



Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

Saving lives one meal at a time

FALL 2021

MEET A MEALS ON WHEELS CLIENT: TRINIDAD

Written by Elise Lozano

78-year old Trinidad lives in the city of Hercules in Contra Costa County. Trinidad has lived a long life full of helping those around her and was able to turn to Meals on Wheels services when she needed a little extra help herself. She has now been a client for almost a year.

Trinidad comes from a large family in the Philippines and met her husband, Salvador, there when they were both taking an education class over the summer in her hometown. Soon after, Salvador joined the military and was stationed in Hawaii and Trinidad was able to join him in the United States. After being stationed in Hawaii, the family, who now also included three children – two girls and one boy – moved to California, where Salvador was stationed at the base in Alameda, and settled in Hercules. In the Bay Area, Trinidad worked for the Alameda Unified School District as an elementary school teacher's aide, took some classes at UC Berkeley, and later worked in an office.

Throughout her life, Trinidad has tried to help her friends and family as much as she is able; from volunteering to drive her friends who were seniors themselves at the time to their errands or appointments, to financially helping her family in the Philippines when she can.

"Even if I only send \$20, that's a big amount for them and can help them a lot. I'm really happy when I'm able to help somebody. Even when I cannot afford, I stretch my budget."

Currently, Trinidad lives mostly by herself in Hercules as her husband frequently goes back to visit Hawaii and her children live out of town.

"My husband loves it there (Hawaii) because he says it is a paradise place for him. But most of my friends are here so that's why I love to live here in Hercules."

Trinidad was planning a trip to Hawaii with her husband for this summer when she unexpectedly suffered a fall in her garden in July and injured her elbow, requiring surgery and months of physical therapy. Though Trinidad signed up for the Meals on Wheels program earlier this year to help with her daily meals after being referred by some friends, the service became especially critical after her injury.

"Meals on Wheels is really a big help to me because for two months I was able to survive with help from them. You know, I live by myself most of the time and after my elbow surgery it was hard. It was good that I had the Meals on Wheels, or I could not live by myself. I love it."

Despite her injury, Trinidad has been recovering well and has not let it stand in the way of her love for gardening.

"You know what, can you believe it, I am still doing it. I cannot leave my plants, especially my Japanese eggplants because they are big, and they are bearing fruit, so I don't want to leave them to die. I also just harvested my big squash. I'm just very very careful in my garden now."

Over the years, Trinidad has grown all sorts of fruits and vegetables in her garden including peppers, tomatoes, sweet potatoes, and golden apples from her apple tree. She has incorporated these fresh ingredients into many recipes and loves to cook dishes for her friends and family such as chicken soup, chop suey, pancit, chicken adobo, and banana fritters.

"I try to cook once in a while. Family loves it. I miss it. I cook especially when my husband is here and when the children are here"

Even as a talented cook, Trinidad found it a little challenging to prepare all her own meals when she was by herself much of the time and reached out to Meals on Wheels to provide some extra support.

"It's very very helpful – you don't have to worry what to eat the next day. And especially for those people who cannot drive and for people who live by themselves. It's very useful."



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Even now, Trinidad continues to help those around her by recommending the Meals on Wheels program to her friends and sharing her own experience.

"I try to spread the word to those who are in need. I always worry about people who cannot afford their food or who have problems with their health. I am a person who really cares about other people."

We at Meals on Wheels of Contra Costa are so grateful that due to the support of our generous donors, we are able to help clients like Trinidad throughout Contra Costa County every day.

LETTER FROM THE DIRECTOR

Jacquelyne Livings, Senior Nutrition Program Director

Fall is the season when leaves turn a beautiful array of yellow, red, and orange and they fall from the trees. It's a time when the days get shorter and colder, and the air is filled with the sweet smells of cinnamon, nutmeg, pumpkin lattes, hot cocoa, and apple cider. It's also a time where everything in the season stays the same. You can count on fall appearing at the same time each year like clockwork. These memories and seasons remind us of a more normal time in life when things seemed to work out as planned.

