Thankfully our Meals on Wheels of Contra Costa Board of Directors has always insisted we maintain a modest contingency reserve fund in good years, so that we can maintain services for our frail homebound elders in lean years like these. We finished fiscal year 2008 in the red, meaning that a portion of our reserves were needed to make sure every nutritionally at-risk homebound elder needing Meals on Wheels was served. We expect a second year of red ink in 2009, but still hope to avoid reducing Meals on Wheels services for our homebound elders.

We remain optimistic that the continued generosity of you, our donors, will help Meals on Wheels weather this and future financial storms to continue our vital work.

Katherine and Joan formed their partnership back in 1991. Katherine, a very busy homemaker raising 7 children and Joan, a retired school teacher, made the commitment as friends to get together and volunteer to deliver Meals On Wheels one day each week. Two years later, Joan returned to work while Katherine continued “Meals On Wheeling.”

Just about this time Katherine decided to take on a second day delivering meals and enlisted two other longtime friends to “come along for the ride.” They too became long-term Meals On Wheels volunteers. During those years Katherine and Ann Schmershal (then 80 years young) and Gwen Hoffmann have delivered thousands of nutritious meals to their frail neighbors. Katherine jokes that she “drove my Dodge Caravan into the ground,” adding “but I have no regrets.”

And, in 2006, as the fates for long-term close friendships would have it, Joan and Katherine were back together again, driving, navigating, knocking on doors, delivering, and—most importantly—laughing and enjoying themselves while performing a critical service for their community. The two are as concerned as ever about the elders they so conscientiously serve and check in on each Wednesday and Thursday, 52 weeks a year.

We estimate, conservatively, that Katherine and her wonderful friends and driving partners have delivered 51,600 nutritious meals over the past 17 years, given 103,000 beautiful smiles, and provided perhaps millions of warm and much needed words of love and encouragement.

Congratulations, Katherine and Joan, and THANK YOU.

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Katherine delivering a meal

Joan delivering a meal

Weathering the financial “Perfect Storm”

Dramatic increases in homebound elders seeking Meals on Wheels, recent government funding reductions and declining public contributions may create the financial “perfect storm” for Meals on Wheels in 2009.

Inside this issue...

- Honoring our Major Donors
- Years of support from San Joaquin Yacht Club
- Friends & Loved Ones Remembered
- Who we are!
- Auto parts store supports MOW
- Remembering MOW
Every donation to Meals on Wheels makes a difference for our frail nutritionally at-risk homebound elders who need Meals on Wheels to maintain their health and independence. Space limitations prevent us from acknowledging in print our more than 6,600 wonderful and most generous individual donors annually. Some often you want to receive appeals from us. We try to respect donor wishes about how we acknowledge you. We don’t share donor names or other personal information with any other organization. We respect the privacy of our donors.

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For more information or to donate, please call 925-428-2500.
San Joaquin Yacht Club supports Meals on Wheels over many years!

Liz Vargas from Meals on Wheels (center) recently accepted a $25,500 check, and she thanked the membership of the San Joaquin Yacht Club for the proceeds of annual charitable activities and events they sponsor to benefit Meals on Wheels. Over a 20-year period SJYC members have raised funds to provide 196,000 meals for East County homebound elders. Thank you so much for your wonderful commitment to our community.

**Friends and loved ones remembered!**

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.
Meals on Wheels of Contra Costa, Inc. is a charitable nonprofit coalition of all the organizations involved in providing Meals on Wheels services in Contra Costa County. Through the generous gifts of our individual donors, charitable foundations, businesses and civic groups, we subsidize a portion of all 300,000 Meals on Wheels delivered each year countywide by 400+ volunteers—meals which reach more than 2,200 nutritionally at-risk frail home bound elders.

We have no paid employees in our organization, but depend on the donated staff time from our member agencies and purchase clerical support on an as needed basis. Our Mission: We support homebound elders to maintain their health and dignity, and to live independently in the comfort and security of their ones.

Auto parts store supports MOW

SP Automotive Supply Sales Manager Steve Markus presents a check to Meals on Wheels of Contra Costa Secretary/Treasurer Paul Kraintz for the proceeds from a benefit fundraiser held at their annual Oakland Raiders game tailgate party for customers and staff.

In addition, Mr. Markus announced that SP Automotive Supply stores would now offer a Meals on Wheels Volunteer Discount on auto parts and accessories at all store locations—including San Pablo, Martinez and Brentwood—as “a special thank you” for their dedication and service to the community.

Annual reports and Form 990

Most recent Meals on Wheels Annual Reports and Form 990 are available on our website, www.mealsonwheelsofcontracosta.org to view and print. If would like paper copies but lack Internet access, please call 1-866-669-6697 for assistance.

Health, independence and dignity for homebound elders

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

Address Correction Requested