Stories From The Heart

When I write about our clients, I hope to humanize them and help us all understand their reality. They are faces; they have amazing histories; they are our relatives, our neighbors, our friends. They might be estranged from their family or the family is so overwhelmed by their own responsibilities they may not have the bandwidth to tend to an elder relative on a regular basis. Or they might live too far away from their family to provide regular contact. These “Stories of the Heart” are the faces of those frail homebound elders you help nourish. Thank you!

Wardell Jones is one among many Meals on Wheels recipients in Contra Costa County.

When we arrived, he had already been listening to the news and gave us a financial report. We discussed the upcoming election while waiting for his meal to arrive. Photos of his children, grandchildren and great grandchildren were hung on the walls of his small studio on the first floor of the senior home. Paintings were interspersed among the photos -- his artwork and grand-kids’ paintings.

His name is Wardell Jones, but back “in the day” he was “Cadillac” Jones. Why Cadillac? “Because I could run fast,” he said. “I set the record for the 100 yard dash at the 1953 Junior Olympics.”

“My family moved from Louisiana to Richmond in the early forties to work in the factories supporting the war effort. I arrived as a teenager with 9 uncles and 4 aunts. After the war, I attended Cal and earned my teaching certificate. I taught for 5 years. Teaching was rough in those days. I also did police and community organization work. Then in the Spring of 1989 I had two strokes and 3 weeks later I lost my eyesight. I felt like the world had come to an end and that I had nothing to live for. I was rescued by a friend who came by one day and said he would take me anywhere I wanted to go. He would be my eyes until I learned to live independently.”
As we are admiring his paintings, he mentioned that one day he was listening to a television program about how to paint. Wardell carefully memorized the instructions and then secured paints and an easel and he’s been painting ever since. The landscapes he paints are vibrant and thoughtful.

“I’ve outlived all my friends,” he said. “Family comes by occasionally but I manage on my own most of the time. I rarely leave my apartment so it means a lot to me to have a daily visitor from Meals on Wheels.” I asked how he passes the time and he said he listens to music, plays guitar and paints.

When he was younger, inspired by Harry James, Wardell also learned to play the trumpet. As jazz is quietly playing in the background there is a knock on the door and volunteer Steven Paskowitz arrives in his Meals on Wheels t-shirt. Steven was at the end of his route so he stayed briefly to play a game of chess, a game that Wardell learned over ten years, practicing every day.

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**TEAM UP with Adonal Foyle, former Golden State Warrior & community champion, for an unforgettable meal!**

Enjoy delicious chef created food paired with fabulous wine!

**Sunday, October 23 • 5 to 8 pm**

**Rustic Tavern**
3576 Mt Diablo Blvd • Lafayette CA 94549 • 925-385-0559

**Tickets $185 at mowcc_adonalfoyle.eventbrite.com**

Special Guest Adonal Foyle is a retired NBA player, who was the eighth overall pick in the 1997 NBA draft. He played a total of 13 seasons, the first ten with the Golden State Warriors.

A published author, national speaker, and consultant, Adonal currently serves as the Community Ambassador for the 2015 World Champion Golden State Warriors. We also anticipate some celebrity servers, including gold medalist swimmer Natalie Coughlin.

Silent and Live Auction items from the world of Sports and Entertainment! And more…

All proceeds will go towards our frail homebound seniors.

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**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 back page that 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 Costa 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.
Healthbeat

A note from Dietitian Jeanne Polk

Added Sugars Add to Your Risk of Heart Disease

Getting too much added sugar in your diet could significantly increase your risk of dying from cardiovascular disease.

Added sugars are sugars and syrups that are added to foods or beverages when they’re processed or prepared.

**Some examples of foods that may contain added sugars include:**

- sugar-sweetened beverages like regular soft drinks,
- sugars and candy
- grain-based desserts such as cakes cookies, and pies,
- fruit drinks (fruitades and fruit punch),
- dairy desserts and milk products including ice cream, sweetened yogurt, and sweetened milk,
- other grain based foods such as cinnamon toast and honey-nut waffles

They have long been cited for contributing to obesity, high blood pressure and high cholesterol.

**Most U.S. adults consume about 22 teaspoons of added sugars a day.**

The American Heart Association recommends:

- No more than 6 teaspoons or 100 calories a day of sugar for most women.
- No more than 9 teaspoons or 150 calories a day for most men.

Sugar-sweetened beverages are the largest source of added sugars in the American diet. They should be limited to 36 ounces or 450 calories a week.

A can of regular soda packs about 35 grams of added sugars, equivalent to 8.75 teaspoons or 140 calories. Reducing or cutting out soda, fruit, sports and energy drinks as well as enhanced waters, sweetened teas, and sugary coffee drinks can go a long way toward that goal.
Watch for the launch of our online newsletter, Nourish.