If you had asked me a year ago what I thought our future would look like, I would have told you that our program would be back to normal operations, we would have resumed daily hot meal deliveries, and our clients would be receiving regular contact by our service providers and friendly volunteers. But to my surprise, we are still in the uncharted waters of the COVID-19 pandemic and Delta variant, and things seem more challenging than the year before.

As I started to write this article, I found myself at a loss for words. People that know me would say that was hard to believe, since that doesn't describe my personality. But if I am honest with myself, I admit that the challenge to continue to provide services to our frail, isolated homebound clients are even greater than before; especially in this season. Many of our clients still live in the constant fear that they will not have the financial resources necessary to sustain themselves.

As the director of this program however, I'm encouraged daily by the generous donations you supply to this program. It enables us to continue to provide much-needed services to our frail clients in this community. During the time when we needed you the most, you stepped up to the plate to assist us in our mission and make sure we were able to connect every homebound senior in this community in need, with our critical nutrition services.

We are still dealing with these COVID variants, and we know our work is far from over. However, we are confident that with teamwork and your continuous support, together we can meet these challenges.

Again, thank you for your support.



Meals on Wheels of Contra Costa Receives Grant from Antioch Community Foundation

Meals on Wheels of Contra Costa has been awarded a Community Impact Grant in the amount of **\$1,000** from Antioch Community Foundation

Thank you to ACF Executive Director Keith Archuleta and the Board of Directors for selecting us! We are so grateful for this support that will allow us to continue our work providing healthy meals for homebound seniors in our community.



FUNDRAISING / PROGRAM UPDATE

Thank You to Kiwanis Club of Moraga Valley

On August 31, MOWCC Director, Jacquelynne Livings gave a presentation at Kiwanis Club of Moraga Valley, describing the work we have been able to do over the past year thanks to a generous grant from the Club in 2020 resulting from their Feed the Need fundraiser, totaling over **\$30,000**. Thank you again Kiwanis Club members for your support of Meals on Wheels!

Pictured from left to right:

Marty Brinckerhoff - 2020 Feed the Need Fundraiser Lead

Elise Lozano - MOWCC Development Coordinator

Jacquelynne Livings - MOWCC Director

Jim O'Brien - Kiwanis Club of Moraga Valley President



Notice: MOWCC has changed credit card processors

If you have made a donation to us online over the past few months, you may have noticed that our online donation form has a fresh new look and feel. We have recently switched to SafeSave Payments as our credit card processing agent. Donations to MOWCC will now appear on your debit/credit card statement as **SSP*MealsWheelsContraCo**. Donors who have previously set up Monthly and Quarterly recurring donations should not have seen a lapse in their donation processing and do not need to make any changes. Please feel free to reach out to us with any questions about this change.

Meals on Wheels
OF CONTRA COSTA

Donation Information

Amount

<input type="radio"/> \$25	<input type="radio"/> \$50
<input type="radio"/> \$100	<input type="radio"/> \$250
<input type="radio"/> \$500	<input type="radio"/> Other

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

"YOU ALL ARE SOME OF THE MOST RESOURCEFUL AND CREATIVE PEOPLE EVER, ESPECIALLY IN SERVING SO MANY PEOPLE. ESPECIALLY DURING THE COVID ISOLATION AND SOCIAL DISTANCING!"

"YOUR PROGRAM AS SUCH A GREAT THING FOR MY MOTHER OVER 30 YEARS AGO SO I AM HAPPY TO "PASS IT ON". THANK YOU!"

"IT IS SO REWARDING TO BE ABLE TO CONTINUE MY FINANCIAL SUPPORT FOR THE HOMEBOUND WHO LIVE IN THE COMMUNITY"

"I HAVE ALWAYS KNOWN ABOUT YOUR WONDERFUL WORK SINCE I WAS A YOUNG CHILD"

FORD MOTORS BRINGS GOODIE BAGS & SMILES

Thank you to Ford Motors Community Foundation for supporting seniors in the community during the Ford Global Day of Giving this September! Meals on Wheels of Contra Costa was nominated by the Ford San Francisco Region Marketing, Sales, & Service team to receive two Community Impact grants to fund a project benefitting Meals on Wheels clients in Concord, near the local Ford office. Ford Experience Specialist, Rosie Padilla worked closely with the MOWCC team to plan and execute the event and came up with the idea of using the grant to put together surprise goodie bags of small fun and essential items for seniors to enjoy.

