

# Meals on Wheels of Contra Costa, Inc

## Tidbits



Spring 2011

### 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

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.

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.



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!



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# THANK YOU to our Major Donors: April 2010-March 2011

Every donation to Meals on Wheels helps homebound elders in our community to 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!

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Wilkins, H. Drew  
Williams, Charles  
Wilson, Gene J.  
Wils, Michael and Gloria  
Wills, Francis E. and Pauline J.  
Winpress, Loretta P. and Malcolm E.  
Winslow, Ernest  
Wittels, Helen  
Wong, James T. K. and Florence M. M.  
Woods, David  
Woodson, Shirley  
Wright, Harold E. and Bette C.  
Xavier, Janet E. and Julian M.  
Yarnold, David A. and Adrienne N.  
Yee, Jane  
York, Roberta  
Young, Robert  
Young, Robert W. and Betty  
Ziemer, James and Rosa  
Zocchi, Cherie  
Zollars, Rosalie  
Zucker International  
Zumwalt, Linda and James



## 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.

Gift from...	In memory of...	Gift from...	In memory of...	Gift from...	In memory of...	Gift from...	In memory of...
MJosephine Giroux	Vincent Giroux	Helen Newton	Morris Clelland	Helen Jensen	John Kannisto & Margaret Walker	Marinell Daniel	& Dorothy Young
Marsh & Margaret Freeman	Charles Baake	Barbara Brickell	Kay Brickell	Helen Jensen	John Kannisto	Nancy Ramos	My mother & father
Blaine Fraker	Jean Sloan	Billie Blanchard	Willie Kate Fisher	Elizabeth Dunn	John & Geraldine Dunn	Mr. & Mrs. James Atkins	Richard Caletti
Christine Scarlott	Victor Thole	Regina Scheiding	Sylvia Gerhes	James Atkins	Beryl Kluge	Violetta Tappero	Rocky Haynes
Verne Pynne	Dorothy Stewart	Philip Waggoner	Beth Waggoner	Virginia Barolomei	Marie Norut & Helen Bartolomei	Judi Dinneen	Ruth O'Connell
Helen Hallberg	Edgar Monk	Ruby Nieves	Willie Gonzales	Steven Amaral	My wife, Susan Amaral	Cecelia Cody	Laura Jean Frisbie
Ruby Nieves	Willie Gonzales	Eleanor Arnberg	Wilber Arnberg	Mark Beecher	Helen Dickinson	Ruth Zablotsky	William J. Cody
Concesa Aguilar	Ilay	Barbara Winter	Barbara Winter	Bertha Diaz	Elvira Diaz	Roger & Jan Brown	Gale Hinkes
Laura Ponti	Julia Montford	Elise Shrader	Vern Bonham	Susan Cattano	My mother, who drove for MOW	Frank Macan	Warren Heath
Sybil Sinclair	Dorothy Stewart	Althea Bates	Thomas J. Bates	Mr. & Mrs. Bob Cheyne	Edna Warren & Edith Britton	Scott Sanders	Norma Macan
Tom & Debi Branich	Jayanti Ray	Liselotte Immel	Erich	James H. Hattum	James & Beverly Hattum	Sandra Falk	Mildred Whitworth
Diane MacIver	Frank Majesky	Beatrice Pressley	Zen	David & Susan Gehringer	Ali Katomi	S. Peters	James & Beverly Hattum
James & Frances Doud	Dorothy Stewart	Elise Lawton	James Bueno	David & Susan Gehringer	Ed Newcomer	Carroll Mills	Jeanne Johnson
Joyce De Mercurio	Marge Collins	Billie Raney	William Koshaba	Judi Arbini	Margaret & Frank Arbini	Dale Billy	Dorothy Bettencourt
