



# Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SPRING 2016

## Stories From The Heart

### DRIVERS

Don S



“I have been delivering Meals on Wheels in East Contra Costa County for thirteen years. I’m retired and drive a regular route on Thursdays and fill in anytime I’m needed. When the meals are delivered to the Brentwood Senior Center, we carefully check to make sure we have the right meal for each client. Some of our clients are unable to come to the door, have just been released from the hospital and/or have memory issues. We get to know our clients and are patient if they come to the door slowly. Sometimes I think we are the only person they speak to that day. They seem to enjoy the banter back and forth as much as I do.”

Tammy



“I have been a driver for over twelve years. I do the same route every Thursday so I am able to really get to know our homebound seniors. They are a wealth of information. I can’t even begin to tell you how much joy and happiness they bring to my life. Just seeing them smile and light up when I deliver their meal makes my day. It is such a very rewarding experience to know that we are helping deliver meals to seniors in need and that we were able to talk to seniors who might otherwise be alone.”



### CLIENTS

Joanne



“I appreciate Meals on Wheels so very much. The meals are nourishing and nutritious. I’ve gained 5 pounds since I’ve been home from the hospital. And Meals on Wheels is so easy to get in touch with. The meals are delicious; I look forward to them every day. The drivers are wonderful and friendly. They bring the food in because I’m in a wheelchair. My favorite meal, although I like them all, is meatloaf and mashed potatoes. Oh, and I love the vegetables. I eat everything.”

Jose Luis



“I’m my Dad’s full-time caretaker, 24/7. He’s 93 and has dementia. I’ve been his caretaker for 6 years. I owe him so much. He emigrated from Mexico and has had quite a life. Now *he* is *my* life. He loves your good healthy meals; he gobbles them up. He can digest them easily, too. We also appreciate the emergency packs. My Dad especially loves the colors of the food. When he sees his meal, he says, ‘Look, how beautiful! They look so fresh and healthy.’ My Dad doesn’t need to take vitamins since the meals are so nutritious. The drivers are the nicest people. All of them. I love the stories on your Facebook page, I read them all the time. We’re so grateful to Meals on Wheels and want to thank you from the heart.”

# Healthbeat

*A note from Dietitian, Jeanne Polk*



## Simple Rules for Healthy Eating

Diet fads come and go, but sensible eating is timeless. March is National Nutrition Month, and this year's theme is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that's the best way to savor the flavor of eating right!

In case you're still interested in learning the fundamentals of healthy eating, here are 5 guidelines to consider:

- 1. Get as much of your nutrition as possible from a variety of completely unprocessed foods.** These include fruits and vegetables. But they also include meat, fish, poultry and eggs that haven't been processed. In other words, when buying food at the market, focus on things that have not been cooked, prepared or altered in any way. Brown rice over white rice. Whole fruit instead of fruit juices.
- 2. Eat as much home-cooked food as possible.** Eating at home allows you to avoid processed ingredients more easily. It allows you full control over what you eat and allows you to choose the flavors you prefer.
- 3. When you do eat out, try to eat at restaurants that follow the same rules.** Ideally, you should eat at restaurants that are creating all of their items from completely unprocessed foods. Lots and lots of restaurants do.
- 4. Drink mostly water, but some alcohol, coffee and other beverages are fine.** You can find a study to show that everything either prevents or causes cancer – alcohol and coffee included. The preponderance of evidence supports the inclusion of a moderate consumption of most beverages.
- 5. Eat with other people, especially people you care about, as often as possible.** This has benefits even outside those of nutrition. It will make you more likely to cook. It will most likely make you eat more slowly. It will also make you happy.

All of these guidelines are subtly trying to get you to be more conscious of what you're eating. It's far too easy these days to consume more than you think you are, or more than you really need, especially when eating out. People have varying nutritional requirements, and it's important for everyone to listen to their bodies to know when they should eat, and when they should stop.

These few basics are all you need to make good food decisions. Enjoy!

*Sources: Academy of Food and Nutrition; "Simple Rules for Healthy Eating" by Aaron E. Carroll, The New York Times, April 20, 2015.*



## The Celebration's NOT over!!!

Please join us  
as we continue with fun  
fundraisers during our  
25th Anniversary Year

We will be celebrating at

*Rustic Tavern*

in Lafayette soon...

Details will be provided  
on our website and  
Facebook Page when they  
become available

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with a tax-deductible gift to Meals on Wheels of Contra Costa 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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Whole Foods Marketing and Community Relations Lead | Contra Costa and Tri-Valley Whole Foods Market, Northern California & Reno, **Katie Ransom** gives a **\$1,143.25 check** to Meals on Wheels of Contra Costa Community Engagement Specialist, **Marti Carlson**. Meals on Wheels of Contra Costa was the fortunate recipient of Whole Foods' "Nickels for Nonprofits" campaign.

