Older Americans Act (OAA) - July 14th

On July 14, 1965, President Lyndon Johnson signed the Older Americans Act as part of the Great Society Initiative. It was the first federal-level initiative aimed at providing comprehensive services for older adults. 56 years later, the OAA continues to aid millions of elders through Senior services programs nationwide, including the countywide Meals on Wheels Program.

What is the Older Americans Act?

- The Older Americans Act (OAA) established the Administration on Aging within the Department of Health, Education, and Welfare; and called for the creation of State departments of Aging.
- At the signing of the Older Americans Act, President Lyndon Johnson said, *"And no longer will this nation refuse the hand of justice to those who have given a lifetime of service and wisdom and labor to the progress of this progressive country."*
- Since its signing in 1965, various amendments have been added to the original piece of legislation. Provisions for nutrition programs were added to the Act in 1972 (March 22nd was the 49th anniversary!) and authorization of home-delivered meal programs specifically was added in 1978.
- The OAA provides critical federal appropriations funding for various Senior Services across the country, including Meals on Wheels.

How does the OAA affect Meals on Wheels of Contra Costa?

- Appropriations for total OAA funding were the highest on record in Fiscal Year 2021 at \$3.74 billion. Over \$1.61 billion of these appropriations were specifically added in response to the ongoing COVID-19 pandemic.
- In total, home-delivered meals programs received **\$276.342 million** in "regular" allocations and an additional **\$618 million** in COVID-19 response allocations through the OAA in Fiscal Year 2021
- These OAA allocations provide critical funding to our partner organizations involved in the execution of the countywide Meals on Wheels Program. While this government funding through the OAA is significant, it still not enough to provide for the total funds needed to maintain the program.
- Meals on Wheels of Contra Costa is the fundraising auxiliary of the countywide Meals on Wheels program. Our organization has the charge to seek funding from the communities of Contra Costa County to subsidize the cost of direct meals and other related services beyond what is possible with traditional government funding sources such as OAA funding. In our 30 + year history, we have become the largest funding source of Meals on Wheels services in Contra Costa County.

**On this 56th anniversary, we are grateful for the groundbreaking legislation
that is the Older Americans Act!**

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

"MY MOM HAS BEEN DONATING MONTHLY FOR YEARS, SHE IS NOW 95 AND STILL GOING STRONG. WE WOULD LIKE TO JOIN HER IN HELPING THOSE IN NEED."

"USED TO HELP MY GRANDPA DELIVER MEALS ON WHEELS IN OAKLAND AS A KID. DON'T HAVE THE TIME TO VOLUNTEER RIGHT NOW BUT HOPEFULLY THIS HELPS OUT."

"GREAT ORGANIZATION FOR SENIORS. I WILL CONTINUE TO DONATE WHEN I CAN. THANK YOU FOR YOUR SERVICE."

"THANK YOU FOR SERVING THE SENIORS IN OUR COMMUNITY!"

"I FULLY SUPPORT THE MISSION AND VISION OF MEALS ON WHEELS. AS A RETIRED PERSON ON A FIXED INCOME, I DONATE WHAT I CAN, WHEN I CAN. THANK YOU FOR DOING THE COMPASSIONATE AND ESSENTIAL WORK YOU DO."

COME JOIN US FOR ICE CREAM!



FOR



Meals on Wheels
OF CONTRA COSTA

Saturday, July 17 @ 2 pm
700 Ferry Street, Martinez, CA

Enjoy some delicious ice cream while supporting seniors in your community! A portion of sales will be donated to MOWCC with the option to make an additional donation.
See you there!

2021 BEQUESTS

In 2021 we have been fortunate enough to receive four bequests from the trusts and estates of the following donors which have totaled over \$130,000 to date. We are very grateful that these generous donors have chosen to leave a lasting gift to Meals on Wheels of Contra Costa -- enabling us to serve thousands of homebound seniors right here in Contra Costa County.

The Ann Donathan Trust

The Perez Family Trust

The Alice Ropchan Trust

The Virginia Rawson Trust

If you or someone you know is interested in joining the Meals on Wheels of Contra Costa Legacy Circle with a planned gift, please see instructions on the back page of this newsletter or contact us for more information.

June 15th is world elder abuse awareness day. While elder abuse can be an uncomfortable topic to discuss, all of us have a responsibility to keep older adults safe from harm. It is important to be aware of the facts and recognize potential signs of elder abuse in those around us. One of the most impactful ways YOU can help prevent elder abuse is by preventing isolation. Check up on the elders in your life and make sure they know they are not alone. Elders with a strong support network are far less likely to fall victim to elder abuse and will have someone who cares to turn to if needed.



// WHAT IS ELDER ABUSE?

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult age 60 or older. The abuse most often occurs at the hands of a caregiver or a person the elder trusts.

