Stories From The Heart

Joji “George” Yokoi’s father was a Zenshu monk who emigrated from Japan just before the Great Depression and settled in Turlock. The land George’s family bought to farm was unsuitable for agriculture so instead they opened a bar, gas station, restaurant and grocery store. Then came the bombing of Pearl Harbor in 1941. When George was ten, he and his family were placed in a Japanese internment camp. He describes the camp as “Hogan’s Heroes” without the humor. The guard towers, barbed wire and military police left quite an impression on him. Upon release four years later with just $250, the family having lost their business moved to San Francisco and worked primarily as domestics.

In speaking about the past there is no rancor. George attributes his success to learning to appreciate what he had. He served in the Korean War, then attended San Francisco State and eventually graduate school at Alfred University College of Ceramics in New York. Initially an artist, George’s expertise in ceramics led to a job with Lawrence Berkeley National Laboratory (LBNL) where he worked on the first ceramic component for the laser gun.

An article from a 2004 issue of the “Daily Californian” describes George’s generosity - a trait George picked up from his father.

“My father, being a Buddhist, helped anybody. If they wanted food, he gave it to them,” he says. “My dad would feed them bologna sandwiches, and he would give my brothers and me the ends.”

The article describes George’s leap from the prestigious LBNL into a small jewelry shop in Berkeley:

“Yokoi found himself frustrated with the mission and politics at the lab. When a friend told him he was selling the jewelry shop he owned on Dwight Way, Yokoi
jumped at the chance. ‘I had no money,’ he says. ‘So he told me he’d sell it to me for $500.’” The small shop became George's home for several more years until he found himself unable to drive.

A friend told him about Meals on Wheels and now at 83 and homebound, he appreciates the daily meals describing them as nutritious and filling. He remembers a day that he overslept. When he didn’t answer the door, the volunteer delivering his meals that day called 911. He appreciates knowing the drivers are there to make sure he’s okay. As we are admiring his pottery, George remarks with humor, “They used to tell me that I seemed just like Mr. Miyagi from The Karate Kid. But I prefer to think of myself as a Renaissance Man.”

Blackhawk Women’s Mini-Invitational Golf Tournament

We thank the Blackhawk Country Club Women who for the past two years have supported Meals on Wheels of Contra Costa by hosting a Mini Invitational. This is a two course, one day golf event. Blackhawk Country Club members invite guests to join them for a fun outing of golf. The 2016 event had 172 participants for Thursday (the main event). According to Shirley Stone, the event organizer, they also hosted a “fun” night on the Wednesday evening before the “main event” (82 participants) which involved nine holes of alternate shot golf and dinner following. Plus they enjoyed a derby hat contest Wednesday night!

In addition to golf, the BHCC women had a charity raffle benefiting Meals on Wheels of Contra Costa (MOW of CC). There were 26 raffle prizes and nine silent auction prizes; all resulting in $6,990 for MOW of CC! The wonderful volunteers supported registration, raffle ticket sales and raffle/silent auction winner distribution. Thank you Shirley and BHCC!

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.
Meals on Wheels of Contra Costa works closely with the Contra Costa County Senior Nutrition Program

Interview with Paul Kraintz, Director; Jeanne Polk, Public Health Nutritionist Contra Costa County Senior Nutrition Program; and Jackie Winfield, MS, RD, Assistant Director

1) Paul, what is the genesis of the Senior Nutrition Program in Contra Costa County?

The U.S. Congress initially allocated funding for the federal Older American’s Act (OAA) Elderly Nutrition Program in the early 1970’s and tasked States Offices on Aging with establishing individual Senior Nutrition Programs throughout their states. The concept as defined in the OAA legislation was to create conveniently located Elderly Nutrition Program “sites” to serve nutritious daily meals for older Americans 60 years and older, in Senior and community centers that also serve as a focal point for other services. Elderly Nutrition Sites open to all seniors, were forbidden to means test for services, and were required to target “economically and socially disadvantaged” seniors.

