

Meals on Wheels of Contra Costa, Inc

Tidbits



Fall 2012



Benigno Reyes: an American Patriot

"My hope and prayer is that everyone knows and loves our country for what she really is and what she stands for." —John Wayne

Born in Windsor, Arizona, in 1943 and raised in Richmond, California from the age of 3, Benigno Reyes has always had a "patriotic soul."

"I loved John Wayne movies since before I can remember! He was such an American Patriot and had so much courage." Bingo enlisted in 1962 and was stationed in San Antonio for 4 months of boot camp. "It wasn't easy and there were times when I wanted to go home."

Shortly after boot camp and technical school, Bingo became a Jet Engine

Mechanic and was permanently stationed in Dallas, Texas. In 1965 he was sent on temporary duty with Squadron 7th FMS (Field Maintenance Squadron) to Guam to work on the Boeing KC-135 Stratotanker, which is an aerial refueling aircraft that provided direct support for long range bombing in North Viet Nam. Once the missions commenced his responsibility was to service the aircraft each day and ensure that they were fully mission-ready.

"I remember it like it was yesterday—the planes took off one by one for the mission in the Vietnam War. I felt so

much patriotism, pride, excitement, and, of course, fear." These arduous flights over the long distance to Viet Nam and back required that the aircraft be in top condition. The maintenance crews knew the importance of the work and felt the pressure of making sure they did everything right. Several of the crews and their aircraft were lost during these missions, Bingo remembered.



"Courage is being scared to death—but saddling up anyway." —John Wayne

"I was diagnosed with both Parkinson's Disease and Diabetes at age 48." I am not able to work and am so grateful to receive Meals on Wheels. I am wheelchair-bound, and am unable to drive. The

volunteers go out of their way to help me when my meal is delivered. They are good people, very pleasant, and I look forward to seeing them!"

Please be our Guest at our Annual "Thank You" Reception!

October 29, 2012
11:30am—1:00pm

Space is limited!

Please RSVP to Leigh Shugrou (925) 335-3351 or mowcc@hdsd.cccounty.us by October 20.

Shell Clubhouse
1635 Pacheco Blvd., Martinez

MEALS on WHEELS of Contra Costa

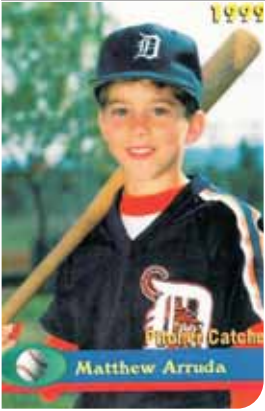
Meals on Wheels of Contra Costa

Please join us!

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It's a "Grand Slam" for one Meals on Wheels donor!



The pitcher stands ready on the mound. He throws a fast curve, but the batter, Matt, sees the ball "as big as a grapefruit" and makes immediate and hard contact. He races toward 1st base, bringing in

all four runners. It's a Grand Slam! The crowd is cheering wildly, but one person is off her feet and shouting above the others. It's Dianne Arruda, a loyal Meals on Wheels donor who just happens to be Matt's mother!

Diane has been donating to Meals on Wheels of Contra Costa since 2007. Matt was playing baseball for Clayton Valley High School at the time, and had loved baseball from the time he could hold a bat. Dianne says, "I felt so lucky to have the opportunity to watch Matt play baseball for so many years. Baseball fans can be very superstitious and I wanted Matt's team to continue winning." Dianne's

grandparents had volunteered for Meals on Wheels, which now provides more than 1,300 meals per day to frail, homebound seniors in Contra Costa County. "I came up with the idea to donate \$10 to Meals on Wheels for every hit my son made." Luckily for Meals on Wheels, Matt has made lots of hits over the years!!! "I was able to give back to our community and teach Matt the value of serving others who are in need. It was my way of saying 'thanks' for my son's opportunity to play baseball, and a way to help homebound seniors in Contra Costa."

Dianne currently works as a Special Education Assistant at Gregory Gardens Elementary School in their Early Childhood Transition Center. She loves her work there and hopes to volunteer for Meals on Wheels in the near future!

