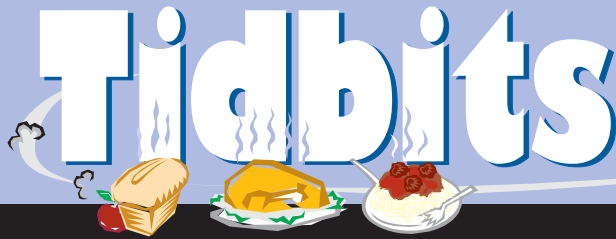


Meals on Wheels of Contra Costa, Inc

Saving lives, one meal at a time



Federal Tax ID No. 68-0231350

Summer 2013



Serving seniors like Bea is why we're here... and why your support matters!

Eighty-six year old Bea wasn't always dependent on others. In earlier days she was a train-blazing woman who worked most of her life as a secretary because she enjoyed the challenge of a career. Even today she is proud of her accomplishments and will eagerly tell you about how she used one of the world's first computers!

Unfortunately, recent hardships have made life difficult for Bea, reminding us that even the strongest people grow older and fall victim to terrible misfortune.

Tragedy struck 12 years ago when her beloved son passed away unexpectedly. The experience tested Bea physically and emotionally. "The most painful thing to go through is a child's death," she says. Then, six years later, still mourning the loss of her son, Bea lost her husband, too. Suddenly

alone, the money she and her husband had put away for retirement deteriorated rapidly. That's when she contacted Meals on Wheels of Contra Costa, and we have proudly served her ever since.

It's a good thing we're here for Bea. In addition to diabetes, thyroid problems and blood cancer, Bea can no longer hear. Determined to communicate with others, Bea taught herself to read lips—but now, her eyesight is failing, too.

Her ailments make life more challenging every day. She can no longer cook because she has trouble standing, and her failing eyesight means she can no longer drive.

These days this once vibrant, ambitious woman rarely leaves home.

"If it weren't for Meals on Wheels of Contra Costa, I don't

know where I would get my next meal. Thankfully, the volunteer come to see if I'm still alive."

Meals on Wheels of Contra Costa knows that we must remain strong as Bea grows more frail—and we will be here for her for as long as she needs us.

By making a bequest to Meals on Wheels of Contra Costa in your will, you will help ensure our program can provide food for our elderly neighbors in the future. Thank you!



Troy Feddersen of the Rotary Club of Lafayette awarded a \$750 grant to MOW last December 2012.

Four reasons to include Meals on Wheels of Contra Costa in your will

- 1 Leave a lasting legacy by enabling Meals on Wheels of Contra Costa to continue bringing food and friendship to elderly and homebound neighbors far into the future.
- 2 Make a gift that costs nothing during your lifetime.
- 3 Make a gift without using cash.
- 4 Help your heirs in the future by eliminating or reducing estate and capital gains taxes.

And when you make a bequest or planned gift to Meals on Wheels of Contra Costa, we will be pleased to welcome you into the Legacy Society.

Inside this issue...

- 🍎 Serving seniors like Bea...
- 🍎 \$750 grant from Rotary Club of Lafayette
- 🍎 Four reasons to include Meals on Wheels of Contra Costa in your will
- 🍎 San Joaquin Yacht Club's generous support for 25 years!
- 🍎 Confessions of a planned giver
- 🍎 A special way to help....
- 🍎 Language for leaving a bequest
- 🍎 Thank you to our loyal donors
- 🍎 Martinez Mayor's Cup Golf Classic
- 🍎 Join Our Supper Club
- 🍎 "Meals on Wheels" has two flat tires

San Joaquin Yacht Club — \$410,000 in 25 years for Meals on Wheels of Contra Costa!

THANK YOU!!!

The San Joaquin Yacht Club has supported Meals on Wheels of Contra Costa for over 25 years! Members of the Yacht Club have been very generous in their fundraising activities. Champagne Cruises, bowling and golf tournaments every year. The events are always well attended and have proven to be fun for all.