In Contra Costa County numerous nonprofit agencies, plus cities and special districts applied for state grants to start Elderly Nutrition Programs. The California Department of Aging (CDA) balked at the prospect of awarding so many grants competing for limited available funding. Complicating matters, each state grant would create a separate Elderly Senior Nutrition Program, requiring a separate Program Director and full-time Registered Dietician. CDA instead approached Contra Costa County to administer a single countywide program, suggesting that the County use as many of the applicant agencies as deemed practical to help with services delivery.

The County Health Department (now the Public Health Division of County Health Services) was assigned to administer the program, and subcontracted with three nonprofit agencies, one city and one special district to manage the first Elderly Nutrition Sites. The County would contract with one or more caterers to prepare the meals for delivery to the sites. The first meals were served at eight Elderly Senior Nutrition Sites (later known as CC Cafés) beginning in April 1974. Four years later there were 21 Elderly Nutrition Sites operating in 17 communities throughout the county.

In 1980, the US Congress added the “Home Delivered Meals” component to the Older American’s Act Elderly Nutrition Program. At the time 5 separate private Meals on Wheels Programs were operating in Contra Costa County, each with their own hospital caterer and struggling to find adequate program funding. Over
the succeeding years, when rising food and staffing costs rendered the smaller individual operations infeasible, each of these programs would seek the economic protection of joining the County Senior Nutrition Program.

Today we have a single countywide Older American’s Act based Senior Nutrition Program administered through the County Public Health Department, including both the Congregate Meals (CC Café) Program in partnership with ten cities, a special district and one nonprofit agency to manage 17 CC Cafés sites countywide, and the Home Delivered (Meals on Wheels Program) in partnership with four nonprofit agencies which coordinate services on 90 Meals on Wheels routes countywide.

The Meals on Wheels partner agencies joined forces in 1990 to establish the charitable nonprofit organization, Meals on Wheels of Contra Costa, Inc. to raise funds from the community to pay for the cost of the meals and meals delivery. Donations are received through their website at www.MOWofContraCosta.org or at PO Box 3195, Martinez CA 94553.

2) What is your primary role?

Jackie: I’m the Assistant Director for Meals on Wheels and CC Cafés and I am in charge of the day to day operations for MOW and Cafés programs for Contra Costa County.

Jeanne: I monitor the 17 CC Cafés across Contra Costa County and ensure compliance with county, state, and federal regulations. I provide nutrition education and food service education to program staff, participants, and the general public. I conduct client surveys and data analysis of our existing program services to ensure that client needs are being appropriately addressed. I offer ideas on how we may continually better our program for the benefit of our seniors’ health and longevity.

3) What are the biggest challenges in creating a menu for the Cafés?

Jackie: The most difficult part of my job is making sure we provide meals that meet the nutritional requirements, are appetizing and stay within budget constraints.

Jeanne: I really enjoy the menu planning process each month. It’s a chance for us to introduce new meal items and to improve on existing items. We do have certain rules to abide by, and it can sometimes be challenging to ensure variety while properly meeting our seniors’ nutritional needs. We are very fortunate to have a caterer who is willing and able to roll with the punches.

4) What do you see as the greatest need in our senior community?

Jackie: We have two groups of seniors that attend our programs. One group is active, still drives and is very independent. The second group is less active and can no longer drive making accessibility to our program difficult. Transportation is their biggest issue. Outreach is still one of our challenges as well. Some people are still unaware of programs for seniors in our community.

Jeanne: For the most part, the seniors I see in the community centers are independent, are able to drive, are physically active, and have a good support network within the senior center. Food security may be one top concern due to the extremely high cost-of-living in the Bay Area.

5) Tell me about your focus groups and how you address the feedback you have received regarding the CC Cafés?

Jackie: The focus groups were designed to help us address the decline in seniors attending our Cafés. The feedback will help us learn how to better service the needs of our changing senior population.

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

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!

