

Meals on Wheels of Contra Costa, Inc

Tidbits



Fall 2009

Coping With Recession 101

Cope: - "to fight or contend successfully, be a match for..." (Webster's Dictionary)

Where better to learn valuable coping skills in these difficult times than from those who learned theirs during the Great Depression.

Judson and Marie Cope, like many Meals On Wheels recipients, grew up as children of the Depression and learned that hard times can make for hard choices and a hard, but not necessarily negative life.

Growing up in Forestville, Kansas, population 1,000, Judson remembers the bread lines and relief groceries, and the trains that passed his backyard with Hobos riding in box cars. He left school as a youngster to help contribute to the family income by sweeping roads for 5¢ an hour, and later building roads with his father for a lofty 10¢ an hour.

Marie grew up in Texas as one of 6 children. Her Dad was a blacksmith. She remembers picking cotton with her



mother and siblings at a nearby farm for 75¢ to \$1.00 per 100 pounds picked. They had land enough to grow vegetables, raise chickens, hogs and a cow for milk. Marie says, "We ate a lot of beans back then, but beans are good for you, you know".

Both Judson and Marie feel they never really suffered because although "we did not have much in terms of material things, we had each other and, we were happy. Difficulties can be overcome if we just readjust our thinking, and our priorities."

What Judson and Marie learned as children, and we can learn from them, is that the important things in life are all around us, and they do not have a price tag. As a life long "coper" Judson advises we "take a deep breath, take it slow and take stock"

**Recession 101...
A Test not a Final.**

YOU make the difference in difficult times!



You, our donors, make the difference for thousands of homebound elders in this difficult year.

While other counties see Meals on Wheels cutting services, thanks to you we continue to welcome homebound elders who need our help to maintain their health and independence.

The fallout from the most recent round of state and local budget cuts is still ahead. Many of your homebound elderly neighbors will lose other vital in-home services in the next several weeks such as in-home meals preparation and shopping assistance. Many will turn to Meals on Wheels for help.

With your help we can continue to be there for at-risk homebound seniors who need Meals on Wheels. Thank you so very much for caring!

Inside this issue...

- Coping with Recession
- Thank You to our Major Donors
- Friends & Loved Ones Remembered
- Who We Are
- Remembering MOW



THANK YOU to our Major Donors: October 1, 2008–September 30, 2009

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 workplace donors may be omitted for lack of complete donor information in a timely manner. Please rest assured that each and every donation to Meals on Wheels of Contra Costa makes an important difference for homebound elders throughout the county.

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

Cressman, Skip and Mary Davis, Dick and Beverly Dean & Margaret Leshar Foundation Friedmann, Peggy and Nadav J. M. Long Foundation Mangold, Karl and Janet Newacheck, Estere and John San Joaquin Yacht Club The Crescent Porter Hale Foundation Thomas J. Long Foundation Wayne & Gladys Valley Foundation