Joseph Defrietas	Gerry & Charlie Baake	Leon Merritts	Helen Ray	Ron, Tamra & Heidi Kunstal	Ruth Tatro	Ruth Zablotsky	My husband, Stankermir Eremia
Dorothy Stockwell	Dorothy Stewart	Patricia Bello	Henry Mercer	Shelley Prater	Eleannor Ruth Tatro	Blaine Fraker	Anna Billy
Gary & Ann Rowe	Dorothy Stewart	June Smith	Mom & Dad	Carol Gaiser	Gale Anderson	William Webb	Gale Hinkes
Valerie Gardner	Dorothy Stewart	Wilma Garrett	Elmer Garrett	Jerry Russel & Family	Ruth Tatro	Mrs. E. Sullivan	Larry Phelan
Pauline Riemer	Charles Baake	Elise Lawton	Glenda Saylor's Mother	Verona Bolden	Icilda Walters	Earlene Casey	Dr. William L. Pharis
Michael Wilborn	Vietnam Veterans	Marna J. Tipping	Jeremy Scully	Deborah Guyton	Connie Narbaez, Mom	Jeanne Gibson	Earlene Casey
Edith Ferreira	Louis Ferreira	Nancy Ramos	Morry Merkt	Elise Lawton	Gene Lawton	John & Kathy Kunstal	Violet Young
Marilyn Sullivan	Noel McHune	Annabelle Travis	Miriam Englar	Roger & Jan Brown	Mary Dee	Mr. & Mrs. James Atkins	Enes & Ruth Tatro
Janet Grant	Hilmald Grant	Pamela Boylan	Anita Brougham	Salim Kurwa	My parents	Ruth Zablotsky	Clonnie Landers
Blaine Fraker	Larry Phelan	James H. Hattum	James & Beverly Hattum	Ms. June Buckley	Ruth Tatro	Elise Lawton	Gale Hinkes
Helen & Don Marlow	Pearl Ferguson	Bill Rickard	Bill Rickard	Mr. & Mrs. Sousa	Brother, Mark Lyons	Barbara Bly	Violet Young
Olesta Urbach & Steven Churchill	Hattie Neal	Helen Wood	Virginia Bosworth	Bill Whman & Priscilla Coffin	Bob Beetz	Ruth Zablotsky	Gale Hinkes
Michael Burke	Lisa Burke	William Olivito	Edith Oliverio	Donna Mather	Dominic & Stella DeMaggio	Margaret Cingolani	My husband, John
Jim & Helene Atkins	Jag	Josephine Giroux	Yvonne Fairchild	Eugenia Sullivan	Earlene Casey	Viennne Witsil	Theodore Witsil
Lea Barbano	Tom Howard	Annabelle Travis	Miriam Englar	Mr. & Mrs. Wayman	D. Keel & Jeanie	Leilani Marshall	Rich Marshall
Virginia Bailey	Lena Ronconi	Diane MacIver	Frank Majesky	James H. Hattum	James & Beverly Hattum	Lois & Roy Hope	Rich Marshall
Diane MacIver	Frank Majesky	William Webb	Dorothy Dean Webb	Katie Pittman	Bob Roberts	William Webb	H. Fremont Webb
Mr. & Mrs. Don Pazour	Charles Baake	James H. Hattum	James & Beverly Hattum	Angelito Mejia	Lodevina Simbe Flores	Angelito Mejia	Lodevina Simbe Flores
Barbara Collins	Kathleen Pirotti	Alice, Chuck & Chris Scalberg	Jennie Sehn	Robin Townley	Carol Milewski	Ruth Zablotsky	Gale Hinkes
Kristen Mansel	Albert & Helen Sabo	Frank & Mary Grannis	John Fehd	Mr. & Mrs. Bob Cheyne	My mother	Dermont Brinton	Jim Wright
Patrick O'Shea	Ralph Strelow	Joe & Norma Viscuso	Alphonse Sangaminio	Elise Berticevich	Charles Baake	James H. Hattum	James & Beverly Hattum
Mrs. Donna Strelow	Ralph Strelow	Wilma Garrett	Elmer Garrett	Theresa Nagle	Helen M. Devlin		
Barbara Tiffany	Glenn Williams	Linda & Luis Rico	Frank Buchanon	Mr. & Mrs. James Atkins	Ruth O'Connell		
Mrs. E. Sullivan	Earlene Casey	Donald Hare	Dennis Horgan	Sue Cevasco	Stanley Cevasco		
Mr. Robert Young	Phyllis Young	Claudia Whitnah	MaryAlice Keeble	Randall & Sharon Young	Chester & Miyoko Imai		
Wilma Garrett	Minnie Berry						