6) The meal program is very closely monitored. Can you explain more about the process?

Jackie: Our caterer is monitored twice a week, and each of our Cafés is visited at least every 4 weeks. They are monitored to ensure that nutrition, sanitation and health standards are being followed.

Jeanne: While every senior center is unique, annual assessments ensure that program guidelines are being met. On-site CC Cafés managers are in close touch with the Senior Nutrition Program office for any supply needs or other concerns.

7) What are some of the seniors’ favorite meals we provide for the Cafés?

Jeanne: In the Cafés, seniors praise the following menu items most frequently: mock crab salad, oven fried chicken, hot dogs & chili dogs, cheeseburgers, BBQ chicken thighs, old fashioned turkey dinner, stuffed pepper, Swedish meatballs, Waldorf salad, and Asian chicken salad.

by Co-founders Robert Sessler and Paul Kraintz

It may go unnoticed that Meals on Wheels of Contra Costa has surpassed a new milestone of providing more than 400,000 meals a year to homebound elders in Contra Costa County during a normal twelve month year. Unnoticed because our Board of Directors changed our fiscal year to match that of the countywide Meals on Wheels Program we serve, thus making this a one-time 9 month fiscal year ending June 30, 2016.

Then, sometime in August 2016, Meals on Wheels of Contra Costa will reach the incredible milestone of having subsidized 5 MILLION MEALS! As co-founders of this organization over 25 years ago, you cannot imagine how pleased and proud we are of this accomplishment.

Your generous contributions, along with grants from charitable organizations, allow Meals on Wheels of Contra Costa to subsidize the major portion of every meal delivered to a homebound elder in Contra Costa County by the countywide Meals on Wheels Program. Up to one-half of the 1,600 daily meals delivered to homebound elders countywide would not be possible without your help. You can be justifiably proud of what we have accomplished together. Thank you so much for your generous support.
Platinum 20+ Years
Corbin, Rosemary M.
Deich, Sybil
Foran, Mary
Gallinger, Sam
Hance, Carol
Kraintz, A. Paul & Mary Lipov Development Co.
San Joaquin Yacht Club
Stewart, Marilyn D.

Gold 15 + years
Abramavage, Lee
Adachi, Nora
Aguiar, Sharon
Akstin, John
Albom, Kenneth D.
Alcadi, Judith
Allen, Fredrica
Allen, Jim
Allen, Linda
Alvarez, Maryllis
Ammon, Mary Sue
Anspooker, Barbara
Anderson, Donald R
Anderson, Dorothy
Anderson, Elaine
Anderson, Richard
Andrews, Robert
Anonemo, Lucy B.
Anonymous
Appenzeller, Theresa C.
Argen, Gerry
Arnold, Kathleen
Atchison, Marilyn
Bailey, David C.
Baker, Richard O.
Banducci, Sue
Barke, Michael
Bartke, Jane
Battiste, Frances M.
Bedsworth, Michelle
Belloni, Adeline E.
Betsky, Jacob
Berger, Audrey
Berken, Barbara
Beyer, Helen
Bisacchi, Sue
Biscutti, Edward
Bill, Richard
Bingham, Shirley
Blair, Faye
Boek, Cheryl
Bogaert, Richard
Bonham, Pamela
Booth, Alice
Bottenfield, Thomas
Bouchet, Donald L.