Benefactor Gold: \$1,000–\$9,999

A T & T Abel, John Alan and Cheryl Adelson, Eliot and Julia Advent Engineering Services, Inc. Anderson, Wilma Anonymous, ARK Foundation Baker, Richard O. Breed, Scott Britt, Donald A. California Grand Casino Camouse, James A. Caton, Vickie and Ronald Community Health Charities Agency Cooper, Marilyn J. Cowee, Bruce and Angela Cross, Deborah and Kevin Curtis, MD, Jeffrey L. and Nancy H. Dajani, Sylvia El Sobrante Valley Seniors Elliott, Vicki and William Evans, Stephen Ferlise, Michael Jay Frane, David Gallo, S. A. and Rhonda Rae Beaty Genworth Foundation Goodman, Douglas Groszkiewicz, Susan and Ted Hagen, Peter M. Haritaratos, Edith Hess, Rachel B. and Jeffrey D. Hill, Charles D. Howard, Teresa R. and Dennis L. Howison, Marianne and James Hughes, Dorothy M. and Walter Don Johnson & Louise Clark Charitable Foundation Kaiser Foundation Health Plan, Inc. Kumasaka, Nancy Lawrence Berkeley National Laboratory Retirees' Assoc. Libby, Richard A. Lockwood, Todd and Karen MacDonald, Ruby Mancebo, Peggy and Marty Martin, Donald and Joyce Mechling, William E. Melfy, LLC Miller, Dale G. Morgan, Patricia and Thomas Nathan, Dorotea Nieporce, Stacey Nygaard, Genevieve S. O'Connor, Thomas O'Donnell, Pam Pabjanek, Leszek and Beata Peterson, Elizabeth and Gregory Phillips, Susan and Robert Pierce, Tamara D. and Allen Ransdell, Colin Russell, Gregory and Anne Sattler, Dorothy Scarlott, Christina and Darrell Schumacher, Carla and William Scott, Donald and Willa Shifftan, Frances SLR Group, Inc. Spinelli, Nancy St. Andrew's Presbyterian Church St. Paul's Episcopal Church Stienstra, Margaret Swenson, Patricia Taylor, Conrad G. The Bruce & Lynne Phelps Fund The Donald & Carole Chaiken Foundation The Entrekyn Foundation The Mervyn L. Brenner Foundation, Inc. The Realtors Marketing Assoc. Tiffany, Barbara Tyler, James Tyson, Cathy and Tom Union Pacific Foundation Van Loben Sels Yesely, Karen Jane and Jeffrey M. Webb, Arthur and Karen Wiley, Elizabeth Wilson, Thomas Wise, Frances E Young, Waltera

Patron: \$500–\$999.99

AAIves, Wendi L. Ammerman Family Trust Anselmo, Rosa Barry, Dennis and Martha Suzanne Barry, Michael and Linda Bayliss, Nancy E. and William J. Beach, Richard Begley, Sean Bekiaris, Christo Billy, Dale M. and Wendy S. Blumberg, Daniel and Adrian Boardwalk Investment Group, Inc. Boom, Theresa Boarda, Timothy Bordenoul, Bruce Joseph and Iola Rita Bowles, Robert R. and Elizabeth S. Bradley, M.J. Brand, Christine Broomall, Ray and Sue Butala, Kathy and Michael Carrara, Juliet Carrier, Bruce and Anne Carroll, J. and M. Cassidy, George Cassick, John K. and Rachel P. Chen, John and Sherry Christensen, Merle and Helen Cimino, Judith Clegg, Bruce and Christine Clemens, Walter H. and Margaret Cobbett, Paula Collins Smith, Cherida Conneally, Sr., James Cook, Jack Cooper, Darrell and Francis Libby, Richard A. Lockwood, Todd and Karen MacDonald, Ruby Mancebo, Peggy and Marty Martin, Donald and Joyce Mechling, William E. Melfy, LLC Miller, Dale G. Morgan, Patricia and Thomas Nathan, Dorotea Nieporce, Stacey Nygaard, Genevieve S. O'Connor, Thomas O'Donnell, Pam Pabjanek, Leszek and Beata Peterson, Elizabeth and Gregory Phillips, Susan and Robert Pierce, Tamara D. and Allen Ransdell, Colin Russell, Gregory and Anne Sattler, Dorothy Scarlott, Christina and Darrell Schumacher, Carla and William Scott, Donald and Willa Shifftan, Frances SLR Group, Inc. Spinelli, Nancy St. Andrew's Presbyterian Church St. Paul's Episcopal Church Stienstra, Margaret Swenson, Patricia Taylor, Conrad G. The Bruce & Lynne Phelps Fund The Donald & Carole Chaiken Foundation The Entrekyn Foundation The Mervyn L. Brenner Foundation, Inc. The Realtors Marketing Assoc. Tiffany, Barbara Tyler, James Tyson, Cathy and Tom Union Pacific Foundation Van Loben Sels Yesely, Karen Jane and Jeffrey M. Webb, Arthur and Karen Wiley, Elizabeth Wilson, Thomas Wise, Frances E Young, Waltera