With these grants totaling an incredible **\$10,000**, Meals on Wheels of Contra Costa was able to purchase items such as socks, coloring books, notepads, flashlights, toiletries, pill organizers, and more to fill surprise goodie bags for clients in Concord and use any remaining funding to subsidize the cost of meals for our senior clients. Ford employees assembled all the goodie bags that were then delivered by our partner organization, Meals on Wheels Diablo Region, to **200 seniors** on Concord delivery routes along with their meal deliveries. MOWCC staff Jennifer Gomes-Figueira & Elise Lozano, as well as Rosie Padilla, were able to go on a delivery route and witness firsthand the happy surprise as clients received the goodie bags. Thank you again to Ford Community Foundation, Ford San Francisco Region, and Meals on Wheels Diablo Region staff and delivery drivers for making this event possible!



MISTER SOFTEE ICE CREAM FUNDRAISER A SUCCESS!

On July 17th, MOWCC partnered with Mister Softee Norcal for an ice cream fundraising event in Downtown Martinez.

Thanks to everyone who came out to support us!

With your help, we raised a total profit of **\$903** for local seniors

Thank you to MisterSofteeNorcal as well as Barrelista Coffee House for providing the venue for this event.



GRANT FROM KELLER CANYON MITIGATION FUND

Meals on Wheels of Contra Costa has been awarded a generous grant of **\$10,000** from the Keller Canyon Mitigation Fund. The Keller Canyon Mitigation Fund (KCMF) was established in 1992 to lessen the impacts of an East County landfill on roads, open space, and the surrounding community. This charitable grant will be used to provide thousands of meals to homebound seniors in the East Contra Costa County region of Pittsburg & Bay Point. Thank you to Keller Canyon Mitigation Fund Staff and Supervisor Federal D. Glover of Contra Costa County District 5 for selecting us for this award.

RECENT BEQUESTS

Since our last publication, Meals on Wheels of Contra Costa was named a beneficiary of two trusts/estates. We would like to extend our heartfelt appreciation to the following donors and our sympathies to their loved ones. These generous gifts will make it possible for thousands of seniors to receive lifesaving nutritious meals right here in Contra Costa County.

The Douglas Chan Trust
The Anthony P. & Joyce E. DeMercurio 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 at mowcc@cchealth.org for more information.

CONVERSATION WITH A MOWCC DONOR: DEBBIE

Interviewed by: Elise Lozano, MOWCC Development Coordinator

Debbie & her husband Kevin live in Oakley and have been loyal donors to Meals on Wheels of Contra Costa for the past 19 years. I had a chance to speak with Debbie as she shared her experience as a long-time donor and told me why she feels her gift matters.



Do you remember how you first heard about Meals on Wheels?

Do you have a personal connection?

"Yes, actually I do, it's very clear to me. What made me want to become a donor is that I had an aunt who lived in Iowa where I grew up and she never married and so she really never had anybody there to take care of her as she got older. She had a stroke, and she started getting Meals on Wheels bringing her food and she had made really good friends with these Meals on Wheels delivery people. They actually found her when she had her last stroke and made sure that she got to the hospital. She passed away at that time but those people from Meals on Wheels were so kind to her and they arranged a memorial service and everything for her. They didn't even know that she had family in California. It was just amazing. It was at that point in time I said, 'I'm definitely going to seek these people out and make some contributions.' So that's kind of why I decided to do it. They just took such wonderful care of my aunt. It brings tears to my eyes."

Are there other ways you're involved with Meals on Wheels aside from monetary donations?

"I deliver groceries twice a month for Meals on Wheels Diablo Region and I've met some pretty fabulous older people that I've made connections with, and it's been really great. My route's in Oakley so it's very local – it's probably within five miles of my home and I have about 9 people on my route, and I see them like twice a month, and it's just been really fun to get to know some of them. I try to make some connection with them because I know they probably don't get a lot of visitors."

Meals on Wheels Diablo Region is one of three subcontracting organizations part of the countywide Meals on Wheels program providing additional senior service and supplemental nutrition programs.

