

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.

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Angelo A. Tacconi
Bettie Bohaig
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Juanita Arieta
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M. Lee Walden
"Parents everywhere"
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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

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Judith Good Stearns
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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 of Contra Costa

is the newsletter of Meals on Wheels of Contra Costa, Inc.

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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.