Hashemi, Fereidoon Hassid, Andre and Anna Heibel, Norman and Harriette Heimann, Marilia Henderson, Dixie Louina and Jack D. Heydon, Harlan Hightower, Max and Irene Hilty, Wayne and Victoria Houdashelt, Sharon and Robert Jacobson, Matt D. and Margaret E. Jenkins, Dorothy John H. & Amy Bowles Lawrence Foundation Jurica, John M. Just Packards Kalis, Alice Klaver, Rudolf Kunios Auto Repair Larkin, Lynn Lasker, Frederick and Elizabeth Lavigne, Rachel Leedom, Marilyn Legan, Sandra Lewis, Shirley Lezzeni, Helen E. Lindsey, Carole S. Little, John and Mary Locati, Pamela Loeliger, Scott Long, Chris Luthy, Shary K. and David Maloney, George Martin, Edna Martinez Rotary Club McCreary, Thomas and Frances Mellem, Dirk Mewha, Patricia S. Minney, Valerie and Paul Myers, Judith Nagata, Susan S. and Paul S. Neller, Herbert Patino, Damon and Cassidy, Patricia Patterson, Joyce and James M. Peirano, John and Christine Petrich, Sharon Pinkoski, Stanley Pipa, Rudolph Plant, Marjorie Pohlsion, Debra Pond, Cynthia M. G. and Randall Popenoe, Jr., Paul Ramirez, Shirley and Benjamin Rickson, Larry C. and Susan S. Roberts, Gerald E. Rogers, Mary Ross, Martha Packard and John M. Rotary Club of Danville/Sycamore Valley Community Foundation Rotermund, Olga and Maynard Rothschild, Michael and Debra Rowsey, Rosalie H. Rumsey, Margaret Salas, E. and Helen Sandwell, George Schalich, William C. and Elizabeth A. Schmidt, Roy Schwing, Janet Seely, Yvonne and Peter Selig, Walter Sheets, Cheri Sherman, Mary Shieh, Li-Shyng and Laura Short, David and Eileen Simon & Shingler, LLP Sims, John and Melissa Sitton, Jeffery Sodano, Denise A. SPC Management Co., INC. Sprague, Kathy Stafford, Annabel and James Steedman, J. Russell and Jennifer A. Stewart, Marilyn D. Stong Plambeck, Kathleen Sturn, Robert Templeton, David and Lieselotte Daniel Tenenberg The Kiwanis Club of Martinez

Totten, Lawrence J. and Deveney Tri-City Concrete Viarengo, Stephen and Kathleen Vivendi Holding Corp. Yossahl, Mildred Waisanen, Nancy Walker, Carol Weingarten, Erica M. Wilcox, Stephen Williams, Margery Witt, Robert and Myrna Wong, Tina Gallegos and Hyman Wood, Elisabeth Woolsey, Sally Young, Robert W. and Betty Youngdale, Dara Zaks, Walter Zio Fraedoss, Inc. Zuckerman, Harold

Partner: \$250–\$499.99

AAbbott, Sharon Abram, Greg Accomazzo-Wroblewski, Janet Aiken, Dawn Antichison, Robert and Rita Albay Construction Co. Albert, David Albright, Patricia O. and Richard A. Allen, Myrna and Bobby Allen, Shirley S. Anderson, Robert Anthony, Alice Arellano, Lorraine Ascaticano, Frank A. and Marie Eglolf Ashley, Ramona and James Auble, Philomena Aucoin, Jeanette and Adam Auble, Adele and Robert Baldacci, Andrea L. and Louis R. Ballard, Rayneen Barber, Ron and Kathleen Barnes, Debra and Charles Barni, Thomas and Cynthia Barton, Jo Ann R. Bartz, Debra Bassham, James and Leslie Battiste, Frances M. Battie, Robert C. Bauman, John G. and Zuzana Bea, Joan and R. Bennett, Cathlene Benney, Dorothea Benz, Regina L. and Greg D. Bird Jr, John T. Bitton, Bernadette and Nathan Boozenny, Alex and Sybil Bordow, Richard A. and Liz Kahlenberg Bowman, Mary Boyd, Eileen K. Bradish, Joy Brady, Rose Branson, Cheryl Braz, Lucy Brennan, Thomas and Margaret Brickell, Barbara Brown, Janet E. and Roger A. Brown, Lori and Jay Buchs, Ruth and Edgar Buis, Patricia Burke, Paul J. Bursztynsky, Taras and Margaret Burton, Diane Buscaglia, Amy Calahan, William and Ann Caprile, Janet L. Cascio, Tracy Castle Construction Company, Inc. Cavalli, Mary Jane Cevasco, Susan Chamberlain, Gayle Chan, Rebecca Y. Chang, Glenda Charles Stellini Real Estate Consultancy Chase, Alide L. Chase, Theodore Cherry, Linda

