Meals on Wheels of Contra Costa, Inc

Spring 2008

Ann Fountain—a very crafty lady

Today, measuring “ones ecological foot print” may be fashionable, but it is just second nature to 92 year old Ann Fountain, aka, “The Tin Can Lady”, who has been on the “cutting edge” of recycling since the late 50s.

Ann’s interest in arts and crafts began in her childhood days on a farm in No. Dakota. Crafts are just part of how “farm kids keep themselves entertained”. Her artistic gifts Ann has kept many others delighted and entertained ever since.

She was first introduced to tin craft back in 1959, while attending a hobby show. “The work was so beautiful, and I was struck at the time by how inexpensive the materials were. Anyone involved with crafts knows how costly materials can be.”

In tin craft, most of the materials are included in the weekly grocery budget.”

Over the years Ann taught arts and crafts in a number of Bay Area communities. And, her book, 'A Tinsmith’s Creation of Flowers', has sold hundreds of copies, and can be found in libraries across the country.

Ann’s creative abilities range widely from beautiful tin-crafted flower arrangements to wall plaques made of natural recycled materials to striking oil paintings. There is no question that much of her work could have been sold, but Ann has never gone commercial. Instead she has given many of her creations to family, friends and neighbors.

Even at 92 and with a pacemaker, Ann keeps a pace few of us could emulate. She still loves to spend time in her art studio snipping, pasting and painting, and as she says, “I am just too busy to get old.”

Ann today showing one of her tin crafts.

Meals on Wheels delivers in record numbers

Meals on Wheels began the new year with a bang, serving record numbers of homebound elders and disabled during the first two months of 2008. Meals on Wheels delivered a whopping average 1,227 daily meals in January and February, more than a 10% increase over the same months in 2007.

When you factor in our new E-Pack program, which provides an emergency meals supply for each Meals on Wheels participant, the actual number of meals delivered to our homebound participants in Contra Costa County increased more than 20% during January and February.

“Meals on Wheels staff have made an extra effort this year to find those isolated homebound elders who might otherwise be overlooked,” according to Paul Kraintz, Program Director. “This effort, along with the new E-Pack program, is only made possible thanks to the generous contributions we receive from the community,” Paul stated.

Inside this issue...

- Honoring our Major Donors
- Rotary Club honors MOW of Contra Costa
- Friends & Loved Ones Remembered
- Success with E-Packs
- Board members retire
Every donation to Meals on Wheels makes a difference for our frail homebound elders who need Meals on Wheels to maintain their health and independence. Space limitations prevent us from acknowledging more than 6,000 annual donors individually on these pages, and many workplace donors may be omitted for lack of complete information. Please be assured that each donation to Meals on Wheels is most gratefully appreciated.

### President's Circle: $10,000 or more

- Adams, Abraham and Nancy White
- Adelson, Eliot and Julia
- Alves, Wendi L.
- Abel, John Alan and Cheryl
- Ark Foundation
- Alvey, Jorge

### Benefactor: $1,000-$9,999.99

- Adams, Abraham and Nancy White
- Adelson, Eliot and Julia
- Alvey, Jorge

### Patron: $500-$999.99

- Abel, John Alan and Cheryl
- Alvey, Jorge

### Tidbits

- ** Patron: $500-$999.99 **

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<th>Name</th>
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*Some information for our donors:*

- We don't share donor names or information with any other organization.
- We try to respect donor wishes about how often we may want to receive appeals from us.
Rotary Club honors Meals on Wheels of Contra Costa

The Rotary Club of Danville/Sycamore Valley recently honored Meals on Wheels during a brief ceremony during their regular weekly meeting, and presented Meals on Wheels Program Director, Paul Krantz with a check for $1,000 to help provide meals for our homebound elders in the surrounding communities.

Annual report now available

The Meals on Wheels of Contra Costa Annual Report is not available upon request. Please contact us through our Website email at www.mealsonwheelsofcontracosta.org or call 1-866-669-6697 to obtain a copy.

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.

Gift from... In memory of...
Judith M. and David Gavin Joanne's Mother
Lee & Pat Egbert Mike
Harold Wright Dr. Stephen Wright
J.M. Walworth Donna Wolerton
Olesta Urbach Hatte Neill
Henry Hoffman Leon Hoffman
Gwendolyn Langschek Frances Champlin
Bonnie Seely Addy Lide
Ronazane Casey Mary Scarton
Maryland Fahrenholz Rozalia Hellmond
Margaret Cowans Audrey Pte
Marcia Holloway Evelyn Jones
Mr. & Mrs. Fremont Webb Mr. & Mrs. Winston Webb
Walter K. Walker Louie Cazapt
Louie Cazapt Linda Wadworth
Don Resenberg Don Resenberg
Mary Moore Mary Moore
Robert U. Fisher Robert U. Fisher
Kate Dunn Kate Dunn
Mr. & Mrs. Waymon D. Keel

Gift from... In memory of...
Mr. Frank Gensheer Mr. & Mrs. William L. Webb
Ms. Joann Buchanan Mr. & Mrs. E. Blackman
Gerry & Judi Dinneen Jean Potts
Mr. Donna Bickford Bonnie Selly
Jackie Pols & Family Judith Sickers
Mr. & Mrs. James L. Arkins Patricia S. Mowha
Mr. & Mrs. Brian Ackman John & Kathy Kunstal
Mr. William L. Webb Mr. William L. Webb
Kenneth Alborn Mr. & Mrs. Fremont Webb
Elizabeth & Kevin Lambert Mr. & Mrs. William L. Webb
Mr. Letty E. Clarke Mr. & Mrs. William L. Webb
James Hattum Mr. & Mrs. William L. Webb
Sylvie Tjepi
Bill & Rita Perez
Karen Holloway
Ron & Marilyn Stacy & Family
Theresa Knopp
Friends of Mary
Myron & Carolyn Bell
Jackie Fava
Marcia Holloway

In memory of...

