The Mercers—Building Strong
Family & Community Foundations

Henry and Gladys came to California in 1942 in a rumble seat Model B Ford to find the good life. They were young, energetic, and ready to meet life’s challenges together.

Initially they worked in the Bay Area World War II shipyards helping to protect our liberty and freedom. By 1943 their construction business began as side jobs and remodeling work. It eventually grew into designing and building new homes. Children Patricia, Bud, Garnetta, and Barbara were soon born to this young loving couple, and Henry’s and Gladys’ skills, talents, and confidence grew with their new family.

With few financial resources they began building modest homes in the flatlands of San Pablo and, by the 1950s, advanced to larger “contemporary” homes in the foothills of West Contra Costa.

In 1955 they moved their family and business to the Oakley, Knightsen, Brentwood area of East Contra Costa and became active in the community as 4H leaders. Gladys also served as a leader in the local Girl Scouts, Rainbow Girls and PTA. And, in their “spare time” they raised and trained Peekapoos...dogs, which were always a crowd pleaser among both children and adults at local events.

Now in their 80s, the Mercers face the challenges and infirmities of aging as they faced all of life’s challenges. Their willingness to take risks and meet new challenges built a strong foundation for their family. The fruits of their labors provided foundations for many other families to live their lives. And their many years of leadership built strong foundations for many organizations in their once rural community.

We can all take a lesson from Henry and Gladys, who were never afraid to follow their dreams.

Responding to the most recent County budget crisis, County Health Services proposes cutting $40,000 in senior nutrition program funds this year, a large portion of which will come from the countywide Meals on Wheels Program. This reduction, coupled with continued flat state and federal program funding, and increased meals costs, makes for a very challenging budget year for Meals on Wheels.

Less than 45% of Meals on Wheels Program funding comes from government sources, yet they play an important roll in providing Meals on Wheels to homebound elders in Contra Costa County. As program costs increase, and government funds remain stagnant or shrink from year to year, community support for Meals on Wheels becomes more important than ever.

Meals on Wheels of Contra Costa, Inc. is the only organization raising funds from the community to provide meals for homebound elders through the countywide Meals on Wheels Program.

2006 budget challenges facing Meals on Wheels

Inside this issue...
- 2004-2005 Annual Report
- Edgar Monk Retires
- Program Services
- How $2 Buys a Meal
- Meals on Wheels Roll of Honor
Mr. Noble’s Opus... A life dedicated to knowledge and the community

When Mr. Noble retired as Vice Principal of Liberty Union High School in 1982, after 36 years of dedicated service in education, he was known as a thoughtful, trusted, and respected teacher and administrator. Some would say he personified the “pal” in Principal. But he was so much more than that.

In July of 41 he was drafted into the U.S. military; and served as a member of the Infantry Band throughout WWII—including both the German and French campaigns—and returned home on December 26, 1945.

Mr. Noble has three books to his credit. Two provide firsthand insights into a soldier during those very difficult times: Notes From a Musical War and Letters From Europe 1945. And, in 1995 he finished his third book Liberty Union High School A Memoir.

As often is the case, there was a woman behind this successful man. Mr. Noble is quick to credit his wife “Chick” for her many years of support, encouragement, and partnership. The Nobles volunteered together on many community activities, most notably their 37 years as music director and organ accompanist for the Community United Methodist Church Choir. Mr. Noble estimates this entailed 1500 Sunday services, an even larger number of rehearsals, 26 Christmas concerts and many other special musical events. It was a labor of love for both. Mr. Noble originally qualified for Meals on Wheels as the dedicated caregiver for his beloved wife of 61 years.

Vernon Noble came to Brentwood in 1946 via Marin County, having grown up and received his early education in San Rafael and San Anselmo. Commuting by rail, ferry and streetcar, he earned an AB degree in music and education from San Francisco State University in 1940.

Gourmet East Bay/Restaurant Week raises big $$ for food charities

MOW of CC Board Chairman Robert Sessler (far left) displays checks presented by American Express and Diablo Magazine/Broadway Plaza Shopping Center representatives as charitable contributions to Meals on Wheels from their annual “Gourmet East Bay/Restaurant Week” Events. The events were held in November 2005 to benefit three food related charities in the East Bay Area.