// WHAT FORMS CAN ELDER ABUSE TAKE?

Physical

This occurs when an elder experiences illness, pain, or injury as a result of the intentional use of physical force, such as hitting, kicking, pushing, slapping.

Sexual

This involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or non-contact acts such as sexual harassment.

Emotional or Psychological

Verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult such as name calling, humiliating, or not letting the older adult see friends and family.

Neglect

The failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.

Financial

This is illegally or improperly using an elder's money, benefits, belongings, property, or assets such as taking money from an older adult's account without proper authority, unauthorized credit card use, and changing a will without permission.

// WHAT ARE SOME OF THE SIGNS OF ELDER ABUSE?

Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Sadness

Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores or burns
- Sexually transmitted diseases without clear explanation
- Dirtiness or poor nutrition
- Poor living conditions

Financial Signs

- Unusual changes in bank account activity
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

If you suspect someone you know may be the victim of elder abuse in Contra Costa County, please call Adult Protective Services (APS) at the numbers below for assistance. This 24-hour hotline is staffed by social workers who will walk the caller through a series of questions to determine if a situation requires APS intervention.

Landlines in Contra Costa, toll free: (877) 839-4347 • Cell Phones or outside Contra Costa: (925) 602-4179

**Sources: National Center on Elder Abuse, CDC: National Center for Injury Control & Prevention, Contra Costa County Employment & Human Services, and USC Center for Elder Justice*

20+ YEARS OF GIVING

NAME YEAR OF FIRST GIFT

Amy Bronco	2000
Ann Wagner	2001
Anthony & Mary Kraintz	1994
Barbara Riley	2001
Barbara Tiffany	2000
Billy and Janet Rhodes	2001
Carl and Joan Schober	1999
Carl and Roswitha Kress	2001
Carol K. Jones	2001
Cathy and Steven Ferguson	2001
Cea Madrigal	2000
Cecilia Vitug	2001
Cynthia Swainbank	2000
Dale and John O. Caton	1999
Dale and Suzanne Jenlink	2000
David and Marian Brubaker	2000
Deborah and Kevin Cross	2001
Dennis Eid	1999
Diane D. McRice	2000
Donald H. & Ann V. Hughes	2001
Dorothy and Roger Anderson	1999
Douglas and Carol Conway Horner	2000
Douglas Gutzler	2001
Elizabeth Waidtlow	2000
Elsie Euing	2000
Florence Wong	2001
Frances M. Battiste	2001
Gail and Robert Burt	1999

Georgia Sue and Robert MacGill	2001
Gerry and Agustin Argenal	1999
Ian Huebsch	2000
James Jones	1999
Janace Trolan	2001
Janet L. Caprile	2000
Jenny Lambert	2000
Jerry and Donna Schultz	2000
Jessie and Nancy Davis	2000
Jo Macaluso	1999
Joan L. Dickinson	1999
John A. Knowles Jr. and Marilyn J. Knowles	1999
John and Katherine Akstin	2000
John and Marlene Lerner Bigley	2000
John Surges	1999
Joseph A. Schlemmer III	1999
Joyce Lytell	2001
Judith and Chester Holm	1999
Judith Scrimger	2001
Karen and Jeffrey M. Vesely	2001
Karen Byrne	2001
Kenneth and Kathleen Taylor	2000
L. S. and Larry Brady	2001
Linda Holmes	2001
Lisa and Jeffrey Oki	2001
Lucy Anemone	1999
Marilyn Coronado	2001
Marilynn Gray-Raine	2001
Marion and Armin Keibel	2001

Mary and Jack Suite	2001
MaryAnn Radigonda	2000
Michael and Linda Barry	1999
Michael and Lorena Sage Milani	2001
Michael and Sharon LeFebvre	2000
Mr. and Mrs. Joan A. West	1998
Nancy and Dr. Paul Di Gaudio	2000
Nancy and Otto Brueheim	2001
Nancy Verrier	2000
Norman & Harriette Heibel	1999
Patricia Bradley	2000
Patricia Marshall	2001
Paul Marner	2000
Raeburn & Lindseyann Paine Yates	2001
Richard and Patricia Schorr	1999
Richard and R. Flores Bogaert	1999
Richard O. Baker	2001
Robert Solotar	2000
Roland and Agripina Warthan	2000
Sandra Falk	1999
Sandra Parbury	1999
Shary K. and David Luthy	1999
Sue Banducci	2000
Sue Hansen	2000
Thomas and Shirley Regulski	1999
TNT Carpet Cleaning	2001
Ursula and Ara Kaprielian	2000
Vera and Vern Thomas	2001
William and Elizabeth Schalich	1999