Crews, Barbara
Crews, Grace
Crews, Phyllis
Crow, Donald E.
Cude, Tacy
Daar, Charlotte
Davidson, Mildred
Davis, Beatrice K.
Davis, Myna
De Ferrante, Robert
De Vaney, Kenyon
Deangel, Margaret Keeler
Del Fiorentino, Di
Dempsy, Agnes
Denning, Diane
Desmond, Dennis J.
Desheimer, W. C.
Dexter, Bruce
D’Agnello, Nancy
Diego Valley Lions Club
Dibblee, Benjamin
Dickemann, Jeffrey M.
Dickinson, Joan L.
Dietz, Mary
Dimoff, Beatrice Ann
Dinelli, Carolyn
Dixon, Julie
Dol, Mary
Dover, M. Terri
Dredge, David E.
Dubitzky, Mary
Duerling, Shirley
Dumas, Hillary Black
Dunbar, Harriett
Dunn, Steve
Dushkin, Elliott
Eaton, Floridella S.
Eid, Dennis
Elliot, Kenneth
Em, Mona
Ewing, Elsie J
Eye, Cameron
Falk, Sandra
Farrell, Marian
Farwell, William R.
Faukner, Martin R.
Fay, Diane
Fend, Susan
Ferguson, Cathy
Fien, Lorri L
Fisher, Ross
Fontana, Leo
Fontus, Jamie
Forcer, Lauretta
Forster, June A.
Friedman, Marilyn Sue
Fularton, Helen
Gail Murray Consulting, Gail
Gaiser, Carol
Galvin, Katherine
Galvin, Mary
Garey, Janet
Gates, Peter
Gould, James
Gavin, Judith
Geary Veterinary Hospital
Gerard, Mary
Gerbracht, Bob
Gerbracht, Fred
Gerlack, Kenneth
Gianakos, Jean
Gilmer, Aileen D.
Gillikin, Verla
Gilliland, Victoria
Gilmore, Harlford F.
Giordano, Kathy
Goldenberg, Larry
Gomes, Madeline
Gonnerman, Alice M
Grab, Frederick
Grant, Barbara G.
Gravey, Ray
Rainey, Marilyn
Gregori, Linda
Grimes, Arlene
Guerra, Debbie
Gutierrez, Douglas A.
Hagar, Deanne
Hall, Sandra
Hamiter, Elissa
Hansen, Sue C.
Harding, Teresa
Hare, Donald W.
Harris, Marion
Harris, Michael
Hastings, Richard V.
Hattam, James H.
Hauworth Clinic
Hausser, Walter
Hayden, D.
Heaney, Sally L.
Heggie, Richard
Heibel, Norman
Hein, Claudia
Hein, Jim
Hellum, Frank
Hemingway, Rev.
Henderson, Debbie
Henderson, Linda L.
Henderson, Lucy H.
Hennig, Ron
Hightower, Max
Hoge, Aphrodite
Hohlt, William
Holmes, Donald
Holmes, Linda J.
Hook, Mary
Homer, Douglas
House, Felkak M
House, Richard
Howe, Zondra
Huebsch, Ian O.
Hughes, Donald H.
Hunt, William James
Hunter, Carol
Isaacs, Craig
Jacobson, Matt D.
Jaworski, Kristine
Jenedoff, George
Jenlink, Dale
Jensen, Cynthia
Jenner, Jerry L.
Jewett, Helen H.
Joe Farrell Trucking, Paving
Johnson, Leif
Johnson, Jarold
Johnson, Nancy
Jones, Carol
Jones, James
Jordan, Mark
Joyce, Ralph
Kadi, Sharon
Kamiska, Dick K.
Kaprielian, Ursula
Katz, Gary
Katzer, Janet
Kaufman, Bruce
Kautzi, Eleanor
Keegan, Mary Beth
Keibel, Marion
Keil, Melinda
Kenfield, Nancy