Chodroff, Paul Chun, Gilbert and Cynthia Cimino-De Rose, Darlene Clapp, Jim and Nancy Clark, John Christopher and J. Susan Claus, William and Jeanne Condon, Richard E. and Lois H. Conversano, Mary Cook, Amy and Gregory Copeland, Michelle Corbett, Marianne Corley, Chris S. and Julie A. Cornelison, Steven and Michelle Cosgriff, Elizabeth Countryman, James Courtney, Richard and Victoria Craig, Harry L. Crase, Celeste Crawford, Margery Critchlow, Barbara Crockett, Leonard Crompton, Louis Crosswell, Aldene and Kenneth Daniel, Marinell Davis, Lynden Davis, Mary T. Day, Mildred A. Dayton, David Dell'Anno, Lisa R. and Steve J. Demercurio, Joyce Dill, Phyllis Dorse, Joan and Roderick Dovey, Darlene Draeger, Harold Drobny, Ronald Duan, Peter and Jane F. Dunlap, Elizabeth Durant, David Dybdahl, David P. Easterly, Elizabeth Ebinger, Vickie Edward, Teresa Edwards, Estella Edwards, James and Karen Elaine Elsberry, Julie and Ted Elsberry, Oscar and Marilyn Fay, Diane and Gerald Fennessey, Mary Fenton, Dean and Margaret Figi, Richard Fischer, John R. and Marjorie H. Flickinger, T. R. and Vicki Fogel, Donna and Harold Foster, Janice and Arthur W. Frederick, Christine Frederick, John Freitas, Richard and Nancy Frost, David and Catherine Galliett, Marie E. Galstan, William Ganch, Robert Garrison, William and Bernice Gentry, Mildred George, David and Carol Gerler, J. Gibbs, Jo Ann S. and James F. Gilbert, David Gilmore, Gloria Ginochio, Anna Gironx, Josephine V. Gold, Suzanne Good Shepherd United Methodist Church Gracia, Lynda Grange, William Granlund, Bonita Grant, Janet and H. Donald Gregori, Alice Gross, Jacqueline Gyulai, Kathleen Hagar, Debbie Hale, Lynn and Jerry Haley, Ruth Hallert, Steven Hamblin, Nicole Elsin Hamiter Harken, Laurel Harper, Gena Harris, Donna Harris, Jackie Harris, Michael Harwood, Stephen and Patricia Hastings, Richard V. Hatchett, Dorothy Hattum, James H. Hauntsman, Debra M. Hazlewood, Lisa Hecht, S. Hedlund, Kristine Hellman, Lawrence Henderlong, Julia Hoelf, Betty and Harwood Hoffman, Marjorie Hofmeister, Phillip Holm, Judith and Chester Houle, Margaret Hoyer, Roger Huebsch, Ian O. Hughes, Donald H. & Ann V. Hungerford, Fay V. and Daniel M. Hunter, Mary Hurrell, Susan Isaacs, Craig and Margaret Mateer Ivers, Cathy Jones, Arthur Jefferson, Donna Jewell, Mary and Peter Jimmink, Glenda Johnson, Katharine Johnson, Kimberly Jones, Carol Krueger Jones, Debra Jones, Josetta Jones, Michael Jones, Patty Kefer, Gary A. and Carol A. Ketelhut, Trudy K. Kimball, Jane Kirby, J. Kising, Earl Klein, Kathy Krainitz, A. Paul & Mary Kuhl, John and Charlene Lane, James and Beverly Larimore, Marianne Larsen, Alfred and Rose-Marie Law Offices of John E. Manoojian Lea, Milton and Anne Lee, Anna Leiker, Ronald and Helen Lekas, Mitchell A. and Anita Lenfestey, George and Catherine Lessard-Smith, Theresa Levinson, Rosalie and Fred Lilly, Mary and Stuart Lindvig, Marilyn Long, Lorraine E. and Lawrence F. Lopez, Julie and Ruben Lopez, Noreen Lorenzetti, Fred Lyttell, Joyce Maass, Richard and Barbara MacIver, Diane and Bruce Madlangbayan, Jay and Jonson, Nancy Maher, Christopher Majewski, Laura and Mark Maltzman, Sharon Mansfield, Lorna Mansfield, Norma and E. Marchiano, Claire Marcus, Frances Marin, Steven Marshall, Patricia G. Martin, Alice Martini, Caroline Massoni, Cathy and Anthony Matchett, Eddie Matsumoto, Roy Matter, Thomas and Madelyn Maurino, Gloria May, Ivan A. and Barbara H. May Valley Neighborhood Council Mc Closkey, Ida