The boats for the cruise are captained by their owners, who provide the fuel. Bubbly and munchies are provided for the four-hour excursion and volunteers work hard on preparing a sit-down dinner, generously donated by Bateman Catering.



SJYC member-at-large



Ready to cruise the Delta.

This year, two Meals on Wheels Staffers joined in the fun on the Champagne Cruise. "It was a blast," says Jennifer Gomes-Figuiera. "The members worked hard to coordinate and prepare this fabulous and overwhelmingly generous event."

A huge "thank you" is extended.

Confessions of a planned giver

Dorothy H. recently shared: "The reason I became a planned giver to Meals on Wheels is two-fold. First, I was born and raised in Contra Costa County. In fact, my father graduated from Mt. Diablo High School, where I attended, and was an elected official of Concord for a number of years. Not surprisingly, I feel a deep commitment to my native county and want to give back to it what I can. My mother was a driver for Meals on Wheels. I went with her many times and walked the food up to the door myself! I'll never forget how great it felt to do something that was easy for me, but so appreciated by the elder members of the hometown I loved so much.

"My second and most important reason for naming Meals on Wheels of Contra Costa as a benefactor in my will is to honor my parents by providing a legacy of goodwill for people who have few resources. My parents never wanted to be hungry or alone and therefore advocated for senior citizens their whole lives.

"One of my parents' favorite quotes was 'There but for the grace of God go I.'"

Clip and save!

Sample language that can be used when making a bequest to Meals on Wheels of Contra Costa

"I give, devise, and bequeath to Meals on Wheels of Contra Costa, Inc., federal tax identification number 68-0231350, P.O. Box 3195, Martinez, CA 94553, the sum of \$_____ (or describe the real or personal property or portion of the estate) to be used for its general purposes, including its delivery of nutritious meals to frail and elderly neighbors."



A special way to help...

Answers to your questions about leaving a bequest to Meals on Wheels of Contra Costa

Q What is a bequest?

A A bequest provides a specific amount of money, a percentage of an estate, or a certain piece of property to a charitable organization at the time of death. For most people this involves naming a charity as a beneficiary in a will, codicil, life insurance policy or retirement plan or by making a gift of real estate.

Q What is the benefit of making such a gift?

A Often a planned gift offers a charitable-minded person the chance to leave a special legacy without compromising his or her current financial situation. Some planned gifts can offer immediate tax benefits during life as well.

Q Is it difficult or complicated to leave a planned gift?

A Typically no. The first step is to contact an attorney who can advise you on setting up a gift that ensures your wishes are followed. Sample language is provided on the opposite page which should make the process even easier.

Q Why does Meals on Wheels of Contra Costa want to know that I have named it as a beneficiary in my estate plans?

A When a generous donor includes Meals on Wheels of Contra in their will or estate plans, we want to have the opportunity to thank them for their heartfelt gesture by acknowledging them through our exclusive Meals on Wheels Legacy Society. Knowing about future planned gifts also helps us plan for growth to meet the growing needs of our community.

Please contact Paul Krantz at 925-335-3358 or pkrantz@hsd.cccounty.us for more information about the Meals on Wheels Legacy Society.

Thank you for your *Loyalty*

Meals on Wheels of Contra Costa would like to recognize and celebrate the donors who have supported Meals on Wheels for many years and, in so doing, have had a major impact on the lives of homebound elders in our community. THANK YOU!