Looking on are: (from right of Sessler) Gillian Herbert of American Express; Liz Vargas, Meals on Wheels; Tracy Dietlein, Broadway Plaza Shopping Center; Paul Kraintz, Meals on Wheels; and, Barney Fonzi, Diablo Magazine Publisher. The combined events netted more than $70,000 that was divided among the charities.
Because you care, Meals on Wheels volunteers now deliver nearly 1,100 nutritious daily meals to frail and vulnerable homebound elders throughout our county. More than just a statistic, this represents the delivery of life sustaining daily nutrition to homebound elders who might not otherwise be able to live independently with dignity, in the security and comfort of their own homes. Your support allows Meals on Wheels to help make this possible.

The typical Meals on Wheels participant is an 83-year-old woman who lives alone, and is afflicted with one or more chronic health problems that prevent her from preparing or shopping for nutritious daily meals. She lives on a meager fixed income which is quickly being consumed for rent and medication costs, leaving her with little money for such basic needs as food. She was probably referred to Meals on Wheels by a family member or neighbor who was concerned that she wasn’t eating properly, and feared that her already fragile health would deteriorate further. She receives hot nutritious noon meals delivered five days per week by a friendly Meals on Wheels volunteer, and also receives frozen meals for weekends. Though she can ill afford it, she voluntarily makes an average contribution of $1.90 towards the cost of each meal she receives.

Your contributions to Meals on Wheels of Contra Costa, along with grants from foundations and civic organizations, help us bridge the gap between the voluntary contributions received from Meals on Wheels program participants, and the actual cost of providing their meals. For every $2.00 we receive in donations or grants, another meal can be delivered to a homebound elder in Contra Costa County. This is due in large part to the enormous daily contribution of time and effort by volunteer Meals on Wheels drivers throughout the county.

Government grants now account for less than 45% of total Meals on Wheels funding. These are used mainly to pay the costs of program staff who perform the difficult tasks of coordinating, administering, and monitoring the wholesomeness of 1,100 daily meals delivered to frail homebound elders countywide via 70 Meals on Wheels routes.

More than half of the 265,000 meals delivered to homebound elders annually through the countywide Meals on Wheels Program are subsidized by contributions and grants received by Meals on Wheels of Contra Costa. We are the only organization raising funds to provide meals delivered through the countywide Meals on Wheels Program.

We would like to once again offer our sincere thank you for your continued generous commitment of support for Meals on Wheels in our community. You make the important difference in the lives of our frail and vulnerable homebound elders.
OUR MISSION...
We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their own homes.

MEALS ON WHEELS OF CONTRA COSTA IS...
...a charitable non-profit coalition of all of the agencies that deliver Meals on Wheels in Contra Costa County through the countywide Meals on Wheels Program.

MEALS ON WHEELS OF CONTRA COSTA IS...
...the only organization raising funds from the community specifically to provide meals for this vulnerable at-risk population through the countywide Meals on Wheels Program.

WE BELIEVE...
▲ Frail homebound elders deserve our assistance to maintain their health, independence and dignity.
▲ Regular nutritious meals and friendly human contact can make an important difference in the well-being of a homebound elder.
▲ When a homebound elder remains in the comfort and security of their own home, both the individual and society are better served.

Nutritious meals &
cost effective, too!
Meals on Wheels volunteers can deliver another meal for every two dollars we receive in community contributions. Here’s how:

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 06-07 Meal Cost</td>
<td>$3.55</td>
</tr>
<tr>
<td>Fundraising/Admin Costs</td>
<td>$3.90</td>
</tr>
<tr>
<td>Average Voluntary Client Contribution</td>
<td>-$1.90</td>
</tr>
<tr>
<td>Community Gifts</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

Volunteer drivers, contributions from homebound elders receiving Meals on Wheels, and government grants that cover staff and overhead costs make this possible. With your help we will subsidize 190,000+ meals in FY 2006-07.