10 YEARS OF GIVING

Albert and Anna Horvath
Alcyone Dowling
Alfred Renker
Annapurna Gadad
Anne Engel
Annette Wilson
Antoinette Pera
Arthur Chisholm
Barbara Roffman
Billy Williams
Carlo and Sonya Borlandelli
Carlo Milani
Carol Lombardo
Carole Kearns
Carolie and Tom Hensley
Carolyn Rees
Carolyn Salazar
Charles and Marlene Mack
Charles Kidder
Charles Robbins
Christina Bartlett
D. Michael Bussell
Daryoosh and Anahi Khalilollahi
David and Danica Harris
David Howell
Deborah Roessler
Delrae Tillery

Dennis and Sara Guinta
Diana Habra Rotheneder
Donald Campbell
Donna Cook
Douglas Wayne
Earnest Cunningham
Eddie Gallinetti
Edward Coble
Elaine and Dale Grothmann
Elena Ramirez
Elizabeth Boege
Florence Espiritu
Frances Amaro
Gail Carpenter
Gary Sloan and Barbara Komas
Gordon Batesole
Gordon Dakin
Gregg Landstrom
Hal and Lourdes Hampton
Harold Martin
Hsiu Chang
Inanna Hazel
J Kay Noel & Associates
James Earle
James McDonagh
Jane North
Janet Goodman

Jeana Traynor
Jeanette Larsen
Joan Booty
Johann Pable
John and Joan Keegan
John and Mary Hanlon
John Anderson and Lindsay Holmgren
John Nutley
Josh Gressel
Joyce Smith
Judith and Peter Heyman
Julie Hampton
Julie Rinkenberger
Karen and John Bocchieri
Karen Williams
Kathleen Cortlund
Laeta Siri
Lang Montgomery
Larry Unruh
Leslie Kong
Life Transitions Psychotherapy
Lillian Marshall
Lisa and Donald Manoogian
Lisa Rotell
Lois Swanson
Lori Melgoza
Louis Gurney

Lucinda Ely
Lynne Olivier
Margaret Masek
Margaret O'Drain
Maria Silva
Marilyn Hardy
Marilyn Hile
Marilyn Pollak-Dedenko
Marjorie Burns
Marlene DeNardo
Marlys Yamamoto
Martha Schratz
Mary Woolf
Matthew Greb
Maureen Flower
Michael and Melanie Andersen
Michael Dolphin
Minga O'Malley
Murray Sperber
Nahide Craig
Nathan Haese and Susan Wollowitz
Noreen Lyn
Pamela Wilson
Patricia Earle
Patricia Layton
Patricia Smith
R.F. Cocchi and A.V. Cocchi

Rachael Gupta
Richard Freeman
Rita Minjares
Robert Corona
Robert Polacchi
Robert Wallace
Rochelle Rinaldi
Rosalee Erbland
Roselyn Taormina
Russell Bliese
Sandra Witt and Michael Sapp
Shirley Mentzer
St. Mark's Lutheran Church
Stanley Roe
Stephen Arnon
Susan Loustalet
Susan Sullivan
Terry Mann
Thomas Goedewaagen
Thomas Patterson
Timothy and Roxanne Palmer
Valentino Nivolo
Valerie Jzyk
Wayne Mortensen
Wendy Rodriguez

Summer Avocado Corn Salad

Prep Time: 10 minutes | Cook Time: 18 minutes | Total Time: 28 minutes | Servings: 6 as a side salad

This Avocado Corn Salad is a bright and feel good summer salad that's loaded with fresh corn, creamy avocado, and cherry tomatoes.

INGREDIENTS

- 1 lb cherry tomatoes halved or quartered
- 3 ears of corn cooked, shucked and cut off the cob
- 2 avocados peeled, pitted and sliced
- 1/2 red onion (medium) thinly sliced
- 1/4 cup cilantro chopped (1/2 small bunch)
- 2 Tbsp extra virgin olive oil
- 2 to 3 Tbsp lime juice from 1 to 2 lime
- 2 garlic cloves pressed or finely minced
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper



Source: natashaskitchen.com

// STEP 1

In a large salad bowl, combine sliced tomatoes, corn kernels, sliced avocado, thinly sliced red onion, 1/4 cup chopped cilantro and press in 2 garlic cloves.

// STEP 2

Drizzle the top with 2 Tbsp extra virgin olive oil, 2-3 Tbsp lime juice (adding it to taste). Add 1 tsp sea salt and 1/8 tsp black pepper, or season to taste. Toss the salad gently just until combined and serve.



Meals on Wheels of Contra Costa
PO Box 3195, Martinez CA 94553
925-313-6312
Fed Tax ID 68-0231350

Nonprofit Org
US Postage
PAID
Martinez CA
Permit No 121

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

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: Elise Lozano
Design: Thanh Kemp