*Thank you Whole Foods of Walnut Creek! You have enabled us to provide an additional 270 meals to our frail homebound seniors.*



## March is National Nutrition Month

A few Food Fads from 1820 through 2012 include --

- 1820 The Vinegar/Water Diet Made popular by Lord Byron
- 1903 Horace Fletcher promotes "Fletcherizing" (chewing food 32 times)
- 1917 Lulu Hunt Peters introduces calorie counting
- 1925 "Reach for a Lucky (cigarette) instead of a sweet."
- 1930 Carbohydrates and proteins not allowed at the same meal (Hay Diet)
- 1934 Banana and Skim Milk Diet (backed by the United Fruit Company)
- 1940 Meals on Wheels originated in the United Kingdom during the Blitz, when many people lost their homes and therefore the ability to cook their own food
- 1950 Grapefruit Diet, also known as the "Hollywood Diet"
- 1976 The Sleeping Beauty Diet (Individual was heavily sedated for several days)
- 2005 Cheater's Diet: Cheating on the weekend is required
- 2010 Baby Food Diet: 14 jars of baby food a day, optional adult dinner
- 2012 Wheat-free diet: Another version of a high-protein, low-carb diet



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### October 2015- January 2016

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# Meals on Wheels of Contra Costa and CC Senior Nutrition Staff share their favorite healthy seasonal recipes

Marti likes Chicken Bone Broth because: Bone broth is rich in minerals to strengthen the immune system and support healthy digestion. Bone broth also contains collagen to strengthen tendons, joints, ligaments, bone, and skin.

The collagen in bone broth will help heal the lining of the gut to relieve heartburn, GERD, and other types of intestinal inflammation. On top of that, collagen will support healthy skin to make it supple and strong to reduce the appearance of cellulite.

You can make bone broth at home and even use it in your next cleanse to give your body ample nourishment. The glycine in bone broth will detoxify the body of harmful chemicals, improve sleep, and boost memory and performance.

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## Gut-Healing Chicken Broth Recipe

### INGREDIENTS

- 1 organic whole chicken
- 3 cloves garlic
- 1 Tablespoon chopped fresh parsley
- 1 inch ginger root, roughly chopped
- ½ teaspoon sea salt
- ½ teaspoon of apple cider vinegar
- 3 unpeeled carrots with green tops if possible, cut in thirds
- 1 medium unpeeled onion, cut in chunks
- 4 ribs celery, cut in thirds
- 2 cloves garlic, unpeeled
- 1 cup packed parsley
- 2 red potatoes, quartered
- 1 large yam or sweet potato, cut in chunks

- \*3" piece of kombu seaweed (discard after use)
- 1 bay leaf
- 6 black peppercorns
- 2 allspice or juniper berries

### Optional Herbs

- \*½ ounce (15 grams) dried sliced reishi mushrooms (a small handful)
- \*1 ounce (30 grams) dried codonopsis root (about ¼ cup)
- \*1 ounce (30 grams) astragalus root slices (a handful)

1. Wash all vegetables well, but don't peel.
2. Place all the ingredients in a large soup pot.

3. Cover with 4 or 4½ quarts of water and bring to a boil.

4. Reduce the heat to low, partially cover, and simmer for at least two hours and up to four, adding more water if needed.

5. Let the broth cool, then strain the stock with a fine mesh strainer.

6. Package the broth in containers and store in the refrigerator or freezer.

Makes about 3 quarts

Adapted from *Nourishing Connections: the Healing Power of Food and Community* by The Ceres Project

\*Available at Whole Foods or retail stores specializing in natural and organic foods

## 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!

## A Note From Paul

## Imagine What It Would Be Like

Imagine what it would be like for 2,100 of our homebound elderly neighbors in Contra Costa County if it weren't for generous individuals like you, who helped us provide more than 395,000 nutritious daily meals delivered to them in their homes this past year.

The vast majority of our Meals on Wheels participants live below the basic "Elder Economic Security Standard" for our county, as determined by the UCLA Center for Health Policy Research, which means they would be forced to choose between paying for their rent, utilities, critical prescriptions, or life sustaining nutritious food, were it not for your generous help.

Our Meals on Wheels participants cannot thank you directly, so I just want to once again thank you on their behalf for your caring and generous help that allows 2,100 nutritionally at-risk homebound elders in our county to maintain their health and independence, and remain living in the comfort and security of their own homes.

*Paul Krintz, Co-founder/Secretary Treasurer*



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## 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:

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CREDIT CARD NUMBER \_\_\_\_\_ EXP DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ SEC CODE \_\_\_\_\_

Meals on Wheels of Contra Costa  
PO Box 3195, Martinez CA 94553  
[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)

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.

### *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](http://www.MealsOnWheelsOfContraCosta.org)



Annual Reports and Form 990 are available on our website

[www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)

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



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PO Box 3195 · Martinez CA 94553

Business and Inquiries about services, call 866-669-6697 or go to [www.MealsOnWheelsOfContraCosta.org](http://www.MealsOnWheelsOfContraCosta.org)

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Design: StuffDesign.com