Platinum...20+ Years

Anthony & Mary Kraintz
Carol and V. M. Hance
Lippow Development Co.
Marilyn D. Stewart
Mary Foran
Robert W. Harvey
Rosemary M. Corbin
San Joaquin Yacht Club
Sybil Disch

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Ruth Stabbe
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Susan and William Miller
Theresa and John Stephenson
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Theresa C. and Carol Appenzeller
Thomas and Shirley Regulski
Thomas Bottenfield
Thomas J. Long Foundation
W. C. Dexheimer
Wanda Lamanno
Wayne and Catherine Welcome
William and Elizabeth Schalich
Yvonne Halloran

Gold...15+ Years

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Adrienne and Ernest Pierucci
Albert Ottinger
Alice M. Gonnerman
Alice Ropchan
Ann Moldenshardt
Ann Scott
Anne Lea
Anonymous
Anonymous
Arthur Knapp
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Barbara and Dennis Nummi
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Barbara and R. J. Ruppenstein
Barbara Profe
Belle Krumholz
Betsy Lee and Marshall Wells
Betty O'Connor
Beverly Lewis
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Bruce and Regina Pedrotti
Bruce Cowee
Caren and Rodney Lucich
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Carol and Ronald Zuckerman
Carol and William Stockbridge
Carole S. Lindsey
Carolyn Carpenter
Charlotte & Phillip Daar
Cherida Collins Smith
Cindy Jean Peters
Craig and Margaret Mateer Isaacs
Dale and John O. Caton
David and Judith Tedesco

10+ Years...Silver

Thank you to the over 750 members who have been donating to Meals on Wheels for a decade, but less than 15 years. We apologize that our limited space does not allow us to list all your names.

Meals on Wheels of Contra Costa, Inc. is the newsletter of
Tidbits 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
Editor: A. Paul Kraintz; Contributing: Leigh Shughrou
Design: Donaghu Graphic Designs

Donate a vehicle through our partnership...

...with Car Donation Services, Inc.
Visit our website at: <http://www.mealsonwheelsofcontracosta.org>



Meals on Wheels of Contra Costa, Inc.
P.O. Box 3195
Martinez, CA 94553
 Federal Tax ID No. 68-0231350
 Address correction requested

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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 on 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 on Wheels of Contra Costa. Please enroll me in the Supper 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 _____

SEC CODE _____

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 to view and print. If you would like paper copies but lack Internet access, please call 1-866-669-6697 for assistance.

Mark your calendar and have fun helping MOW

Martinez Mayor's Cup 2013
28th Annual Golf Classic



Friday, October 11, 2013

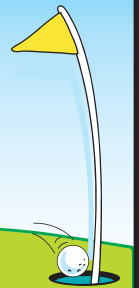
Benefitting Meals on Wheels of Contra Costa

Join us for a festive afternoon at the award-winning **Roddy Ranch Golf Club** in Antioch (par 72).

Hosted by Martinez Chamber of Commerce and Main Street Martinez



To register online visit www.martinezmayorscup.org and call Leigh Shughrou at 925-335-3351 so we can say hello on the course!



"Meals on Wheels" in Contra Costa County has two flat tires—needs help

—Claycord News & Talk, April 22, 2013, 17:12 pm

A local community group that provides the meals delivered to homebound seniors throughout the county could use some help of its own. Their need is often desperate by the time Meals on Wheels receives a first call for help, but 200 fewer Contra Costa County homebound elders will receive the daily nourishment they need from Meals on Wheels deliveries starting this year. Additionally, for the first time, the Meals on Wheels program has waiting lists of 70 or more homebound elders each day who need Meals on Wheels but who can't be served.

Decreased funding and community donations are causing Meals on Wheels to significantly decrease the number of available meals and perhaps even reduce the number of daily delivery routes. Over 60% of Meals on Wheels Program funding comes from the charitable contributions by individual donors, foundation grants and from the Meals on Wheels Program participants themselves. Each of these revenue sources have either declined significantly, or failed to keep pace with an ever expanding need in the community.

Community contributions to Meals on Wheels of Contra Costa from individuals and charitable foundations are the largest single source of support for Meals on Wheels in Contra Costa County and subsidize virtually all of the 365,000 Meals on Wheels deliveries to nutritionally at-risk homebound elders each year.

Donations to Meals on Wheels can be sent to **Meals on Wheels of Contra Costa, PO Box 3195, Martinez CA 94553** or made via the website: www.mealsonwheelsofcontracosta.org.