Kemp, Andrew
Knecht, Lois
Knight, John
Koch, Gerald
Konstantino, Eileen B.
Krane, Reta
Kress, Roswitha
Kron, Nancy
Kronenberg, Hale
Kufin, Judith
Kuhl, Mathijs
Kunitsch, Barry
Kunzelman, Ronald
Kunz, Joan Lee
Kunzle, Donald E.
Lamb, Joel
Lambert, Jenny
Landry, Ernest A.
Laston, Gladys A.
Law Office of Donald E.
Lawson, Maureen
Le Fevre, Sharon L.
Lea, Anne
Leary, Richard
Lee, Aiko Ota
Lee, Andy
Lee, Patricia
Leehy, Phyllis
Lehman, Walter
Leng, Linda
Lenoci, Ann
Lewandowski, Arlene D
Lewis, Beverly
Lipek, Barbara
Lindsey, Carole S.
Lindvig, Marilyn
Lillich, Donald H.
Long, Karen P.
Longmuir, Barbara
Lopez, Julie
Lorenzen, George
Lourenbo, Thomas
Love, Edward
Lowe, Karen
Lucas, Diana
Lucich, Karen
Lun, Carol
Lunn, James
Lutby, Shary K.
Lutz, Tim
Lynch, James
Lyss, Barbara
Lyster, Gordon
Lyttel, Joyce
Maack, Christopher
Malacalos, Joseph
MacDonald, Ruby
MacGill, Sue
Madrigal, Cecelia
Maggin, William
Malseed, James
Mancebo, Peggy
Margate, Erlinda
Mannell, Nancy J.
Marx, Linda
Mayer, Paul
Machi, Patricia G.
Mart, Barbara
Martinez, H. Manuel
Martinez, Pamela
Mascaro, Eileen
Massoni, Cathy
Mast, Alma
McCook, David A.
McDannals, Francis W.
McDiouglas, Robert
McGee, JoAnn R.
McLauchlin, Betty
McGuire, JoAnn
McKenzie, Marie
Mckinney, Mary Ellen
Mckinnon, Sheila
McKie, Diane O.
Meane, B. Patricia
Meiner, William R.
Meiser, Laura L.
Menegus, Barbara
Metzvski, John
Milani, Michael
Miller, Constance
Mills, Susan
Mitchell, Edward
Moen, D. Bruce
Moldenschroder, Ann
Moon, Ralph
Moreland, Dwight
Morrison, Helen C.
Morton, Mary M.
Mosher, Pamela
Muela, Luis
Mueller Johnson, Beth
Nakamura, David
Navaro, Patricia
Neeley, Rosemary
Nelson, Mary
Nog, Helen Tan
Nguyen Le, Thanhvan
North Coast Fibers, Inc.
Norwood, Lydia
O’Connell, Sally
O’Connor, Charles
Oddone, P. Lisarelli
Odom, Alan
Oki, Lisa
Owens, Lois
Padgett-Rogers, Patricia
Paganini, E. H.
Palomo, Susan
Parbury, Sandra
Parde, Marian
Parella, Theresa
Parent-Tasca, Linda
Parini, Krishniah
Park, Holly
Paton, Damon
Patten, Nancy
Patia, Lisa A.
Pederson, Michael
Pedrotti, Bruce
Pera, Shannon
Perkins, Diane
Perkins, Karen
Petie, Cindy Jean
Peterson, Andris
Peterson, Patricia
Pettit, Clint
Phillips, Susan
Pierucci, Adrienne
Pilastro, Louis I.
Piper, Donald
Pockell, David G.
Popenstein, Paul
Prado, Martin
Proctor, Robert
Proske, Jack
Quail, Alva
Radin, John
Rahall, Mary Ann
Raffaeli, Wayne
Ralls, Mary
Ramsey, Barbara
Randale, Pushpa
Ranallo, John E.
Memorials

