



Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SUMMER 2016



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



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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



Peter and Lee selling raffle tickets Thurs AM



Mini Raffle winners being drawn



Lynn, Shirley and Debbie recognized for their outstanding work!



Kentucky Derby Mini May 2016 Second flight winners

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

Show how much you care

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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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

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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@hds.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.



Milestones Ahead



by Co-founders Robert Sessler and Paul Kraitz

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.

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Silver 10 + years
 We apologize that our limited space does not allow us to list all the names of over 1593 members who have generously donated to Meals on Wheels for a decade, but less than 15 years.

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Janet Brown	Mrs. Smith	Robert Young	Phyllis & Casey Young
Janet L Tibbetts	Pete Fairwell	Sanjay Ray	Anu Ray
Jennie Jones	Maria Jones	Susan Felton	Roy Maret
Joe & Norma Viscuso	George P. Gargalikis	The Jim DiSangro Family	Bruce Cleave
Joe & Norma Viscuso	Paula Costanza	The Jim DiSangro Family	Sam Jimenez
Joe & Norma Viscuso	Ray Edison	Tom & Annie French	Earl Haydel
John Gray	Maria Jones	Verla Gillikin	Louie Amos
		Warren Schulz & Family	Kevin R. Merrick Sr.
		Yvonne Ruiz	Ana Maria Ruiz

Tributes

FROM	TO
Amelia Timbers	Scott Schipper, Scott Woodbury, & Nikita Gurvitz
Annabelle Travis	Miriam 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
Sherisse Dozier	Beatriz Bunnell
Vicki & Resso	Denise Q.





Meals on Wheels of Contra Costa

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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

Meals on Wheels of Contra Costa
PO Box 3195, Martinez CA 94553
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 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