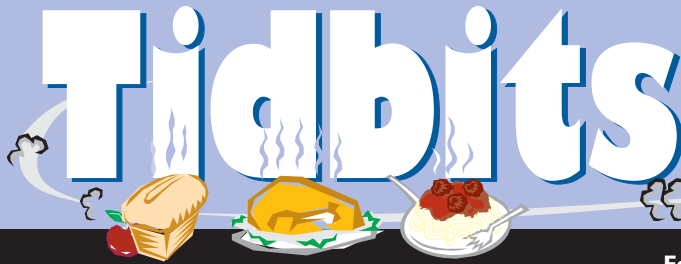


# Meals on Wheels of Contra Costa, Inc

*Saving lives, one meal at a time*



Federal Tax ID No. 68-0231350

Spring 2014

## Elsie...99 years young and counting!

Elsie will be 100 years old this year. She was born on September 19, 1914. We visited her on a beautiful afternoon in her home of more than 50 years!.

Elsie grew up on a farm 3.5 miles west of Clinton, Mississippi, with her father who was a 1<sup>st</sup> generation German. She learned to speak English in a small School House and recalls a fateful day when she sat on a bed of red ants! Ouch!

Elsie and her husband moved to Contra Costa County just when the news broke about the assassination of John F. Kennedy. She still remembers it very clearly. She worked as a house keeper and a part-time secretary at Diablo Valley College while raising 10 children, and served for many years on the Board of the Martinez Historical Society. She is the proud grandmother of 12, great grandmother of 14, and has a total of 200 descendants!

Elsie has been on the Meals on Wheels Program for 9 years. She broke her ankle in 2012 due to osteoporosis and now exercises her knees and legs three times per week by gently lifting them while sitting on her couch. It is very hard work, but she knows it is worth it.



Her favorite meal is the mock-crab salad and she looks forward to her visit from Francie each day because "Francie has a bubbly personality."

We were amazed at how well Elsie was doing at 99 years of age, and look forward to celebrating her 100<sup>th</sup> this year!



## Appreciation

Dear Meals on Wheels,  
I don't have much money but I can remember when I went home to Fairfax, OK to take care of my Mom in 2012. Meals on Wheels brought her lunch every day. She and I were so grateful to receive that meal. I'll pay for someone's meal this Thanksgiving. Love you all, Janice. 11/7/2013

## Grant from CheckPoint



Thank You! Meryl Goldenberg (right) of CheckPoint presents a \$2000 Grant to MOW. Receiving the check is MOW Co-Founder, Paul Kraintz.

## Inside this issue...

- 🍎 Elsie...99 years young!
- 🍎 Appreciation from our clients
- 🍎 Grant from CheckPoint
- 🍎 Martinez Mayor's Cup fundraiser
- 🍎 Meals help solve fiscal challenges
- 🍎 We get letters
- 🍎 Friends and loved ones remembered
- 🍎 Thank you to our major donors
- 🍎 Food bags labeled with love
- 🍎 First annual poker tournament
- 🍎 Join Our Supper Club
- 🍎 Remembering MOW

## Martinez Mayor's Cup fundraiser was a success!



MOW supplied 3 foursomes at the October 2013 Annual Event held at Roddy Ranch in Antioch. As a Community Partner, MOW earned \$1500 and had a "ball."



Elaine Clarke, MOWSOS;  
Leigh Shughrou MOW;  
Jack Roddy, Roddy Ranch Golf Course;  
Jennifer Gomes Figueira, MOW.



Keith Shughrou, Mike Shughrou,  
Shareef Dajani, Dan Shughrou



Mike Malone,  
Jim Davidson,  
Hank Castro,  
Rick San Vicente



Paul Giacoletti, Morgan Tovey,  
Jonathan Lee, Kent Ipsen

**A hole-in-one  
for MOWCC!**



### Meals help solve fiscal challenges

A recent study by the Center for Effective Government showed that for every \$1 we invest in Meals on Wheels, we can save up to \$50 in future Medicaid expenses alone. This doesn't even take into account the additional Medicare savings or the fact that a year of nutritious meals and a simple wellness check costs about the same as a day in the hospital (average hospital stay is about \$1,850). It's clear that Senior Nutrition Programs are part of the solution to our nation's fiscal challenges.

## We get letters...

The letters and notes we receive from Meals on Wheels participants and their family members thanking and commending us for the work we do, are greatly appreciated by program staff and volunteers.