McCauley, Eileen and Jack McCoy, Michael and Barbara McDermott, John and Laurel McElroy, Sandra and Bernard Alexandra McKinley McLendon, Gilbert Mendonca, Janet Mertle, Sharon Messner, Marita Metz, Barbro Meyers, Sidney and Barbara Miller, Barbara and Alan Miller, Barbara Miller, Barry and Linda Miller, Harry and Gabrielle Miller, Laurel Miller, Lloyd and Ratterman, Susan Miraglia, Stephen and Cecelia Moe-Cathro, Jean Moore, Patricia E. and Roger P. Morain, Patricia Ann Mortenson, Earl Moshem, Ludwig and Jean Mesley, Judi Mozer, Forrest and Jacqueline Nagle, Theresa Nagy, Edward and Sheryl Nelson, William Nickerson, Glenna Y. Nicolassi, Maria O'Connor, Lisa O'Keefe O'Shea, Mary O'Neill, Carol Ochoa, Virginia M. and Gus G. Oehninger, Mary L. and James R. Oka, Michio and Kathleen Olsen, Robert and Auguste Olsson, Jean Ofeler, Nancy Ozanich, Carol Page, Mary Paredes, Gilberto Parti, Deepak and Ira Patinsson, Hugh M. Peacock, Yolanda and William H. Pearson, Anita Pearson, Charles Peck, Ronald and Elva Pellyan, Barbara Peterson, Eric Peterson, Walter Peterson Pazzi, Peggie Pettitt, Joseph Pfister, Emily Phalen, Jesse Phillips, Pam Phillips, Pamela Pia, David and Elcock-Pia, Elizabeth Pinney, Vearne and Kathleen Plummer, Louis F. Poe, William Potts, Jean D. Powell, Jay E. and Cheryl R. Price-Cole, Jeanne Lyttell, Joyce Maass, Richard and Barbara MacIver, Diane and Bruce Madlangbayan, Jay and Jonson, Nancy Maher, Christopher Majewski, Laura and Mark Maltzman, Sharon Mansfield, Lorna Mansfield, Norma and E. Marchiano, Claire Marcus, Frances Marin, Steven Marshall, Patricia G. Martin, Alice Martini, Caroline Massoni, Cathy and Anthony Matchett, Eddie Matsumoto, Roy Matter, Thomas and Madelyn Maurino, Gloria May, Ivan A. and Barbara H. May Valley Neighborhood Council Mc Closkey, Ida

