Sheila modestly states that Meals On Wheels was up and running for a few months before she joined. But we feel that when you remember delivering meals to the first 24 homebound elders ever served in West Contra Costa County, you qualify as one of the founding pioneers of Meals on Wheels in our County.

Sheila remembers "the good old days" when the volunteers had to actually pack the meals into the containers before delivery. She has fond memories of the many volunteers and friends that she has met and made along the way.

In 1985, a new era of delivery began for Sheila when her husband Dewey retired and joined the Meals on Wheels team. Dewey became a dedicated volunteer who has shared his wife's commitment to helping homebound elders for over two decades.

Together this “Dynamic Dean Duo” has delivered thousands of nutritious meals and thousands of warm and cheery smiles and comments, along with much needed wellness checks, to thousands of frail homebound elders.

Sheila Dean, seen here counting meals for her Meals On Wheels route in May of 1978, is a very familiar sight in West Contra Costa County even today, and has been since she began volunteering for Meals on Wheels in 1973.

On behalf of all Meals on Wheels recipients, their families, friends and neighbors, Meals on Wheels of Contra Costa salutes Sheila and Dewey Dean. Our very own Meals on Wheels Dynamic Duo!

Inside this issue...
- Major donors...
- New Board members...
- AT&T Messages with meals...
- Memorials and tributes...
- Oldest living Californian...
- Elderly independence...

One million meals delivered!

Very soon, some unsuspecting Meals on Wheels volunteer in our county will deliver the One Millionth Meal to a homebound elder made possible through your generous contributions to Meals on Wheels of Contra Costa.

This amazing milestone will be achieved sometime this October thanks to 16 years of caring support from thousands of individuals, businesses and charitable foundations in our community. Your generosity helps us bring a nutritious meal and a visit from a friendly volunteer to the homes to over a thousand frail homebound elders each day.

Responding to chronic waiting lists of frail homebound elders needing proper daily nutrition, Meals on Wheels of Contra Costa was founded in 1990, as a coalition of all of the organizations involved in providing meals to homebound elders through the countywide Meals on Wheels Program. “We just needed funds to buy a lot more meals,” remembers Robert Sessler, MOW of CC President and Co-Founder.

“Meals on Wheels staff, equipment, and a good volunteer network were already well established, but we lacked enough meals to reach all those in need.”

Throughout the 1980s government funding for senior nutrition programs was

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THANK YOU to our Major Donors: July 1, 2005–June 30, 2006

Our deepest heartfelt thanks to all of our supporters. Every gift is important and helps Meals on Wheels reach more homebound elders with nutritious daily meals. In this edition of “Tidbits” we acknowledge our Major Donors with cumulative gifts of $250 or more during the 12 month period ended June 30th. A more complete list of donors appears in our Spring edition along with our Annual Report. Many workplace donors and those wishing anonymity are omitted here for lack of donor information. If you feel your name has been omitted in error, we sincerely apologize and hope you will let us know so that we can correct our records. Thanks to all who Support Meals on Wheels!

President’s Circle:
Gifts of $10,000 or more
A T & T
American Express Travel Related Services
Dick & Beverly Davis
Dean & Margaret Lesher Foundation
San Joaquin Yacht Club
The Crescent Porter Hale Foundation
Thomas J. Long Foundation
Y & H Soda Foundation

Beneficiaries:
Gifts of $1,000–$9,999
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Chevron Texaco Employees
Clayton Business & Community Association
Community Health Charities – Workplace Giving
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Lawrence Livermore Laboratory – Employee Giving
Lowell Berry Foundation
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Rossmoor Rotary Charitable Trust
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The Donald & Carole Chaiken Foundation
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Employee Benefit Solutions – Ms. Roberta Whitman

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Kathleen M. Manus
Dr. and Mrs. Barry Miller
Jeffrey Moore
Patricia Ann Morain
Paul S. Read Real Estate Appraisal
Susan and Robert Phillips
Pinole Area Chapter of AARP

MOW welcomes new Board members
The Board of Directors proudly announces the addition of two new Board Members who joined during the spring. They are:

◆ Gail Garrett represents the County Senior Nutrition Program Advisory Council on the Board. Gail lives in Richmond and works at St. Mary’s College. She also volunteers her time working with senior citizens at the North Richmond Senior and Community Center.

◆ Cathy Ivers is a member at-large representing Shell Refining Company. Cathy lives in Martinez and has been very active in the community for more than two decades. She works in the Public Information Office at Shell Refining Company, has extensive media experience, and is the President-elect of the Kiwanis Club of Martinez.

One million meals delivered! —continued from p. 1

...stagnant or shrinking, while food and other costs increased every year.
“Our only hope was to ask the community for help,” Sessler recalls.
“We established Meals on Wheels of Contra Costa to seek community resources to provide the meals so desperately needed by homebound elders in our county, and community members opened their hearts and responded wonderfully.”

