Charitable contributions provide emergency meals for homebound

When a major disaster strikes, if you are elderly, homebound, and live alone, and depend on Meals on Wheels deliveries to sustain your health and independence, you can now rest a little easier.

Food insecurity during a major disaster has been greatly reduced for Meals on Wheels participants in Contra Costa County, thanks to Emergency Meals Packages (E-Packs) made possible by your caring donations to Meals on Wheels of Contra Costa.

Meals on Wheels Registered Dieticians are paying a special visit during July and August to the homes of 1,000 program participants countywide to deliver an E-Pack and provide special instructions on its proper storage and use. Each E-Pack contains six high quality, nutritious, shelf-stable meals to be used only if a major public emergency interrupts regular Meals on Wheels deliveries.

E-packs have a maximum one-year shelf life, and will be replaced every six months to ensure they remain fresh and wholesome. The entire $48,000 annual cost for this project will be borne by the generous charitable donations and grants we receive from individuals, charitable organizations and businesses.

“Meals on Wheels recipients and their families count on us. If we can’t deliver after an earthquake or other emergency, program participants still need to eat,” explains Liz Vargas, Meals on Wheels Operations Manager who spearheaded the project.

When safe to do so, Meals on Wheels volunteers and staff will mobilize to check on each program participant, and immediately report any problems to family contacts and the proper authorities. “Sometimes Meals on Wheels volunteers bring the only food our participants have all day, and are their only visitors.” says Vargas.

“During a disaster, many homebound elders will be alone and frightened. With E-Packs and one-on-one education, we are doing what we can to help them prepare.”

Sweet, Sweet 101

Talking with Emma M., it is hard to believe that she celebrated her 101st birthday on June 6. Although she may have physically slowed a little, there is nothing slow about her mind. She is a delight to talk to, and she has such a richness of history to share.

Emma was born in Louisiana, and came to Contra Costa with her husband in 1942, to work in the shipyards like so many others at that time, helping to build our nation’s military defenses following Pearl Harbor. Emma meanwhile worked for Hunt’s and Wesson Foods in their Oakland cannery, retiring after 23 years of service.

Emma and her husband raised ten children (7 boys and 3 girls), and she has enjoyed many years of many great; great, great; and even great, great, great grandchildren.
THANK YOU to our Major Donors: July 1, 2006–June 30, 2007

All Meals on Wheels Donors are making an important difference for homebound elders who need our nutritious daily meals and a visit from a caring Meals on Wheels volunteer. Below we acknowledge our donors of $250 or more during the past 12 months. Many workplace donors are omitted for lack of complete information, as well as those wishing to remain anonymous. We would again like to thank all our caring donors for their wonderful support to bring meals to homebound elders at nutritional risk in our community.

President’s Circle:
$10,000 or more
A.T. & T.
Dick and Beverly Davis
Dean & Margaret Lester Foundation
San Joaquin Yacht Club
Thomas J. Long Foundation
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Massonita Smith
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The Jewish Community Foundation
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$250–$499.99
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Trudy K. Kelchell
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Just Packards - Steve Messenger
TNT Carpet Cleaning
Gene Traversaro
Frederick Trott
James Tyler
Brian J. and Kathleen E. Utzing
Susan J. Vincent
Leah Walls
E. J. Waltersfeld
Tino Carpet Cleaning
Gene Traversaro
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E. J. Waltersfeld
Tino Carpet Cleaning
County Board of Supervisors honors Meals on Wheels of Contra Costa

On June 27 the Contra Costa County Board of Supervisors adopted a resolution honoring Meals on Wheels of Contra Costa, Inc. on the occasion of its achieving two major milestones. In October 2006, Meals on Wheels volunteers delivered the 1 millionth meal subsidized by community contributions to Meals on Wheels of Contra Costa and, in June 2007, total contributions received and expended by Meals on Wheels of Contra Costa since 1990 to provide meals for homebound elders surpassed $2 million.

Pictured from left are County Supervisors Federal Glover, Mary Nejedly Piepho (Board Chair), John Gioia, Gayle Uilkema and Susan A. Bonilla. Accepting for MOW of C. C. are Board Members Cathy Ivers, Paul Kraintz, and Robert M. Sessler (Board Chair).

Friends and loved ones

Show how much you care with a tax-deductible gift to Meals on Wheels in tribute to a special person or organization, to commemorate a special event, or in memory of someone important in your life. Meals on Wheels will send an appropriate card per your wishes to whomever you specify, expressing your sentiments and announcing receipt of your gift (but never the gift amount) and you will receive an acknowledgement letter.

