

Meals on Wheels of Contra Costa, Inc

Tidbits



Spring 2012

Always there for each other

It was a gorgeous afternoon, the sun was shining, and spring was in the air when I visited Dick and Bette, both 84 years old, and new Meals on Wheels participants.

— Leigh Shughrou

Dick and Bette first met in the 1st grade. Born in 1928, they grew up in Illinois and went all through school together. "Our fathers worked together, so we basically grew up together. We went to all the school dances and spent most of our weekends together." Dick entered the Army at the age of 18 and was deployed to Korea. While he was gone, Bette moved to San Pedro, California, to start a new job.

Dick returned from Korea in 1947, and Bette promptly moved back to Aurora to be near him again.

They were married one year later, settled down and had their first son, Michael, in 1950. In 1955, Bette suggested they move to San Pedro, where their second son, Richard, was born.

Dick worked for the Los Angeles Police Department as both a motor officer and in the personnel division. He stayed home with the boys in the evenings while Bette worked as a receptionist for Kaiser Hospital. They played golf and spent time outdoors with the boys. "We were always on the go," says Dick.

"As the kids grew up and out, we began traveling." Dick retired in 1979. Their travels took them to Southeast Asia, Europe, and Hawaii. They eventually built a home in Arnold, California, and lived there for 21 years. In 2000, when they began having medical problems, they moved to Brentwood, and continued to play golf and enjoy community activities.

Last autumn, Bette fell and broke her hip and femur. Afterwards her balance was never quite the same. She had several more falls this past winter and landed in the hospital at least 8 times. Bette not only lost her mobility, she also lost her appetite.

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....and now!



Waiting for a meal

You our supporters can be proud of how your help has allowed us to increase daily meals deliveries to homebound elders 5% to 10% annually. Sadly, the need is even greater.

Many homebound elders in Central and East County must wait two or more weeks to receive a meal once we receive the call for help, yet federal and state program funds were recently reduced.

Your donations of both time and money are critically needed to eliminate this growing unmet need for Meals on Wheels in our communities. If you, your church, or services organization might like to volunteer to deliver Meals on Wheels, please give us a call at 1-866-669-6697 or visit our website at www.mealsonwheelsofcontracosta.org to learn how you can help.

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THANK YOU to our Major Donors: April 2011-March 2012

Every donation to Meals on Wheels helps homebound elders in our community to maintain their health and independence. Limited space prohibits our acknowledgment 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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Friends and loved ones remembered: April 2011-March 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.

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



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P.O. Box 3195
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Health, independence and dignity for homebound elders

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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.

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Contra Costa is aging

While overall population growth in Contra Costa County was 10.5% between 2000 and 2010, according to the 2010 US Census, the Senior Citizen population aged 60 years and older grew by a whopping 32.8%. The population most served by Meals on Wheels, the age 75+ population grew 31.5%. Perhaps the most ominous number, with the baby boomers just beginning to enter Senior Citizenship during the last decade, those 60 to 64 years old increased 66.5%.

Just wait 'til 2020!



Wells Fargo Martinez Branch Manager Arturo Gonzalez presents a check from the Wells Fargo Foundations for Meals on Wheels to Director Paul Kraitz.

Always there for each other—continued from page 1

Friends referred Dick and Bette to Meals on Wheels. Bette laughed and said “Dick's not the best cook, so we knew we needed to get some help!” Since they've been on the Program, Bette has gained weight. “She loves the meals!” says Dick.

Before I left, I asked the Dick and Bette why their marriage was so successful. Dick said, “We worked through our problems, and we were always there for each other.”

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.