Schardt, Mary and William Scholl, Phyllis and Allen Schortemeyer, Karen Schulak, Donald and Helen Schultz, Kristie Schwing, Janet Seabolt, Betty Selph, Marianne Senior Outreach Services Senna, Beverly Shipmates Singles Shurtz, Bill and Grace Siegel, Mia Sims, Theresa Sullivan, Russell Smith, C. Phillip Smith, Patricia and Alan Soc, Carol Sorrels, Alice Sovish, Richard and Amelia Sowinski, Mary Stack, Ruth Stahler, John Stanley, Connie Starkey, Joseph and Diane Stephens, Diana Steward, Lucy and Steven Stinebaugh, Gary and Marsha Stone, Mary Suite, Cheryl and Jack Sullivan, Julia Tan, Geraldine Taylor, Henry Taylor, Joan Tecco, Robert and Dianne The Abramson Family Foundation Thibos, Patricia and Tim Thomas, Bill and Nona Thomas, Joan TNT Carpet Cleaning Tom Young Enterprises Traversaro, Gene Trott, Frederick Von Der Lieht, Mark and Christine L. Wallace, Robert and Jane Walls, Leah Walters, Barbara Watts, Katherine Webster, Ardycy Weeks, Janet Weist, Nancy B. and Frank O. Wells, Carter and Elizabeth Wenning, Sarah White, Robert Whittaker, Martha E. Whittenborn, Ann T. and Gary D. Wilcox, Christina Wiley, Mary Williams, Connie and George Wilson, Donovan J. Winton, Catherine Wise, Jean Wolbersen, Nicole A. Wolcott, Oliver Wong, Agnes Wong, James T. K. and Florence M. M. Wood, Helena Wood, Ralph and Wood, M. Woodson, Shirley Worley, Duane Wullenweber, Candience and David Wyatt, Delbert and Connie Xavier, Janet E. and Julian M. Yarnold, David A. and Adrienne N. Yates, Raeburn and Lindseyam Paine York, Barbara Zavalá, Gail and Richard Zeichner, Judith

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...

Jean Olsson
Marie Lambert
Anna Marie Parker
Richard Frisbie
Blaine Fraker
Mary Ann Peck
Gilberto Paredes
Ruth Haley
SPC Management Co., Inc.
Paul Krantz
Lucinda Watson
Bethel Island Women's Club
Gerald & Gail Reminick
James Hattum
Rosalie Bernstein
George & Agnes Bonawit
Phyllis Glidden
David Pia
Elizabeth Sutton
Bernard Schroer
Steven Amaral
Blaine Fraker
Lowell & Margaret Talada
David P. Trachtenberg
Katie Pittman
William Webb
Gerald Hemingway
Evelyn & Larry Magas
Penne Duncan
Dave & Susan Gehringer
Dr. Jeffrey J. Jarvis
Bonnie Seely
Bonnie Seely
Dale M. Billy
Diane Burton
Annabelle Travis
Angelo A. Tacconi
Judith Scrimger
Cheryl Ulery
Robert Aitchison
Georgia Carlson
Jan Sanderson
Kurt F. Pfeiffer
Fred B. Levinson
Virginia & Roland Bartolomei
Virginia & Roland Bartolomei
Jeanne Price-Cole
Theresa Nagle
Charles Baake
Laurel D. Miller
Stanley Gaitanis
O'Shea Family
Helen Tonti
Dee Hildebrandt
Doyle & Jeanne Price-Cole
Roger & Jan Brown
Helen E. Jensen
Tammie Confetti
Tammy Yeager
Doyle & Jeanne Price-Cole
Marie Ducasse
Marcella Colarich
J. Rice
Mary Tuttle
Don Lane
Chet & Judy Holm
Doyle & Jeanne Price-Cole
Maxine Duncan
Sally Jordan
Helen C. Morrison
Daneshvar Sharereh
Chet & Judy Holm
Dale M. Billy
John & Kathy Kunstal
Bridget Teranen
Elizabeth Morais
Mr. & Mrs. Peter Gibney
Lois Garetson
Claudia Hallissy
David Pia
Diane MacIver
Dr. Shirley Ramierez
Blaine Fraker
Joann Buchanan

In memory of...