MEALS ON WHEELS PROGRAM SERVICES
October 2004–September 2005

▲ 260,056 hot and frozen nutritious meals were delivered to frail homebound elders this past fiscal year by Meals on Wheels volunteers and staff—a 12.7% increase over the previous year.
▲ 55% of all meals delivered to homebound elders were subsidized by contributions and grants to Meals on Wheels of Contra Costa, Inc. from caring individuals, foundations, businesses, or community service organizations.
▲ 400 volunteers drive most of the 70 daily Meals on Wheels routes countywide, clocking over 200,000 volunteer miles driven last year.
▲ 99% of all Meals on Wheels deliveries countywide are made to homebound elders.
▲ Each meal exceeds the Recommended Dietary Allowance for older adults. Special diets are available for those with a documented medical need.
▲ Frozen meals were provided for weekends and holidays for those homebound elders without the benefit of friends or family.

Contra Costa County Communities Served by Area

▲ 89,058 meals in West County, including: Crockett, El Cerrito, El Sobrante, Hercules, Pinole, Port Costa, Richmond, Rodeo, San Pablo
▲ 101,908 meals in Central County, including: Alamo, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon, Walnut Creek
▲ 69,090 meals in East County including Antioch, Bay Point, Bethel Island, Brentwood, Byron, Discovery Bay, Knightsen, Oakley, Pittsburg
### SUMMARY FINANCIAL STATEMENT

**Fiscal Year October 1, 2004–September 30, 2005**

<table>
<thead>
<tr>
<th>Income</th>
<th>FY 04-05</th>
<th>FY 03-04</th>
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</thead>
<tbody>
<tr>
<td>Individual Contributions &amp; Bequests</td>
<td>$240,194</td>
<td>$132,056</td>
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<tr>
<td>Workplace Campaigns &amp; Donations</td>
<td>39,506</td>
<td>30,824</td>
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<tr>
<td>Foundations &amp; Corporations</td>
<td>51,285</td>
<td>96,164</td>
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<tr>
<td>In-Kind Contributions</td>
<td>0</td>
<td>6,250</td>
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<tr>
<td>Interest Earned</td>
<td>6,354</td>
<td>2,334</td>
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<td><strong>Total Income:</strong></td>
<td>$337,339</td>
<td>$267,628</td>
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<table>
<thead>
<tr>
<th>Expense</th>
<th>FY 04-05</th>
<th>FY 03-04</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals &amp; Program Services</td>
<td>$277,202</td>
<td>$229,050</td>
</tr>
<tr>
<td>Management &amp; General Expenses</td>
<td>5,389</td>
<td>520</td>
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<tr>
<td>Audit</td>
<td>3,425</td>
<td>3,400</td>
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<tr>
<td>In-Kind Expense</td>
<td>0</td>
<td>6,250</td>
</tr>
<tr>
<td>Public Relations &amp; Fundraising</td>
<td>20,948</td>
<td>42,333</td>
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<tr>
<td><strong>Total Expense:</strong></td>
<td>$306,964</td>
<td>$281,553</td>
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</tbody>
</table>

| Used from Contingency Reserve + or (–)      | $30,375* | $(13,925) |

Note: * Partially offsets deficits in FY 03-04 and FY 04-05 totaling $-47,293

For additional information visit our website: [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org)

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Thomas J. Long Foundation representatives Marcia Sander (left) and Bob Coakley (2nd from right) present Meals on Wheels with a grant of $10,000 to subsidize 5,000 additional meals for frail homebound elderly Contra Costans.

Learn more about Meals on Wheels of Contra Costa and the countywide Meals on Wheels Program by visiting our website at: [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org). Here you can learn how to access Meals on Wheels for a friend or loved one, find out about volunteer opportunities in the program, and learn how your business, civic organization or church group can contribute to the success of Meals on Wheels in Contra Costa County. You can even donate your old vehicle or make a contribution via credit card online.