FROM ..................... TO
Ray, Deborah ............ Paul Hofman
Read, James ............. John H. Bosse
Ready, Betty L. .......... Betty L. Young
Recalde, David ........... Gordon Freedman
Reed, Irene M. .......... Shirley C. Shaver
Reed, Rae Passie ......... Donalda Mathis
Reeder, Micheline ....... Elvira Pope
Regulski, Thomas ........ Bruce M. Braham
Reiling, Deborah J. ... Robert K. Wilkerson
Reilly, Traci ............. William A. Boulé
Reitt, Russell ............ Richard L. Bailey
Reynolds, Carl ........... David E. Diamond
Rhodes, Janet ........... Nordic Nelson
Rice, Helen ................ T. Proctor
Rick, Charles ............. Dedrick F. Bowles
Riddervold, Peggy ...... Lee A. Scientists
Riley, Barry ............... Pauline P. Frick
Rinnerout, Mark ......... Karl A. J. Breidenbach
Robert, Suzanne ......... James M. B. Pinto
Roca, Aldo ............... J. C. I. Hines
Roeth, James .......... George K. Huxtable
Ross, Carol ............... Elizabeth A. Welborn
Ross, Helen ............... Joan H. H. Hattum Jr.
Roth, Marjorie ........... Edward H. Johnson
Royster, Robert .......... Arthur E. Bonnelli
Rubin, Jill ............... Thomas W. Brown
Ruppstein, Barbara ...... Jane L. Carter
Russell, Katherine ...... Karen S. Joseph
Saba, Donna F. .......... Michael J. G. Storch
Saling, Tina L. .......... Glenda L. Wynn
Sandford, Ildiko ....... Ada Vargas
Sartor, Peggy ............ Michael A. E. Dunn
Sasaki, Kent ............. John P. H. Johnson
Schatz, Harold ......... John H. Starcher
Schalich, William C. .... Tim C. Metz
Schaper, Hannelore ....... William H. Sheehan
Schick, Gail .......... John H. C. Johnson
Schlegel-Sredl, Rowena .... Virginia A. Sheppard
Schleimer III, Joseph A. ....... Margaret A. Silvey
Schobor, Carl .......... James M. S. Shaw
Schofield, Alice E. ....... Charles V. Shieh
Schonbrun, Renah ......... Constance H. Shultz
Schorr, Richard .......... Richard W. Shultz
Schrader, Michelle ......... Ann M. Shull
Schultz, Jerry ............. Daniel Shultz
Schutz, Michael ............. Deborah Shultz
Scott, Ann ............... Donald M. Sholtz
Scribner, Judith ......... Christopher Sholtz
Sealock, Kathy .......... Patricia Sholtz
Sheehan, Thomas ....... Dean Sholtz
Sheppard, Rebecca ...... Barbara Sholtz
Sherry, Kenneth ......... Shari Sholtz
Shieh, Li-Shyng .......... Barbara Shultz
Shields, Michael F ......... David A. Shultz
Sholtz, Barbara .......... Beth Shultz
Shrader, Elise .......... V. L. Shultz
Shull, David .......... John C. Shultz
Shultz, Marjorie ......... Harry Shultz
Siddens, Paula ............ Robert Shultz
Simmons, Deanna ......... Paul Shultz
Siri, Stephanie ........... Sheeba Shultz
Skaredoff, Shirley M. .... Shulamith Shultz
Skehan, Russell ........... H. Shultz
Skiles, Mary ............. Bonnie Shultz
Small, Jean ......... Nancy J. Shultz
Smelter, Virginia ......... Diane Shultz
Smith, Andrew M. ....... Samuel Shultz
Smith, G. June .......... Jennifer Shultz
Sobie, Kevin R ......... Brian M. Shultz
Solla, Philip ............ David H. Shultz
Solotar, Robert ......... John H. Shultz
Souza, Debra .......... Linda A. Shultz
Sparks, Timothy ......... H. Shultz
Stack, John ................. C. Shultz
Starkey, Joseph ......... George B. Shultz