Dear Meals on Wheels,

My name is Haleigh and I am 11 years old. I am in Sixth Grade. My school has a student council. I am a part of it. I can ask them if we can raise money. I'll show them the letter you sent my family. I want to help as much as I can. I will send \$1 now. I'll probably send more later. I would love to help you guys out.

-Haleigh



Dear Meals on Wheels,

our Brownie Troop sang songs for a convalescent home in Walnut Creek this Holiday season. We also made Holiday cards that were delivered by Meals on Wheels volunteers to homebound seniors in Contra Costa County. We had a lot of fun!

-Brownie Troop 32010

# Friends and loved ones remembered: March 2013-February 2014

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...	Gift from...	In memory of...
Drew Kerr	Grace	Marcia Hataye	Maria Robledo	Nancy Ramos	Bill Winniford	Louis and Cynthia Sarkis	Josie White	Michele Tashinian	Mary Lovette
Nancy Ramos	Debbie & Larry Day's Mother	Joyce Demercurio	Gen Callegari	J.K. Rhodes	Les Snow	James Hattum	James H. & Beverly Hattum	David Saling	Paul Prigge
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Mrs. Sullivan	Earlene Casey	Carol Ann Mendez	Uncle Charley Layna	Elise Lawton	Mel Longshore	Barbara Sidley	Anne Lewis	Anne Lewis	Robert Lewis
Margaret A. Jones	Al Norman	Mrs. E. Sullivan	Earlene Casey	Lynne and Alan La Pointe	Family	Darlene and Bruce Comiskey	Gene Talbot	Steven Schacher	Margaret Reiches
Robert Young	Phyllis Young	James Paxon	Helen E. Pavon	Francine and David Garcia	Satoru Nishita	Katherine Hoenke	My parents	Dennis and Linda Crabe	Paul Prigge
Loretta Wimpers	Malcolm Wimpers	Shirley Weber	Dr. Harry Roth	Florina Gardella	Connie Silva	Barbara Turcios	Robert Turcios	Lynne Goldman	Mom and Dad
Marlene Michelson	Valerie Osterholm	Irene Marracci	Irene Marracci	Florine Gardella	Sharilyn Russo	Dr. Sanjay Ray	Anu Ray	Tedd Dowd	Scott Dowd
Raj Ditta	Baoji & Mataji	Diane Shepherd	Kathryn Heins	Florine Gardella	David Russo	Joyce Higgins	My mom, Esther Mathis	Judith Libow	Ben Libow
Robin Townley	Carol Milewski	Leona Balmino	George Tsaguris	Kamala Parimi	David Gardella	Karen Taylor	Thomas MacLean	Darrell Handy	Fern Mills
Joanne Byer	Liliana Ghiggi	Patricia Mewha	Rosemary Dippe	Michele Tashinian	All our loved ones who are no more	K. L. Capozzo	Elizabeth Bell	Darlene and Bruce Comiskey	Dolly Tibbitts
Robert Young	Phyllis Young	Sharon Carpenter	Leilani Goetze Calvert	All those who can give	Marie & Nana Lachman	Eula Gulledge	Rev. G.G. Griffin	Gordon and Donna Monroe	Jack Smith
Carole Kearns	My Espinosa-Jenkins	Lenore Griffin	Henry Stratford	Irene Goldberg and Norma Clelland	Marshall Lomax	Joseph Guruwaya	Rev. G.G. Griffin	Cecelia Cody	William J. Cody
William Hockenberry	Janet Chang	Stan & Kristin Hart	Helen Newton	M. Silbert	Jessie Reynolds	Robin Townley	Mom	Alice Morioka	Genell Havekost
Megan Riley	Adrienne Riley	Christine Bedsole	Kathryn Silbert	James Hattum Sr.	Rev. Ralph Daniel	Steven Amaral	Ann Blackburn	J. Michael Storms	Linda Ferrell (Storms)
Eugene Bissell	Virginia Bissell	Helen Tonti	James Hattum Sr.	William Schiller	Mario Guevara	Sharon and George Carpenter	Susan Amaral	Mauro De Gennaro	Mary De Gennaro
James H. Hattum	James H. & Beverly Hattum Sr.	Arline L. Conway	Rube Werner	Kathryn Sullivan	Tom and Ann French	J. Michael Storms	Linda Ferrell (Storms)	Gloria Gilmore	Jack Smith
Jack & Nancy McFarland	Wanda Cotter	Chris Myers	Stanley Hansen	Virginia Ryan	Gerry Bishop	Mr. and Mrs. Frank Ascagnino	George Egolf	Martha Jay	Mark Sorem
Ida Alfaro	Pat Berndt	Stanley Hansen	Arnold Epstein	Leo Fathy	Mr. and Mrs. Clifton Simons	Sue Cevasco	Stanley Cevasco	Andrea Roche	Lena
