Sensational Centenarian!

Sidney Patterson is a “Sensational Centenarian”! Born in Montana in 1911, Sidney is a member of the fastest growing segment of our society—Centenarians (people 100 + years young).

In developed countries the prevalence of centenarians is approximately 1-in-6,000. So breaking the century mark today is an attainable goal for many people. Studies indicate that if your parents cross into the triple-digit club, you have a far greater chance than the rest of us.

Some researches have concluded that exceptional longevity does indeed run in families. But they cannot say how much is due to genetics or lifestyle and environmental factors. In chatting with Sidney, it became clear that he shares many of the typical characteristics of others who reach this benchmark.

As with most centenarians, Sidney enjoyed very good health well into his late 90s. In fact when Sidney first enrolled in our Meals On Wheels program one of our volunteers who delivered his meals questioned whether he was old enough to participate. He was in his 90s at the time.

Throughout his life Sidney has always been both engaged and engaging. He has led a very full and active life. His daughter Sydney speaks fondly of the many wonderful cars her Dad owned over the years pursuing his long time interest as a car enthusiasts and collector.

Sidney, with his wife Dorothy, an accomplished painter, spent many hours in their home studio. Sidney honed his skills as a portrait painter under the tutelage of his “Darling Dorothy.”

Additionally, throughout his life Sidney was an avid gymnast, participating in gymnastics with his friends for many years.

When seen in the accompanying photo, with his very young appearing daughter, Sydney, it gives one pause. When seeking the answer to long life: is it good genes, good habits or just good luck?

Researchers have found that the children of centenarians tend to be fitter and healthier than their peers. But, researchers have yet to determine if children of centenarians have just inherited good genes or if they have learned better lifestyle habits from their very special parents like Sidney!
THANK YOU TO OUR MAJOR DONORS: APRIL 2010-MARCH 2011

THANKS TO MEALS ON WHEELS OF CONTRA COSTA'S TOSTIDS

Every donation to Meals on Wheels helps homebound elders in our community maintain their health and independence. Limited space prohibits our acknowledgement of each of our wonderful, 8,500 donors this past year. Thank you so much for each and every gift to help our homebound elders in need!
Friends and loved ones remembered: April 2010–March 2011

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.

In tribute to...

All who suffer from terminal illness
Poor & destitute people

Jean Potts
Florence Tiscamco
Vena Borden
Margery Dean Webb
Bob & Jeanine Mordan
Bob & Jeanine Mordan
Tina & David Salinger
Matthew Matter
Suzanne & Victor Stephens
Jo Ann Pico
Joyce Thomas
Melissa Ludd
Lara Delaney

In memory of...

Helen Jensen
Helen Jensen
Elizabeth Dunn
James Atkins
Virginia Durante
Steven Arons
Mark Becker
Bertha Diaz
Susan Cattaneo
Mr. & Mrs. Bob Chvace
James H. Hattum
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David & Susan Gehring
Judi Arbus
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Theresa Nagle
Mr. & Mrs. James Akons
Sue Curatso
Randall & Sharon Young

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My mom, Evelyn S. Good
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Donaghu Graphic Designs

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PO Box 3195, Martinez, CA 94553
Business and Inquiries about service, call toll free: 1-866-669-6697 or go to www.mealsonwheelsofcontracosta.org

Editor: A. Paul Krainto; Contributing: Liz Vargnas
Design: Donaghu Graphic Designs

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.
P.O. Box 3195
Martinez, CA 94553

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.

Remembering Meals on Wheels

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Health, independence and dignity for homebound elders

JOIN OUR SUPPER CLUB!
Become a Monthly Donor

Generous donors who make monthly gifts provide Meals of Wheels of Contra Costa with the steady income needed in order to provide food and friendship to homebound neighbors in need.

I would like to make a monthly contribution to support Meals of Wheels of Contra Costa. Please enroll me in the Super Club with a monthly gift of $__________.

Please charge the amount written above to my:

- Visa
- MasterCard
- AmEx

NAME ON CARD:

CREDIT CARD NO.

EXPIRATION DATE:

SIGNATURE:

I authorize Meals on Wheels of Contra Costa to charge my debit or credit card each month for the amount I stated above until I notify Meals on Wheels of Contra Costa of any changes, and they have had a reasonable time to act on it. A record of each payment in my monthly bank or credit card statement will serve as my receipt and Meals on Wheels of Contra Costa will provide me with a statement of my annual gifts.

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

Annual reports and Form 990

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

Facts about Meals on Wheels in Contra Costa County

- 325,000 daily meals and 15,000 emergency meals are delivered to homebound elders annually.
- More than 95% of all meals deliveries are to homebound elders aged 60 years and older.
- Community Contributions and Charitable Grants to Meals on Wheels of Contra Costa subsidize virtually all meals delivered to homebound elders in our county.
- Each meal exceeds 1/3 of the Recommended Dietary Allowance for an older adult.
- 28,000 modified diet meals are delivered annually.
- 600+ Volunteers drive the majority of our 77 our Meals on Wheels routes countywide each weekday.
- Frozen meals are provided for weekends and holidays.

Meals on Wheels of Contra Costa Honored by County Board of Supervisors

MOW of CC was recently honored for 20 Years Outstanding Service, raising and contributing $4.4 million to provide $2.2 million meals for Contra Costa County homebound elders since 1990.

From Left: MOWCC Board Members: Rick San Vicente, Bank of America; Marsha Griffin, West County Meals on Wheels; Gail Garrett, Sen. Nutrition Advisory Council; John Cottrell, Board Chair Aging & Adult Services Bureau Director. County Supervisor Federal Glover (Presenting). Board Members: Paul Kraintz, Co-Founder & Secretary/Treasurer; Cathy Ivers, Shell Oil Products Refinery Martinez. MOW Program Operations Manager Elizabeth Vargas. Board Member: Robert Sessler, Co-Founder.