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 from the Heart” are the faces of those frail homebound elders you help nourish. Thank you!

The City of Richmond is safer because of Connie, 90, and her husband Woodroe, 93, who spearheaded campaigns to clean up their community in the late seventies. It was around that time Connie had the calling to become a pastor. In a July 1998 article published in the Richmond Independent, Connie said, “The Baptist Church was not encouraging when it came to women preachers.” Despite the obstacles, she persevered tackling the issues of drugs, violence, and the plethora of guns in the hands of young men and women near their church, “The Deliverance Center of Hope Church” in Richmond.

Connie also worked in the Richmond schools and organized efforts to feed and clothe those in need. Her husband Woodroe owned and operated an auto detailing shop in San Francisco. Connie and Woodroe met in the small town of Terry, south of Jackson, Mississippi. Moving to the Bay Area in 1958, they raised 4 daughters and 2 sons, also becoming foster parents to one of Connie’s cousin’s three children and 3 additional kids who were in the foster care system. Over the years their family has grown to include 16 grandchildren and 27 great grandchildren. Photos of their beautiful family adorn the walls in their entryway and living room.

The couple will celebrate their 70th anniversary on July 13. We wish them many more Meals on Wheels and thank them for their service to the Richmond Community!
Healthbeat
A note from Dietitian Jeanne Polk

You’ve probably heard that the Mediterranean diet can make your heart healthier, protect against cancer and even help you live longer. If you’d like to enjoy the healthful benefits of Mediterranean meals, these easy steps can help you get started.

Build a Strong Base
Fruits, vegetables, and whole grains are the foundation of the Mediterranean diet. Instead of making meat the main event, use plant-based foods as the foundation for hearty meals such as pasta with vegetables, minestrone soup or stir-fried veggies over brown rice.

Get Friendly with Beans
You won’t find lots of red meat or even much chicken in this diet, but there are plenty of beans and lentils. “Beans are naturally low in fat,” says Elisa Zied, RDN. “Plus they wrap carbohydrates, fiber and protein all into one nice, neat little package.” Beans also supply potassium, magnesium and iron. Add more beans to your diet by slipping chickpeas into salads, tossing peas into rice or tucking mashed pinto beans into a quesadilla.

Opt for Seafood
Fish plays a starring role in the Mediterranean diet. Seafood is a top source of heart-friendly and brain-friendly omega-3 fats, plus it’s packed with protein. Fish cooks quickly, making it perfect for quick meals such as grilled shrimp tossed into pasta marinara, or seafood stirred into whole-wheat couscous.

Lose the Fat Phobia
Healthful monounsaturated and polyunsaturated fats from olive oil, nuts, and seeds are an important part of the Mediterranean diet. In addition to making olive oil your go-to cooking oil, toss pine nuts or slivered almonds into sautéed green beans, spinach or asparagus.

Dip It!
Dunking veggies into Mediterranean-inspired spreads such as hummus, tzatziki (a creamy cucumber yogurt dip) or baba ghanoush (made from eggplant and sesame) offers some protein and a serving of vegetables at the same time.

Source: Academy of Nutrition and Dietetics, May 2016.

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.
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.

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

It’s almost Spring but an easy Mediterranean Soup like this is still comforting and it can either feed a small group or provide several easy lunches as this soup keeps well.

Easy Tuscan Vegetable Soup

Total Time: 35 min  
Prep: 20 min  
Cook: 15 min  
Yield: 6 servings (1 1/2 cups each)

Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

Directions

In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.

2007, Ellie Krieger, All Rights Reserved
Thank you to the San Joaquin Yacht Club for raising $13,525 for needy homebound seniors including a $2,000 gift from Assemblyman Jim Frazier! A special thanks to Geri Marshal, Katie Senior, Bob Beauregard, Dennis Pippin and all the SJYC members. We appreciate all you do to help our frail homebound elders.

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

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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

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March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

2017 NNM Theme

“Put Your Best Fork Forward” is the theme for NNM 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM activities and messages during March.

A Note from Paul

Who We Serve

The age 80+ population is one of the fastest growing in Contra Costa County. As we live longer, many of us find ourselves with one or more chronic health conditions that may prevent us from either shopping for or preparing regular nutritious daily meals for ourselves. This is why the Senior Nutrition Program exists in Contra Costa County.

For those who can still drive or have access to transportation, the same nutritious daily noon meals enjoyed by Meals on Wheels participants are available at 17 local Senior Centers throughout our county. Meals on Wheels is reserved for those who are truly homebound, with no other viable means of receiving regular nutritious daily meals to maintain their health and remain living in the comfort and safety of their own homes.

The average Meals on Wheels participant is 80 years of age, lives alone or with a co-dependent spouse or family member. Perhaps they have family in the area who work each day and can only check on them in the evenings or on weekends, or they may not have any remaining family they can depend on.