Stephenson, Jean K. .... Charles Shultz
Stockbridge, Carol ..... Karin H. Shultz
Strum, Lois .......... John H. Shultz
Suite, Mary .......... Susan C. Shultz
Surges, John ......... Charles Shultz
H. Shultz
Sutherland, Dawn ......... Delores Shultz
Swager, Douglas .. John H. Shultz
Swainbank, Cynthia .. William Shultz
Sweet, Ruth .......... John H. Shultz
Taine, Robert .......... John H. Shultz
Taylor, Avice .......... John H. Shultz
Taylor, Kenneth J. ....... John H. Shultz
Tedesco, David ......... John H. Shultz
Teegarden, Sally .. John H. Shultz
Teller, Oscar .......... John H. Shultz
Tersteeg, Marilynn ......... John H. Shultz
The Bruce & Lynne Phelps Fund
The McNair Family Foundation
The Roberta York Trust
The Write Source
Thomas J. Long Foundation
Thomas, Vera
Thunen, Patricia ......... John H. Shultz
Tienman, Gloria ......... John H. Shultz
Tiffany, Barbara ......... John H. Shultz
TNT Carpet Cleaning
Toombs, Ronald R. ......... John H. Shultz
Travis, Annabelle ......... John H. Shultz
Treat, Rick ................. John H. Shultz
Triolo, Tina ............... John H. Shultz
Tripaldi, David R. ......... John H. Shultz
Troc, Janace .......... John H. Shultz
Troy, Michael ............... John H. Shultz
Turquist, William ......... John H. Shultz
Underwood, Caroline .... John H. Shultz
Utting, Brian J. ......... John H. Shultz
Van Buren, Robert ......... John H. Shultz
Vargas, James D. ......... John H. Shultz
Ventimiglia, Mario J ....... John H. Shultz
Verrier, Nancy E. ......... John H. Shultz
Vesely, Karen .......... John H. Shultz
Viswanath, Balakrishnan .... John H. Shultz
Vitag, Cecilia .......... John H. Shultz
Wagner, Ann .......... John H. Shultz
Wagner, Donna ......... John H. Shultz
Waidtlow, Elizabeth .... John H. Shultz
Wallace, Robert ......... John H. Shultz
Wallach, Carol .......... John H. Shultz
Warren, Grala ......... John H. Shultz
Wariner, Pamela ......... John H. Shultz
Warthan, Roland ......... John H. Shultz
Waterman, Douglas R. .... John H. Shultz
Wat, Robert .......... John H. Shultz
Webber, Florence ......... John H. Shultz
Webber, Shirley ......... John H. Shultz
Webster, Nancy L. ......... John H. Shultz
Wes Morton, Beverly .... John H. Shultz
Welcome, Wayne ......... John H. Shultz
Welts, Betty Lee ......... John H. Shultz
Welsh, Julie ......... John H. Shultz
West, Joan A. ........ John H. Shultz
Westman, Joanne ......... John H. Shultz
Westphal, Penny L. ......... John H. Shultz
Wettstein, Ninette ......... John H. Shultz
Whalen, Lillian ......... John H. Shultz
White, Donna H. ......... John H. Shultz
Whitsett, James ......... John H. Shultz
Wiebe, Rosanna ......... John H. Shultz
Wilson, Clarissa ......... John H. Shultz
Wilt, Michael ........ John H. Shultz
Winton, Catherine ......... John H. Shultz
Wolter, Marie ......... John H. Shultz
Wolverton, J. Michael .... John H. Shultz
Woog, Eugene ........ John H. Shultz
Woog, Florence ......... John H. Shultz
Woog, Susan ......... John H. Shultz
Wood, Elizabeth M. .... John H. Shultz
Wright, Fredric N. ......... John H. Shultz
Yates, Norma ......... John H. Shultz
Zahini, Teheren ......... John H. Shultz
Zichichi, Joe ........ John H. Shultz
Silver 10 + years