If you would like to subscribe, please email, mowcc@hsd.cccounty.us

Why I Give

to Meals on Wheels of Contra Costa and what it meant to my father.

“I just called to say my father passed away recently. But I want you to know that while he was in the hospital, he always asked where his Meals on Wheels meal was. He missed your daily meal so much. Thank you for nourishing him when he was living independently. I am so grateful.”

ANON

Why Meals on Wheels of Contra Costa Matters When it Comes to Loneliness and Isolation

Not Just a Meal but A FRIENDLY VISIT

For many seniors, the trusted Meals on Wheels volunteer or staff member who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day. This special delivery is the reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves. Seniors traveling to group settings for meals also receive valuable social interaction and companionship. All of us can attest that a meal can be much more than the food on the plate, but also the company across the table.

Meals on Wheels of America
THANK YOU!

to our 1,000+ donors who have supported Meals on Wheels of Contra Costa for over a decade and, in so doing, have had a major impact on the lives of homebound elders in our community.

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 over 9,000 wonderful donors this past year. Thank you so much for each and every gift to help our homebound elders in need!

Butternut Squash Soup

Recipe courtesy of Food Network Kitchen

**Butternut Squash Soup**

**Ingredients**

- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

**Directions**

1. Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock.
2. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

A Note from Paul

Dare to Dream

Who could have imagined when we began Meals on Wheels of Contra Costa 26 years ago, that on August 17th of this year we would have provided our 5 millionth meal delivered to a homebound senior in Contra Costa County. In 1990, Bob Sessler and I established this charitable nonprofit to find the community resources in the form of individual contributions and grants, to reduce or eliminate chronic waiting lists of frail homebound elders who could not be served in a timely manner for lack of funds.

Our dream back then was to expand Meals on Wheels by ten, twenty, or even (dare we dream it) thirty percent. Looking back, the countywide Meals on Wheels 26 years ago was delivering about 550 meals per day. Today, thanks in large part to your contributions to Meals on Wheels of Contra Costa, the countywide Meals on Wheels Program delivers more than 1,600 meals to homebound elders each day. We expect to provide 415,000 meals this year, and have become the primary funder of Meals on Wheels services in this county. Thank you so much for making this dream possible.
A Grateful Thank You to Our Major Donors

President's Circle: $10,000 or more
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Drummond, Sherree Ann and Glenn W.
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Ebbe, Shirley
Ehrhardt Enterprises (Warren Ehrhardt)
Eid, Dennis
Enborn, Brian R. and Diane F.
Memorials

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Al Bruzzone ............... Jim Bruzzone
Albert McManus ........... James Gary & Genevieve
Julia McManus
Barbara Campbell .......... Mary Lynn Lane
Barbara Riley ............. Susan Mary Seymour
Benjedt Mosley .......... Dan Chauvet
Benny & Pat Venturino .... Mary Lynn Lane
Bob Mehus ................. Sandy Mehus
Clare & Bob Beckner ..... Lynn Lane
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David & Marianne Lowe .... Lynn Lane
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Eleanor Janson ........... Elizabeth Volt
Erica Garas ............... Lynn Lane
Frances Spillane .......... Jim Spillane
Healthy Steps Hiking Group . Lynn Lane
J. Michael Storms & Therese
McArthur-Storms ........ Jack McArthur
Jack & Joanne Sonnenberg ... Lynn Lane
Joe & Andrea Milani ....... Martha McIntyre
Kam Li ....................... Yung To

Tributes

FROM ......................... For
Amenda Kung ............ Fern Yu
Debra Pohlsion ........... Sharon Goodall
Edward Cortes ........... Jay & Beatrice Cortes
Karen Lind Taylor ......... Thomas MacLean
Katie Mosle .............. Kurt Maron
Marjorie McIlhugh ..... Matthew Renkas
Mark O’Brien ............. Lynn Lane
Marlene Michelsohn ..... Jim Livingston
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Ray & Joanne Doorack ...... Lynn Lane
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The Bonaquisto, Compton & Evans Family ....... JoAnn Aiello
The TPMG Team .......... JoAnn Aiello
Wilma Garrett .......... Donald & Cathleen Dowdell
Yvonne Ruiz .............. Ana Ruiz

Thank you!

Meals on Wheels of Contra Costa
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 has partnered with the East Bay Community Foundation for their 75 years experience in assisting charitable nonprofit organizations 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 Kraintz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925·335·3358 to discuss other planned giving options.

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 NUMBER EXP DATE

SIGNATURE SEC CODE

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.

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, PO 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.”

Donate a vehicle through our partnership with Car Donation Services, Inc.

www.MealsOnWheelsOfContraCosta.org

Annual Reports and Form 990 are available on our website

www.MealsOnWheelsOfContraCosta.org

If you would like paper copies please call 866·669·6697

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www.MealsOnWheelsOfContraCosta.org

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