Comfort Olsson
John M. George
Elizabeth Ann Leigh Jackson
Laura Jean Frisbie
Jean Sloan
Larry Peck
Remy Amador Presas
Joan Haley Suzuki
Rochelle Rose
Elizabeth Ann Leigh Jackson
"My mother, a MOW volunteer in N.C."
Ronald Thomas Martin
Shelley Rose Jaffee
James H. & Beverly P. Hattum
Sylvia Levine
Shelley Rose Jaffee
Bob Glidden
Virginia Pia
Arthur Ackerman
Mary Schroer
Susan L. Amaral
Larry Phelan
Elizabeth Ann Leigh Jackson
Susan Trachtenberg
Barbara Brick Cross
Mr. & Mrs. Wayman D. Keel
Trinity J. C. Hemingway
Robert W. Jarvis
Elizabeth Ann Leigh Jackson
Gay Hewitt
My father, Robert W. Jarvis
Don Joost
Barbara Moore
Anna Billy
"Bud" Ballard
Miriam Englar--my beloved mother
Angelo A. Tacconi
Bettie Bohaig
Annette
Juanita Arieta
Rita Aitchison
Clifford G. Carlson
Lorelle McGuire
M. Lee Walden
"Parents everywhere"
Helen Bartolomei
Marie H. Noia
Gabriel C. Price
Helen M. Devin
Geraldine Baake on our 60th wedding anniversary
My mom, Hope Miller
Helen Costa
Mary O'Keefe
Frances Showalter
Fred J. Hildebrandt, Jr.
Gabriel C. Price
Mary D.
Donald Joost
Ella Caren--the greatest mother I ever had
Adell Carter
Gabriel C. Price
Victor
My husband, Henry J. Colarich
Betty & Herman Siegfried
Jeffrey Jarvis, Jr.
Eileen Lane
Essie Sickles
Gabriel C. Price
Frenchy Arrell
Donald Joost
Stan Pieratt
Ali-M-Daneshvar
Essie Sickles
Anna Billy
Ken Wilkerson
My parents
The Morais Family
Fred Michalson
Stan Pieratt
Mary Mitosinka
Virginia Pia
Frank W. Majesky
Connie Fairhurst
Jean Sloan
Ray Matejcek

Gift from...

Elizabeth Morais
Chet & Judy Holm
Angelo A. Tacconi
Bill & Betty Todd
Reg & Marilyn Huggins
Josephine Giroux
Bonnie Seely
SRV High Girls Varsity Basketball
William Poe
Robin Westfall-Henry
Michael & Lorna Sage Milani
Jeanne E. Pollak
J. H. Gianakos
Cathy Roof
David Pia
Masoumeh Daneshvar
Ezilbertha Barros
Lee & Pat Egbert
Claudia Hallissy
L. E. Levine
Helen Tonti
Blaine Fraker
Letty Clarke
The Jenlink Family
Richard & Joanne Brown
Frances Eichelbaugh

In memory of...

The Morais Family
Essie Sickles
Antone Sindichich
Bill Schardt
Harrison Miles
Yvonne Fairchild
Bert Niggio
Brona deLannoy
Barbara Poe
Audrey Archibank
Amelia & Alberto Milani
Blanca Gravmann
Charlene Sorensen
Louise Stone
Virginia Pia
Ali-M-Daneshvar
Angela Bruno
Michael Egbert
Vivian G. Hallissy
Mom, Sylvia Levine
Elmore Colbert
Dan Sullivan
Nancy Kubitschek
Albert Labarthe
Charlene Sorensen
Roy Simoni

Gift from...

Margaret Cingolani
Rowena Schlegel
Donna Hemmila
Virginia Crum-Ross
Michael A. Wilborn
Daneshvar Sharereh
Barbara Katz
Donald & Ann Hughes
Claudia Heath
Monte Brinton
Claudia Heath
Claudia Heath
Judith Dinneen
Elizabeth Sutton
Pat S. Mewha-Brady
Mrs. E. Sullivan
Marva Nielsen
Hanson Bridgett LLP
Marjorie Zaragoza
Margaret Cingolani
Bonnie Seely
Josephine Giroux
Daneshvar Sharereh
Carole Taunton
Blaine Fraker
Steve Schneider

In memory of...