FROM ..................... TO
Al & Katie Carlson ......... Grainne Burns
Alice Fottrell ............ Gordon S. Burns
Alice Freeman ............ Darwin Burns
Beverly Walker .......... Steven Burns
Bob & Susan Brady ......... Susan Burns
Bridget Teranen ......... Susan Burns
Carol & Bob Gaiser ......... Flora Burns
Charles Oldham ......... Yonatan Burns
Charlotte Mileitch ...... John & F Mileitch
Christine & Lance Gee ....... S. Burns
Cindy & Calvin Fong ......... F. Burns
Dania Famedy ............. Fred F. Burns
Dinora Russell .......... Fred F. Burns
Donn & Jerry Schultz ....... Fred F. Burns
Douglas F Jones ......... Pierre F. Burns
Elizabeth King ........... Fred K. Burns
Gale Foley ............... Fred K. Burns
Gary & Kelly Gray ......... Fred K. Burns
Helen Jensen ............. Arturo Burns
Jack & Jeanne Wickwire ... Richard Burns
James Jones .................. James H. Hattum Jr.
Jan Hershfield ......... James H. Hattum Jr.
Janet Brown ............ James H. Hattum Jr.
Janet L Tibbetts ......... James H. Hattum Jr.
Jennie Jones ............ James H. Hattum Jr.
Joe & Norma Viscuso .... James H. Hattum Jr.
Joe & Norma Viscuso .... James H. Hattum Jr.
Joe & Norma Viscuso .... James H. Hattum Jr.
John Gray .................. James H. Hattum Jr.
Julie Rinkenberger ...... John H. Hattum Jr.
Kam Li ...................... John H. Hattum Jr.
Katherine Silvey ......... John H. Hattum Jr.
Katherine Silvey ......... John H. Hattum Jr.
Katherine Silvey ......... John H. Hattum Jr.
Laureen Barthman ......... John H. Hattum Jr.
Lauren Ralyea .......... John H. Hattum Jr.
Luis Farry ............ Joseph H. Hattum Jr.
Mark Antonioli ............ Joseph H. Hattum Jr.
Michael Hotton ............ Joseph H. Hattum Jr.
Mike & Mary Hotton ....... Joseph H. Hattum Jr.
Mike Hotton ............ Joseph H. Hattum Jr.
Mr. and Mrs. Gerald A Dinelli .... Joseph H. Hattum Jr.
Mrs. E Jordon ............ Joseph H. Hattum Jr.
Robin Jordon ......... Joseph H. Hattum Jr.
Pam Eselteine .......... Joseph H. Hattum Jr.
Pamela Wilson ............ Joseph H. Hattum Jr.
Petrina Cantrell ......... Joseph H. Hattum Jr.
Phyllis & Casey Young .... Joseph H. Hattum Jr.
Sanjay Ray ......... Joseph H. Hattum Jr.
Susan Felton ............ Joseph H. Hattum Jr.
The Jim DiSangro Family ... Joseph H. Hattum Jr.
The Jim DiSangro Family ... Joseph H. Hattum Jr.
The Jim DiSangro Family ... Joseph H. Hattum Jr.
Susan Felton ............ Joseph H. Hattum Jr.
Tom & Annie French ....... Joseph H. Hattum Jr.
Tom & Annie French ....... Joseph H. Hattum Jr.
Tom & Annie French ....... Joseph H. Hattum Jr.
Tom & Annie French ....... Joseph H. Hattum Jr.
Travis, Annabelle ......... Joseph H. Hattum Jr.
Tributes

FROM ..................... TO
Amelia Timbers .......... Scott Chipper, Scott Woodbury, & Nikita Gurvitz
Annabelle Travis ......... Miniam Englar
Bernice Meade .......... John Philip
Jane Cansler ............ Lynward Johnson
Kate Dean ................ Rosalie Gau
Kathy Daly .............. Margaret Ann Daly's 21st Birthday
Michele Henry ............ Naney Harwood
Pamela Wilson ............ Richard Wilson
Robert Taines ........... Marvin Kranz
Scherisse Dazzler ......... Beatriz Bunnel
Vicki & Resso ............. Denise Q.

Thank you!

Meals on Wheels of Contra Costa

7
If you would prefer an email version of our newsletter, please email Martha.Carlson@hsd.cccounty.us AND let us know how you like our new look!

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

Meals on Wheels of Contra Costa
PO Box 3195 · Martinez CA 94553
Business inquiries about services, call 866-669-6697 or go to
www.MealsOnWheelsOfContraCosta.org

Editor: Martha Carlson
Design: StuffDesign.com