Nancy Ramos	Phyllis Young	Rev. Ralph Daniel	James & Charlene Bradley	Robert Carothers	Mr. and Mrs. Vazken Tashinian	Helen Palmer	Deane Palmer	Virginia Bartolomei	Marie Noia and Helen
Robert Young	Tuck Deshaies	James Hattum Sr.	Margaret Bupp	Betty Hall	James and Norma Olyry	David McDonald	Our mothers at Thanksgiving	Rocco Grassano	Mom
Roger & Jan Brown	Frederick C. Baker	Randy Bupp	Joyce Blakley	Walter Varco	Lenora Galbreath	Roger and Jan Brown	David McDonald	Joanna Gassese	Mom
Barbara Baker	Frances M. Nappo	Yetta Epstein	Rita Beaton	Earlene Casey	Rev. Ralph Daniel	Sue Cevasco	Sam Kadlecik	Theresa Nagle	Helen M. Devlin
Virginia Crum-Ross	Kit Walker	Rev. Ralph Daniel	Ellen Singer	Lillian Sawyer	Pat O'Shea	Helen Palmer	Audrey Wilson and Pat Veoh	Deb Jordan	Frank Jordan
Wayne & Betty Lou	Amelia Berner	Tom Franzella	Kathleen Fjeldstad	Stuart Sovatsky	Gail Walden	Martha Katz	Jeanne Mullally	Laurence Wyner	Estelle Shure
Judy Martiz	Kathleen Fjeldstad	Helen Montgomery	Beatrice Fanuka	Ellen Singer	Rev. Ralph Daniel	Jack Smith	Jack Smith	Dorothy Matsushino	Paul Prigge
Betty Archibald	Louis & Amelia Berner	Rev. Ralph Daniel	Earl & Gerda Ray	Rev. Ralph Daniel	Billie Catherine Goggins	Dr. Linda Low	Dean Baker	Barbara Ferrel	Jack Smith
John Pleasants	Joe & Norma Viscuso	Marianne Ferrara	Mr. & Mrs. R. Fiosi	Pat Cole	Les Snow	Marvin McKean	Jack Smith	M & W Tax Service	Paul Prigge
Evelyn Bono	Mr. and Mrs. Richard Pryde	Les Snow	Wolford & Elizabeth Ewalt	Jeri Jones	Les Snow	Linda Cheshareck	Anna Roncone	Shirley and Donald Elliott	Dolf and Dorothy Degger
Helen Tonti	John Pagnini	James Hattum Sr.	Jehannah & Rebecca Wedgwood	Ruth James	James Hattum	Marissa Pichel	Jack Smith	Joe and Andrea Milani	Peter Congio
Cathi Forbes	Joe & Norma Viscuso	Martha Pagnini	Ruth Zablotsky	James Hattum	Joanna Kraus	The Jim DiSangro Family	Bob Davis	Irene Carillo and Harry Davis	Robert George Sturm
Michael Mayer-Oakes	Steven Schneider	Allison Harr	Dennis & Cheryl Caspe	Joanna Kraus	Ms. Peter Klemchuk	Art and Gloria Price	Lynette Ruiz	M. Chapman	All Seniors
Constance Hughes	Mr. and Mrs. Richard Pryde	Les Snow	John Pagnini	Ms. Peter Klemchuk	Roberta Cormin	Jack and Nancy McFarland	Dorothy Brinton	Damian Foley	Elaine Colby
Carole Sargent	Patricia Snow	James Hattum Sr.	John Pagnini	Roberta Cormin	Mark and Stella Scafidi	Leland and Avice Taylor	Aunt Mildred	John Bartolero	Patricia Bartolero
Robert Ewalt	Nancy Ramos	James Hattum Sr.	John Pagnini	Morrie Knox	Barbara Winter	Mr. and Mrs. Drake Collins	Dean Baker	Daneshvar Shareeh	Ali M. Daneshvar
Susanah Wedgwood	Patricia Snow	James Hattum Sr.	John Pagnini	Dale Winter	Geary Veterinary Hospital	Ruth Zablotsky	Tina Kreitzman	Jean Brinton	Monte Brinton
Robert Colvin	James Hattum Sr.	James Hattum Sr.	John Pagnini	Gene Bjork	Elizabeth Murphy	Rachel & Jeffrey Hess	Romana Grishaber	William Tilton	M. S. Coleman
Elise Lawton	James Hattum Sr.	James Hattum Sr.	John Pagnini	John Helen	Nita Blardony	William Linton	Paul Prigge	Lynn Prebil Brown	John Dunning
Nancy Ramos	James Hattum Sr.	James Hattum Sr.	John Pagnini	Henry Lagorio	Shirley Weber	James Hattum Sr.	James H. & Beverly Hattum	Fred Lorenzetti	David Meclenburg
Becky England	James Hattum Sr.	James Hattum Sr.	John Pagnini	Jim Spillane	Jim Spillane	Marie McKechnie	Martha Himlie	Robert Young	Phyllis and Casey Young
Eileen O'Neill	James Hattum Sr.	James Hattum Sr.	John Pagnini	Maxine Skeen	Janet Paul	Michael Dunn	Paul and Wilma Hambuechen	James and Nikki Di Sangro	Toni Rangel
Karen Dooley	James Hattum Sr.	James Hattum Sr.	John Pagnini	Sister Keena	Richard Wolski	Janet Paul	Belvia Wilson	Doris Segale	Leona Balmino