Help deliver meals, work in the office, or help with our special events. If you are interested, please call us TOLL FREE: 1-866-669-6697 or visit our website [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org)

Meals on Wheels of Contra Costa is a proud member of [Local Independent Charities of America (LIC)](http://www.lisa.org), which provides access for local charities to business, corporate and public sector charitable workplace giving campaigns. For information on establishing a workplace employee giving campaign contact LIC National Headquarters at 1-800-876-0413
Our deepest heartfelt thanks to all our supporters on behalf of those frail elders who received daily nutritious meals thanks to your generosity. In addition to those recognized on these pages are many anonymous and workplace donors who we are unable to identify by name or donor amount. Also omitted due to space limitations are donors who gave less than $100 during the 12-month period. Every donation counts! Finally we want to acknowledge the tireless efforts of more than 400 volunteers, without whom Meals on Wheels could not serve anywhere near the 1,100 frail homebound elders who receive daily meals. You, our donors and volunteers, make Meals on Wheels possible! Thank you one and all.

President’s Circle: $10,000 or more
Dick and Beverly Davis
Dean & Margaret Lesher Foundation
San Joaquin Yacht Club
SBC/Pac Bell
Thomas J. Long Foundation
Y & H Soda Foundation

Benefactors: $1,000 - $9,999.99
Broadway Plaza Shopping Center
Diablo Publications
Peggy & Nadav Friedmann
Sunshine House Kid Zone, Inc.
Community Health Charities Agency
Lawrence Livermore National Laboratory Employees
P G & E Corporation
Clayton Business & Community Association
Lowell Berry Foundation
Robert Whitman, Employee Benefit Solutions
ChevronTexaco Employees
Gilbert Henry Gates
Kevin J. De Vries
James A. & Dana L. Finegold
Peggy & Marty Mancebo
Stephan J. & Wanda M. Schendel
Conrad G. Taylor
Tesorol Petroleum Companies, Inc.
The Donald & Carole Chaiken Foundation
The Safeway Foundation

Patrons: $500 - $999.99
B. Ashley Construction
Richard O. Baker
Donald A. Brit
James A. Camous
Aldo & Pearl Cavaaza
Cherida Collins Smith
Bruce & Angela Cowee
Mildred Fong, Class Act
Clorox Gift Campaign
David Dayton
Beatrice K Davis
John S. and Betty C. Edwards
Yvonne M. Fairchild
Michael Jay Ferlise
Rachel B. and Jeffrey D. Hess
Esther L. Hibner
Norman & Harriette Heibel
Dudley Kennedy
Shary K. & David Luthy

Thank you!
Joining Meals on Wheels Legacy Circle places you among an exclusive group of committed donors who have expressed their dedication to ensuring that Meals on Wheels will be here for future generations of frail elders. By making a Planned Gift to Meals on Wheels of Contra Costa, Inc. in a Will or Trust, Legacy Circle members have an enormous impact on the future availability of our services.

Meals on Wheels of Contra Costa has partnered with East Bay Community Services Foundation, which, for 75 years, gained extensive experience in assisting charitable non-profit organizations such as Meals on Wheels with the transfer of a variety of gifts including stock, mutual fund shares, real estate, and other appreciated property, and much more. Such assets can be gifted immediately with many tax advantages to the individual, or given as Planned Gifts and bequests in the future.

Join the Meals on Wheels Legacy Circle by letting us know of your intention to make a Planned Gift to Meals on Wheels, or contact Paul Kraintz, Secretary/Treasurer, at 925-646-9143, to discuss other planned giving options.

Help us Improve!

If you receive more than one copy of this newsletter, please contact 1-866-669-6697, or email us through our website at www.mealsonwheelsofcontracosta.org. We are trying to clean up our mailing list of cherished friends.

Also, please inform us regarding any special mail requests you may have. For example, some of our supporters only wish to receive our bi-annual Newsletter/Annual Reports, and others only our holiday appeal. Some supporters request a supply of return envelopes to keep on hand. Thank you for your continued support and patience.

Remember...MEALS ON WHEELS OF CONTRA COSTA NEVER SHARES OUR MAILING LIST WITH OTHER ORGANIZATIONS.

GOLF & BOWLING Tournament
Saturday, May 20, 2006

$227,300 raised over the years!
150,783 meals provided to homebound elders in East County!
Golf at Island Club Golf Course in Bethel Island
Bowl at Harvest Park Bowl in Brentwood

For more info and entry form, call toll free: 1-866-669-6697 (1-866-MOW-MOWS)

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San Joaquin Yacht Club

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