John Cingolani
Herb & Sally Green
Vivian G. Hallissy
Chuck & Betty Bohlig
Viet-nam Vets
M. Sharereh
Elwood V. Daley
Theresa Catello
Julie's Schwengles Mother
Harold & Irene Wright
Barbara Botto's Father and Chuck
Elizabeth, Betty, and David
Jean Frisbie
Ted
Grace Weaver
Earlene Casey
Jerry Eichelberg
Mr. Avelino Vincent & Mrs. Dorothy Vincent
Marie Wilson Dietz
John Cingolani
Rodger Willis
Yvonne Fairchild
Ali-M-Daneshvar
Suzanne Reid Fuller
Bob Cavender
Carl Davis

Gift from...

Bonnie Seely
Monica Brady
William & Gloria Gordon
Julia Stephens
John R. McDermott
Robert L. White
Rose Calderon
Rich & Patti Raines
Rich & Patti Raines
Lorelle McGuire
Tom Wilson
Erin Troy
Mike Fedoroff
Eric Peterson
Marianne D. Hegeman
Linda Sawyer
Kathleen Chin
Harold Downie
Verna Norris
Sandra Falk
Angel Mejia
Lorraine Lyon
David George

In tribute to...

Marie Tuthill
Ray Zenoni & Al Turner
Meals on Wheels at Christmas
Erin Troy for being my best friend
Ann McDermott
Justin Wedel's Birthday
Briannon McCurdy & Mike Ottinger
Bob & Jeannine Nordan
Woody & Kathy Shields
Joe and Pat Hurd
Dorothy Wilson--a 30-year MOW volunteer
Julia Stephens
Donna Candido at Christmas
Carolyn Callistro--Christmas gift
Carol Bove
Nancy Conly & John Gibson at Christmas
Jeff & Liza Keh at Christmas
Caroline Frye
Pleasant Hill Senior Center
Dodge & Dyebdahl
Lodevina Flores for sacrificing for her Grandkids
Odette Hibert
Nancy & Woody Hill

Gift from...

David George
David George
David George
Jo Ann Pico & Don Anthony
Trudi Gardner
Bonnie Seely
Sandy Devoto
Kevan McCarten-Gibbs
Ruthann Frank
Ted & Jackie Sciacqua
Claudia Heath
Bonnie Seely
Carol Sheridan
Yvonne Oquendo
Helen Siegel
Judith Good Stearns
Dean Fenton
Eric Peterson
Chet & Judith Holm
Bonnie Seely
Bonnie Seely
Mr. Michael Wilborn
Lee & Goerge Burnett

In tribute to...

Henry F. George--at Christmas
Ms. Kathy George at Christmas
Frank & Kate George at Christmas
Rex Johnston on his Birthday
Joanna Kraus on B-day and book published
Pat Petri
Tim Devoto
Donald McCarten on the 6th anniversary of death
Sally Teibel on her B-day
Del Fager on his 90th B-day
Shelley Rombough, in memory of her mother
Jackie Fox--Happy Birthday
Carmen Herrera's Retirement
Miguel Collazo
Susan Kasdan & Ken Gundry's Wedding
Evelyn S. Good
Fenton Family & Troy Family
Carolyn Callistro--Birthday Cheer
The MOW Volunteers
Mrs. Bea Wong on her Birthday
Kathryn Smith on her Birthday
Viet-nam Vets
Len Fisher's 80th Birthday

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 you want to receive appeals from us.



Meals on Wheels of Contra Costa, Inc

Tidbits

MEALS on WHEELS
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



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

Address Correction Requested

Nonprofit Org
 US Postage
PAID
 Martinez, CA
 Permit No. 121

Health, independence and dignity for homebound elders



Bob and Sue Anderson from the local **Corvette Club** present Liz Vargas or Meals on Wheels with a check to support Meals on Wheels.

Director of Public Affairs for the **Union Pacific Railroad**, Wesley Lujan, presents Meals on Wheels representative Liz Vargas with a Grant Award check to support meals for homebound elders.



Who we are!



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.

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

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.