Jackie Giffin	James Hattum Sr.	James Hattum Sr.	John Pagnini	Frances Pierce	Art and Gloria Price	Radha Ramachandran	Kamakshi	Clif and Mary Simons	Frank Borges
Julie Clark	James Hattum Sr.	James Hattum Sr.	John Pagnini	Catherine Holthuis	Dermont Brinton	Richard Wolski	Richard Wolski	Barb Sidley	Ed Kaufman
Melissa Wedel	James Hattum Sr.	James Hattum Sr.	John Pagnini	Diane and Mark Shepherd	H. Tinsley-Jones	Lynette	Harold Wright	Nancy Ramos	Roberta Rei
Susan Gyulai	James Hattum Sr.	James Hattum Sr.	John Pagnini	Loretta Wimpers	Denise and Kenneth Quiros	John Stapler	John Stapler	Phil Grover and Family	Rolf F. Stolz
Helen Tonti	James Hattum Sr.	James Hattum Sr.	John Pagnini	Lillian Sawyer	My mother	Arthur Ostrander	John Stapler	Robert Swatt	Benjamin Miers
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Diana Mason	James Hattum Sr.	James Hattum Sr.	John Pagnini	Les Snow	Nick Canciamilla				
Jack Suite	James Hattum Sr.	James Hattum Sr.	John Pagnini						
William Olivito	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Rachel & Jeffrey Hess	James Hattum Sr.	James Hattum Sr.	John Pagnini						
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Barbara Kapsalis	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Leonard Komor	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Jacquelyn Koyl	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Angela Call	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Robb Manchester	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Nancy Ramos	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Daneshvar Shareeh	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Dale & Diane Vaccarello	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Betty Bougher	James Hattum Sr.	James Hattum Sr.	John Pagnini						
Roger and Jan Brown	James Hattum Sr.	James Hattum Sr.	John Pagnini						
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Gift from...	In tribute to...	Gift from...	In tribute to...	Gift from...	In tribute to...
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**Meals on Wheels of Contra Costa, Inc** is the newsletter of **Meals on Wheels of Contra Costa, Inc.**



**Tidbits**

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)

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# THANK YOU to our Major Donors: March 2013–February 2014

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 8,900 donors this past year. Thank you so much for each and every gift to help our homebound elders in need!

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*Health, independence and dignity for homebound elders*

**JOIN OUR SUPPER CLUB!**  
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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:

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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](http://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.

**Food bags labeled with love!**

Meals on Wheels provided Emergency Food Bags in November containing non-perishable food including chicken, tuna, applesauce and milk and provided our seniors with much needed extra food in case of an emergency. Our wonderful donors made labels to adhere to the bags.



**Mark your calendar and have fun helping MOW!**

**1st Annual Poker Tournament**

**Friday, July 18, 2014**

**Shell Clubhouse Martinez**

**Benefitting Meals on Wheels of Contra Costa**

Look for more details in our summer newsletter or online at [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org) or call Leigh at 925-335-3351.



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