Oscar Karpalainen
Peter Suniga
Guido Raymond Firpo
My husband, Jack John Bickford
Mary Komeda Nelson
Fran Arizu
Sam Jenovsky
Ron Costa
Ann Fortuna
Essie Sells
Ernest R. Lassalle
Jay Lester
H. Fremont Webb
John Olson
Grandfather
Robert U. Fisher
James & Beverly Hattum
Rana Tjepi
Adelaine Jones & Marilyn Walker
Karen Holloway
Elizabeth R. Jackson of El Cerrito
Mary Pauline Foster
Mary Pauline Foster
Mary Pauline Foster
Mary Pauline Foster
"James R. Bohannan, Jr."
Mildred Martin

Gift from... In memory of...
Joe & Edie Farrell
Sandy Donatoni
Ken & Romba Mainzio
Alisa M. Canton
Helen and James Arkins
Elise Beanmen
Mary and David Charamugra
Marcela Galchir
Marcella Galchir
Judith and David Gavin
Jeanne Gibson
Judy Holm
Bette Hennacker
Kathleen M. and John A. Kunstal
Marlene G. Michelson
"Miller, Florence M."
Neil Perkey
Yvonne and Peter Seely
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E. Setchell
Faye and Sander Strauss

Gift from... In memory of...
Gayl Cherry
Eula Zinn
Myrna Long
Shana Malone
Gene DeMar & Doris Sunayama
Sandy Baldwin
Susan Brown
Sheila Burke
Milt Camhi
Reva Clark
Vail Dutto/Intelegy
Danna Fabella
Lucy Flynn
Karen Gregory
Nancy Grodhaus
Roxane Haynes
Leo Hopkins
Joanna Kim-Seby
Lennis Lyon
Anita Mann
Edgar Monk

In tribute to...
Christmas
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Sally Hurdado
Don & Judy Foster
Bob Seiler's Retirement
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In tribute to...
Jane Paulson
Julie Peck
Connie Rinne
Elizabeth Rettger
Rolph Schofield
Abby Schofield
Linda Seiden
Pat Sussman
Patricia Tuanquary
Sharon Tolt
Joe Valentine
Elaine Welch
Donna Wimig
Mary Brown
Robert L. White
Patti Ross
Jeffrey Chung
Robert L. White
Pat Bello
Melody Howe Weintraub
Helen Purdy

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Meals on Wheels of Contra Costa is the newsletter of Meals on Wheels of Contra Costa, Inc. PO Box 3195 Martinez, CA 94553 Business and inquiries about service, call toll free: 1-866-669-6697 www.mealsonwheelsofcontracosta.org Editor: A. Paul Krantz Contributing: Liz Vargas Design: Donaghu Graphic Designs
E-Packs a Resounding Success

Our homebound Meals on Wheels participants and their families have responded overwhelmingly expressing their delight and relief, knowing that Meals on Wheels of Contra Costa is providing them or their loved ones with an emergency food supply in the event a major public emergency interrupts regular Meals on Wheels Delivery.

More than 2,400 E-Packs have been delivered so far to Meals on Wheels participants countywide. Each E-Pack contains six high quality meals that are shelf stable for at least one year, and each E-Pack is replaced every 6 months for maximum safety of our participants. Meals on Wheels staff assist each participant individually to find a safe and accessible location for their E-Pack and provide detailed instructions in their use.

The entire cost of the E-Pack program is subsidized by your generous contributions to Meals on Wheels of Contra Costa. On behalf of our homebound participants, thank you for making E-Packs possible!

Board members will be missed

Robert Sessler, Co-Founder and founding Board Chair of Meals on Wheels of Contra Costa, Inc. recently retired as Director of the County's Adult and Aging Services Bureau in the Employment and Human Services Department, and has stepped down as Board Chair to accept a Board Member at Large position representing the community. We look forward to Bob's continuing contribution to Meals on Wheels and Aging services in Contra Costa County.

Board Member Mary Sherman was elected as the new Board chair.

Founding Board Member, Reverend Palmer Watson has also retired from our Board of Directors late last year. Reverend Watson founded West Contra Costa County Meals on Wheels Inc, in the 1970's, and has served as a member of the Meals on Wheels of Contra Costa, Inc. Board since its inception in 1990. Reverend Watson is succeeded on the Board by West County Meals on Wheels Program Coordinator, Marsha Griffin.

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 Kraitz, Secretary/Treasurer of Meals on Wheels of Contra Costa 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