Summerset Orchards Kare Bears	Blanch Bennett	<b>Gift from...</b>	<b>In tribute to...</b>	<b>Gift from...</b>	<b>In tribute to...</b>	<b>Gift from...</b>	<b>In tribute to...</b>
Janet Grant	H. Donald Grant	Bob & Marj Jardine	All who suffer from terrible illness	Jean Potts	Jean Potts for passing DMV test	Susan Davi	Joe & Barbara Davi
Judith Good Stearns	My mom, Evelyn S. Good	Kevin Franklin	Poor & destitute people	Florence Tiscareno	Jim & Kathy Paige	Susan Davi	Dave & Nena Davi
Diane MacIver	Frank Majesky	Sarah Ely	Tamara Gomez	Verona Bolden	Mrs. Icilda Walters	Susan Davi	Jack & Etta Orsino
Blaine Fraker	Sister	Tom & Monica Brady	All Meals on Wheels Volunteers	Margery Dean Webb	Mr. Willaim L. Webb	Susan Davi	Bill & Vickie Grant
Cindy Miller	Jacqueline M. Stevens	Kevin Franklin	Poor & destitute people	Bob & Jeannine Nordan	Rich & Patti Raines	Marcia Johnson	Mom & Dad this Holiday Season
Alice Fottrell	Jack Sharpe	Mr. & Mrs. Verlyn Clausen	George & Jane North	Bob & Jeannine Nordan	John & Alice Rector	Christopher Gatewood	Hunter Gatewood & Daniel Frattin
Alice Fottrell	Diana Toal	Melissa Wedel	Bob White	Bob & Jeannine Nordan	Bryan & Cindy Krause	L. H. Hughes	Roberto Romero
Chet & Judy Holm	Essie Sickels	Mr. Dale Billy	Anna Billy	Tina & David Saling	Patricia Wilkinson	Nancy Li	Jack & Helen Li, Peter Li & Julie Yabu
Liam Alan	Hazel Montez	Micheal Wilbourn	Vietnam Vets	Matthew Matter	Corrigan Patrick	Margaret Peterson	Karen Chinn
Margaret Cingolani	My husband, John	Linda Hudak	Jim Frazier	Suzanne & Victor Stephens	Thomas Matter at Christmas	Elaine Highiet	Mr. & Mrs. Jerry Margolis
Tejinder Basra	Prinam Basra	Margaret Cingolani	Family	Jo Ann Pico	Marriage of Erin Troy & John Ross	Jeanne Gibson	Violet Young's 91st B-day
Virginia Silva	Paul Silva	Fred Lorenzetti	John Aldo Mori	Joyce Thomas	Barbara Bentley & Rex Johnston	Joe Green	MOW Volunteer Drivers
Nancy Ramos	William O. Tabler	Karen Taylor	Tom MacLean on his birthday	Melissa Ladd	Barbara Koeth	Wilma Garrett	Willa Thomas
Kristen Mansel	Albert & Helen Sabo	Tom & Monica Brady	Meals on Wheels Volunteers	Lara DeLaney	Hunter Gatewood & Daniel Frattin	Alice Gregori	Barbara Hakala
Margaret Cingolani	Margaret Glesschi	Vivianj Boyd	The Cullen Family				
Imogene Hartline	Erma Donnelly						
Alison Haux	William Mowris						
Clarence E. De Barrows	Rita De Barrows						

Meals on Wheels of Contra Costa, Inc

**Tidbits**



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 or go to [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org)

Editor: A. Paul Krantz; Contributing: Liz Vargas  
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**

*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.mealsonwheelsofcontracosta.org**



**Annual reports and Form 990**

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

**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 Krantz, Co-Founder & Secretary/Treasurer; Cathy Ivers, Shell Oil Products Refinery Martinez. MOW Program Operations Manager Elizabeth Vargas. Board Member: Robert Sessler, Co-Founder.

**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.

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