What do you hope to accomplish through your philanthropy? Do you have a goal?

"I just hope that the money is reaching the people that need it – the food – whatever it is that they need – that's my goal really. I just hope that it's helping someone. Hopefully they're getting enough food. It sounds like this has really impacted the community by helping these seniors out. They don't really have a lot of people they can depend on that can take them to the store. Family moves away. It's kind of heartbreaking but if everyone would step in and help a little bit it would alleviate all that."

In your opinion, what is the most important work that this organization does?

"I really think getting the food to the seniors is the most important so probably that and just giving them a little bit of company throughout their week."

Is there anything that you hope our organization will achieve in the near future or in the long term?

"I think you've already achieved my goals. Just keep doing what you're doing. It's pretty amazing the number of people that you guys reach."

What other organizations or causes do you support?

"I like to spread it around a little bit, so we donate to the Contra Costa Food Bank and the Rescue Mission. We also donate to the Wounded Warriors and then our community church. You have to be so careful about the people you donate to, making sure the money goes where it's supposed to go, and Meals on Wheels really seems to use the money for what's it's intended to be used for; not all overhead or admin or things like that, so that's pretty awesome too."

If you were talking to somebody else about giving to our organization, what would you tell them?

"I would tell them it's a great organization. You guys have a great cause, and you reach a lot of people. It's well-worth their while to donate to Meals on Wheels. It's a great program and you guys have gotten your word out there – what you do, what you're about. I think if they've got some extra cash, they should definitely be throwing it your way because you help so many people."

Are you a donor to Meals on Wheels of Contra Costa and would like to share your story about what MOWCC means to you? We'd love to hear from you! Please email us at mowcc@cchealth.org

OCTOBER IS BREAST CANCER AWARENESS MONTH

1 in 8 women will be diagnosed with breast cancer in her lifetime in the U.S. Though breast cancer can be scary or difficult to talk about, it is important for all women to make themselves aware of the risk factors and advocate for their personal health.



// RISK FACTORS

Getting Older

The risk for breast cancer increases with age

Genetic mutations

Inherited changes to certain genes, such as BRCA1 and BRCA2, are at higher risk of breast and ovarian cancer

Reproductive History

Early menstrual periods before age 12 and starting menopause after age 55. Additional risk factors include having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy.

Drinking Alcohol

Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

Having Dense Breasts

Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram.

Personal History of Breast Cancer or Certain Non-Cancerous Breast Diseases

Women who have had breast cancer are more likely to get breast cancer a second time.

Family History of Breast or Ovarian Cancer

A woman's risk for breast cancer is higher if she has a close female relative who has had breast or ovarian cancer.

Not Being Physically Active

Women who are not physically active have a higher risk of getting breast cancer.

Being Overweight or Obese After Menopause

Older women who are overweight or obese have a higher risk of getting breast cancer than those at a healthier weight.

Taking Hormones

Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years.

// PROTECTIVE MEASURES

Limit Alcohol

The more alcohol you drink, the greater your risk of developing breast cancer.

The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to no more than one drink a day.

Maintain A Healthy Weight

If your weight is healthy, work to maintain that weight. If you need to lose weight, ask your doctor about healthy strategies to accomplish this. Reduce the number of calories you eat each day and slowly increase the amount of exercise.

Be Physically Active

Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.

Breast-Feed

Breast-feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

Limit Postmenopausal Hormone Therapy

Combination hormone therapy may increase the risk of breast cancer. Talk with your doctor about the risks and benefits of hormone therapy. You might be able to manage your symptoms with nonhormonal therapies and medications. If you decide that the benefits of short-term hormone therapy outweigh the risks, use the lowest dose that works for you and continue to have your doctor monitor the length of time you're taking hormones.

Sources:
"What Are the Risk Factors for Breast Cancer?" Centers for Disease Control and Prevention
"How Common Is Breast Cancer?: Breast Cancer Statistics." American Cancer Society
"Breast Cancer: How to Reduce Your Risk." Mayo Clinic

For more information on how you can prevent breast cancer, visit the sources above and talk to your doctor.



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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.

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."

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



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



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