Just $2,000 was raised that first year, enough to subsidize about 1,000 additional meals, and add three or four homebound elders to the program. In 2006, over 750 frail homebound elders depend on your contributions to help provide 200,000 additional meals annually. Meals on Wheels will need to raise more than $450,000 from the community this year to meet that need. “I am confident in the commitment of our donor community,” Robert Sessler concluded, “Meals on Wheels would not be possible without their caring generosity. We are so grateful for their support.”
AT&T Messages with Meals

Will Rigney, Director of External Affairs for AT&T presented Paul Kraintz from Meals on Wheels of Contra Costa with a $15,000 check to help with providing meals for a single day throughout the county. He also delivered an important message from AT&T for Senior Citizens warning them to beware of fraudulent phone solicitations. During the event held at the Antioch Senior Center, public officials donned aprons and served meals to more than 120 Antioch Seniors. Officials present included: State Assembly member Joe Canciamilla, County Supervisor Federal Glover; Antioch Mayor Don Freitas; Antioch City Council member Jim Conley; City Treasurer Donna Conley, City Manager Jim Jakel; representatives from the offices of U.S Congress Representatives George Miller and Ellen Tauscher and State Senator Tom Torlakson.

Honoring friends and loved ones

What better way to show you care than with a gift to Meals on Wheels in tribute to a special person, or in memory of someone important in your life? Meals on Wheels of Contra Costa will send an appropriate card per your wishes expressing your sentiments to whomever you specify, and announcing your tax deductible tribute or memorial gift (but never the amount of the gift). You will receive a Thank You Letter.

Gift from:
Mr. & Mrs. Fahy
Leon Morpew
SOHA Engineers
Jim & Helen Atkins
J & H Atkins
Ken Gerlack
Caroline Underwood
Jim & Helen Atkins
Fusselman
Carl & Joyce Marino
Carol & Allen Teitelman
Carn Lucich
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Barbara Tiffany
Joanna H. Kraus
Nancy & Jack Dyer
Jim & Helen Atkins
Jim & Helen Atkins
Phil Sr. Club
Paul Armstrong
Ms. B. J. Harley
Judy & Steve Goldman
B. Berniker
David & Shary Lusty

In memory of:
Beverly Kettle
Carolina Lammana
Christina Hansen
Cliff Lawson
Diane Cluff
Dick Johnston
Don Vaughn
Ed Cahill
Frank Bruscato
Frank Lewis
Freya Hall
Freya Hall
Freya Hall
Karen Petersen
Lorna Nelson
Mrs. Barb Richards
Nancy Hunter
Robert McHam
Robert Smith
Roxanne Young
Roy Hamiter
Roy Hamiter
Shonte Roan
Sylvia Goldblatt
Ted Kessler
Tex Gray

Please Visit Our Website

Learn more about Meals on Wheels in Contra Costa County, and how you, your church or other community organization can help. You can even donate a vehicle or make a credit card contribution online. Visit us at: www.mealsonwheelsofcontracosta.org
George, the oldest living Californian!

At 112, George J. is the oldest living Californian and the state’s last surviving World War I Veteran. Featured in several past issues of “Tidbits,” George has been with Meals on Wheels since he was a young man of 104.

George is pictured here with his Social Work Specialist, Georgia Stockton, from the County Linkages Program. He is about to blow out the candles on a quart of his favorite ice cream provided by Meals on Wheels staff (a service we provide all our 112 year old Meals on Wheels participants).

George celebrated this year with family members visiting from around the country, which received considerable coverage in the local press. We wish George many happy returns—many more happy years pursuing his favorite past time of listening to radio sports broadcasts and living in the home he and his late wife built in the 1930s.

Meal programs maintain elderly independence

Meal assistance programs like Meals on Wheels help keep vulnerable elderly adults from becoming malnourished and help them to maintain their independence longer according to a study published in the July 2006 edition of the Journal of the American Dietetic Association by Dr. Heather H. Keller of the University of Guelph in Ontario, Canada.

Findings of the study conducted on 263 older adults over 18 months indicated that Meals on Wheels participants showed an improvement, or at least no decline, in their nutritional status and fared better than those in similar health conditions and not involved in such programs. Men and women participating in group meal programs like the County’s Senior Nutrition Café Program also fared better, though Meals on Wheels appeared particularly effective. Many seniors view such programs as a step toward losing their independence, when, in fact better nutrition may help them remain independent according to Dr. Keller.

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 is partnered with the East Bay Community Foundation for their 75 years experience in assisting charitable nonprofit organizations such as ours 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 Kraitsz, Secretary/Treasurer of Meals on Wheels at 925-646-9143 to discuss other planned giving options.

Health, independence and dignity for homebound elders

Meals on Wheels of Contra Costa, Inc.
P.O. Box 3195
Martinez, CA 94553

Address Correction Requested