Gift from... In memory of...
Marie Aserude Jean Campbell
Janie Abbey Mel Foreman
Marilyn and Robert Almond Nancy Booin
Helen and James Atkins Diane Cluff
Helen and James Atkins Can’t locate…
Chaicle O. Bagby Davis Dol & Dorothy Degger
Iris Bergen Ted Kessler
Barbara and Kenneth J Berniker Sylver Hope
Edward and Erica Blackman Rena Rose Accornero
Eltie Bookman Judith and David Gavin
Lorraine P. Bray Jeanne Gibson
Mary and David Charamunga Paul Gains

Gift from... In memory of...
Marcella Colarich Marcella Colarich
Mariah, Age 7
Mary and Jeffrey Cox Marlene Delorenzi
Margaret E. and Richard H. Denny Rick Dosa
Haradon M. and Shirley A. Dillon Mr. & Mrs. J. Robert Erikson
Rick Roesler
Suzanne’s mother
Laura Jean Frisbie
Harry Ried
Rick’s mother
Icem Shepherd
Laura Jean Frisbie
Luis Rammell
Susan Green’s mother
“Barbara “Bobbie” Jean Swift”
Can’t locate…
Nona Dial
Can’t locate…
Elsie Sickels
Bob DeGriff
Lorraine Kraintz
Sally Prater
Barbara Towers
Carl Hodge
Guido Lucchesi
Mark Thomas
Frank Majersky
Doll & Dorothy Degger
Sis Collins
Evelyn Milet
Jacques Wheldon
Betty Smith Thompson
Ted Murray
Laura Jean Frisbie
Laura Jean Frisbie
Larry Pedrotti
Doll & Dorothy Degger
June Bright
Laura Jean Frisbie
Louis Campbell
Bert Scarborough
Doug Richardson
Ralph Taylor
David Heyler

Gift from... In memory of...
Yvonne and Peter Seely
Yvonne and Peter Seely
Yvonne and Peter Seely
E Setchell.
Daneshvar Sharareh
Lucia Stenberg
Dorothy L. Stockwell
Faye and Sandra Straus
Eugenia Sullivan
Pamela Sullivan
Bridge Teranen
Marlene Thompson
Harvey and Ramona Trowbridge
Jeanne Yacconcellies
Rochelle and Robert Walkup
Mrs. Wilma Walsh
Thomas Watt
William Webb
Nancy and Robert Wheaton

Gift from... In memory of...
Robert Dill
Lois White
Duncan Kilpatrick
Chan Wong
Can’t locate…
All M. Daneshvar
Jim Gardelle
Can’t locate…
Ivan C. Miller
Earlene Frances Casey
Earlene Frances Casey
Helen Regan
Dolf & Dorothy Degger
Dolf & Dorothy Degger
W. Graham Thornton
Earlene Frances Casey
Lucille Patterson
Dolf & Dorothy Degger
Mr. & Mrs. William G. Huff
Icem Shepherd

In tribute to…
Son Mathew
Charlie & Gerry Baake
Mrs. & Mrs. Bill Y. Chung
(parents)
Beatrice—a very good friend
All Good Women
Can’t locate…
Mary Lee & Jane
Barry Miller, M.D.
Mrs. Richard Cotter
Grandma & Grandpa Webster

Grandma Jones
Meals on Wheels volunteers
Bert Battagini
Meals on Wheels volunteers
Rex Johnston
Mary Humphrey
Ada Pilcher
Mr. & Mrs. James Hatfield
The Wood Families in Oakland, Berkeley, and San Diego
Supervisors and Mayors for Meals 2007

On March 21, our countywide Meals on Wheels Program participated in a nationwide effort to invite local elected officials to ride Meals on Wheels routes and meet program participants and volunteers. This enormously successful event proved to be a richly rewarding experience for all concerned, and we look forward to doing it again in the future. Those Officials who participated are:

- District IV County Supervisor Susan Bonilla,
- District V County Supervisor Federal Glover
- Antioch Mayor Donald Freitas
- Concord Mayor Mark Peterson
- Clayton Mayor Bill Walcutt
- Martinez Mayor Rob Schroder
- Oakley Mayor Kevin Romick
- San Ramon Mayor H. Abram Wilson
- Walnut Creek Mayor Pro Tem Gwen Regalia

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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 Kraintz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-646-9143 to discuss other planned giving options.

Remembering Meals on Wheels

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Health, independence and dignity for homebound elders

Martinez Rotary President Al Morris presents a check to Meals on Wheels to help provide meals. Paul Kraintz accepted the gift and gave a brief presentation on the new Emergency Meals (E-Pack) initiative.

Supervisor Bonilla with Volunteer Driver Marilyn Concepcion visits MOW participant in Concord.

Supervisor Glover delivers a meal to MOW participant in Pittsburg.

Clayton Mayor Bill Walcutt with volunteer driver Ron Chang.

Supervisor Bonilla with Volunteer Driver Marilyn Concepcion visits MOW participant in Concord.

Supervisor Bonilla with Volunteer Driver Marilyn Concepcion visits MOW participant in Concord.