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 us “take a deep breath, take it slow and take stock”

Recession 101...
A Test not a Final.
THANK YOU to our Major Donors: October 1, 2008–September 30, 2009

Every donation to Wheels on Meals 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. 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.
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...

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Marie Lambert
Anna Marie Parker
Richard Fraker
Blaine fraker
Mary Ann Peck
Gilberto Paredes
Ruth Haley
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Paul Krausitz
Lucinda Watson
Bethel Island Women’s Club
Gerald & Gayl Revnick
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Helen Tonti
Evilene Colbert
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Gift from...

Comfort Olson
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Elizabeth Ann Leigh Jackson
Laura Jean Frisbee
Jean Shaw
Larry Puck
Remy Amador Preece
Joan Ruhly Souci
Rachelle Rose
Elizabeth Ann Leigh Jackson
My mother, a MDW volunteer in N.C.”
Ronald Theodore Martin
Shelley Rose Jaffe
James R. M. & Beverly P. Hatsum
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Shelley Rose Jaffe
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Gay Hewitt
My father, Robert W. Jarvis
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Barbara Moore
Anita Billy
“Bud” Ballard
Miriam Engle—my beloved mother
Bette Bohag
Annette
Joanne Briez
Rick & Patricia Barnes
Mrs. H. Neta
Gabriel C. Price
Hein M. Devlin
Generalize Bolaas on our 60th wedding anniversary
Mama, Happy Miller
Helen Costa
Mary O’Keefe
Frauen Stounorver
Fred J. Hildbrandt, Jr.
Gabriel C. Price
Mary D.
Donald jest
Ella Caren—the greatest mother I ever had
Adelarter
Gabriel C. Price
Victor
My husband, Henry J. Cebarch
Benny & Merrie Hogenfeld
Jeffrey Jarvis, Jr.
Elden Lane
Eva Secules
Gabriel C. Price
Frenchy Arred
Donald jest
Stan Perass
Ali M. Banneshar
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Anita Billy
Ken W. Cebarch
My parents
The Morus Family
Fred Michelson
Stan Perass
Mary Mitsouka
Virginia Pia
Fred W. Macy
Comie Fairhurst
Jean Shaw
Ray Panajek

Gift from...

The Moras Family
Esse Secules
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Charlotte Soremen
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Carole Taunton
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Steve Schneider

Gift from...

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Monica Brady
William & Gloria Gordon
Julia Stephens
John R. Mcburnett
Robert L. Winey
Rose Calvony
Rick & Patricia Barnes
Rick & Patricia Barnes
Tim Wyn
Mike Feddery
Eric Peterson
Marianne D. Gremegam
Linda Sawyer
Kathleen Chin
Harold Downe
Sandra Falk
Angel Mjega
Lorraine Lpen
David George

Gift from...

Marie Tachil
Ray Zerets & Al Turner
Erie Troy for being my best friend
Ann Mcburnett
Michael W. Weibel's Birthday
Brianaon McCarthy's Engagement
Bob & Jeanine Nordan
Waddy & Kathy Shields
Joe and Pat Hard
Dorothy Wilson—a 20 year MDW volunteer
Julia Stephens
Dominic Cardellie at Christmas
Carolyn Calitrosse—Christmas gift
Carole Bree
Nancy Ceb and John Gibson at Christmas
Jeff & Lisa Ret at Christmas
Caroline Fye
Pleasant Hill Senior Care
Dody & Dykahbl
Levana Flores for supporting her grandchildren
Odette Hiber
Nancy & Woody Hill

Gift from...

Bonnie Seyde
David George
Monica Brady
David George
Jo Ann Picci & Don Anthony
Trudi Gardner
Bonnie Seyde
Claudia Heath
Uni McCarus-Gibbs
Rathous Frank
Ted & Jackie Scaicoua
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Carol Sheridan
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Helen Singel
Judith Good Stearns
Dean Fenten
Eric Peterson
Chet & Judith Hole
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Bonnie Seyde
Jennie Faye–Happy Birthday
Carolyn Hanan's Retirement
Miguel Collazo
Susan Kusan & Ken Gundy's Wedding
Evthy E. Good
Fenten Family & Troy Family
Carolyn Calitrose—Birthday Cheer
The MDW Volunteers
Kim Wey & Wey's 10th Birthday
Pat Petri
Tim Deans
Donald McCormie on the 6th anniversary of death
Sally Tribb in on her 8th Birthday
Del Fager on his 90th Birthday
Shelley Houshband, in memory of her mother
Jenny Faye–Happy Birthday
Carole Henry’s Retirement
Tidbits
is the newsletter of Meals on Wheels of Contra Costa, Inc.
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Martinez, CA 94553
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1-866-669-6697
www.menusonwheelsofcontracosta.org
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Meals on Wheels of Contra Costa's

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Martinez, CA 94553

Address Correction Requested

Health, independence and dignity for homebound elders

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

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.

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

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.