For now, Dianne is following Matt playing for Texas A&M's International Baseball Team, the Dustdevils, and is thrilled that she will get to throw out the 1st pitch at his next game! With a little luck, some hard work, and a donation here and there, his team will make the play-offs this season.



Dianne is definitely a "Grand Slam" for Meals on Wheels of Contra Costa.

Welcome donation from MassMutual

John Malley of MassMutual Financial Group and his son Mark deliver a \$2,000 donation to Paul Krantz of Meals on Wheels of Contra Costa. The donation was from General Agent Robert Fakhimi and his agents of the San Francisco Bay Area Agency of MassMutual.



Meals on Wheels in Contra Costa County

BY THE NUMBERS!

Period: July 1, 2011–June 30, 2012

Total homebound elders served: **2,109**

Volunteers hours annually: **30,000**

Participants aged 75+: **69%**

Total meals delivered to homebound individuals: **365,564**

Participants with one or more chronic health condition: **100%**

Total meals delivered to homebound elders: **363,354**

Average monthly participants who must wait two or more weeks for a meal: **97**

Low sodium modified diet meals: **31,132**

Participants who live alone: **47%**

Emergency meals delivered (6 meal E-packs): **16,260**

Average daily meals delivered: **1,397**

Meals on Wheels routes countywide: **80**



Friends and loved ones remembered: September 2011-August 2012

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...
Jean E. Brinton	Dorothy Harrington	Theron Nelson	"Bud" Stewart	Josee Ducasse	Victor	Jim, Nikki & Family	Orland Silva
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Margaret Cingolani	All my faithful departed	Melvin Cooper	Melvin Cooper	Bill, Gayle & Hazel Gabetta	Bill, Gayle & Hazel Gabetta	ENGE O Incorporated	Mary Smith
Jean Wilson	Stan Pierard	Betty Lewis	Betty Lewis	Helen E. Jensen	Helen E. Jensen	Richard Wolski	Anna Straka
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Patrick & Shirley Campbell	Ellen Campbell						
Wilma Garrett	Elmer Garrett						
Steven Schacher	Margaret S. Reiches						
Ken & Carol Jones	"Bud" Stewart						
Martha Whittaker	"Bud" Stewart						

Gift from...	In tribute to...	Gift from...	In tribute to...	Gift from...	In tribute to...
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William Webb	Margery Webb	Susan Nurock	Wendy Nurock	Paula Tint	Mr. & Mrs. Nathan Kraft
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Margery Webb	William Webb	Daniel Lew	Chris & Jennifer Oyoung	Kaiser Clinical Review Staff	Mry Gibbons

Meals on Wheels of Contra Costa, Inc



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

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Design: Donagh Graphic Designs

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through our partnership



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Visit our website at: <http://www.mealsonwheelsofcontracosta.org>

THANK YOU to our Major Donors: September 2011-August 2012

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!

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

The Crescent Porter Hale Foundation
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\$20,000 Gift from Supervisor Gayle B. Uilkema

Capping an illustrious career fighting for the needs of elderly Contra Costans, District 2 County Supervisor Gayle B. Uilkema, who passed away in May 2012, made yet another magnanimous contribution to their health and wellbeing posthumously. We were pleased and surprised to recently receive a gift designated by Supervisor Uilkema before her untimely death of \$20,000, which will provide more than 5,000 meals delivered to homebound elders, enough nutritious daily meals to serve 15 homebound elders for an entire year. Thank you once again Supervisor Uilkema for your lifelong dedication to help those most in need.

Professional & Technical Engineers Local 21 provide \$1,100 grant

Members of Contra Costa County Manager's Union, Professional & Technical Engineers Local 21 voted to forgo a holiday party and instead donate the allotted funds to local charities.

Jackie Winfield, Senior Nutrition Program Operations Manager, Leigh Shughrou, Meals on Wheels of Contra Costa Development Assistant, receiving a check from Sue Guest, Local 21 President. Thank you Local 21 Members!



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 Kraitz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-335-3358 to discuss other planned giving options.