While only 42% of Meals on Wheels participants live below the federal poverty guidelines, a whopping 86% have incomes below the “Elder Economic Security Standard”™ for Contra Costa County. This means without Meals on Wheels they would frequently have to choose between paying for rent, utilities, medications or food. Your generous contributions to Meals on Wheels make that difference. Thank you once again for your generous help for our homebound elders.
Memorials

FROM .................................. REMEMBERING
Angelo Puglisi ...................... Ignacio Galindo
Antonette & Steve
   Steffensen ...................... Angelina Brougham
Barbara Ageno .................... Bill & Rose Connors
Bruce & Darlene Cominsky . Donall Bunch
Bruce Dexter ..................... Marie Jenkins
Carol Hafford ..................... Rosemarie Hafford
Chalice Davis ..................... Shirlene Bagby
Charlotte Milcetich . Rena & John Milcetich
Deborah Reilling .................. Melba Reilling
Derrick & Louise Lue ............ Eimo Tsumori
Diane Selmer ..................... Mona McHenry-Hormick
Donald Prentice .................. Barbara Prentice
Elizabeth Balita .................. Tom Stoflet
Eva Peixotto ...................... Norval Peixotto
Frank & Edith Valle-Riestra . Dean Yeaman
Fred Lorenzetti ................... Lola Lucchesi
Helen Gallaher .................... Tom
J. Michael & Therese Storms . Jack Mcardle
James Desmond ................... Lois Desmond
James Lee ......................... Weldon Lee
Jan Brown ......................... Margaret Melusky
Jan Herschfeld .................... Bettye & Sam Hershfeld
Jeff & Rachel Hess ............... Kathleen & Romana Grishaber
Joan & Larry Evans .............. Marian Potter
Joseph Beck ....................... John Konrad
Joyce Lavin ....................... May & Dilio
Julia Grimsrud .................... Benjamin Miers
Karen Lind Taylor ............... Thomas Maclean
Karen Mahan ...................... Mark Templeton
Karen Powell ..................... Jean Baird
Karen Taylor ..................... Thomas Maclean
Katherine Silvey .................. Dona Simpson
Laureen Barthman ............... William & Olga Carter
Leo Fontana Family ............. Josephine Fontana Vigne
Lewis & Donna Cook ............. Oscar Brammer
Louann Giorgi .................... Marion Bragg
Marjorie McHugh ................ Calvin Brown
Mark Clifton ...................... Ian Clifton
Mary Louise & Bruce Wilson . Walter Connolly
Melsande Hubbs ................... Patricia Cross
Melissa and Michael Grupp . Gloria Alaniz
Michael & Ellen Thompson . Darren Paul Blattler
Mike Hotton ...................... Betty & Jim Hotton
Monika Hill ...................... R.G. Hill
Myrna Allen ...................... E.V. Woolever
Norma Wu ......................... Yu-Hwa Chan
Paramount Export Co. ......... Vilma Capitule
Paul Chodroff .................... Brenda Chodroff
Paul Evans ....................... Claudia Cowan
Phil McCarthy .................... Paul Watson
Raymond & Joanne
   Doorack ......................... Bud Brinkerhoff

FROM .................................. HONORING
Alicia Candido ................... Donna Candido
Audrey Nolte ...................... Emily Hook
Barbara Anson ................... Colin Baxter & Emily
Bonnie Brown ..................... Jim & Eileen Vohs
Charlie Wright ................... Thomas and Susan Wright
Cheryl Barber ..................... George Yokoi
Cheryl O’Brien .................... Jan Watson
Debra Hillmann ................... Leonard and Willa Hillmann
Edward & Nancy Simmons . Tom Driscoll
Greta Grimes ...................... Rose Bymier
Jean Halford ...................... Manny & Velda Gouveia
Karen Bernstein ................ Paul Lombardi
Leslie Woodard .................. Lydia Goshay
Lindy Lavender ................... Jon Olson
Marinell Daniel ................... Susan Spencer
Mary Terjeson ................... Judy Hassell
Patrick Embody ................... Maryann Herring
Reid McCarthy ................... Alisa & Donald Corbett
Sabrin Denebeim ................. Joel Kamsky
Sally Senior ..................... Nancy Goolsby
Sharon Toth ...................... Bob and Judy Sessler
Shelley Shakes ................... June Adams
Susan & Al Moore ................ Marlene Fisher
Susan Spencer ................... Marinell Daniel
Suzanne Stephens ............... Erin Troy & John Ross
Vilma Garrett .................... Patricia Roberts
Vilma Garrett .................... Estelle & Horacio Avelino
William Walker .................. Susan Acker

Rev. Dr. Gerald & Katherine
   Hemingway Sr. ............... Trinity J.C. Hemingway
Robert Van Buren ............... Barbara Van Buren
Robert Young .................... Phyllis & Casey Young
Roberta Jewett .................. Cornelia Robinson
Robin Townley ................... Carol Milewski
Roy Adams ....................... Helen Adams
Sandra & Patrick Bahn .......... Flora Bowman
Sandra Greenwood .............. Flo Carpenter
Scott & Wendy Wilcox .......... Clara Addison
Scott Wilson ..................... Susie Wilson
Sue Cevasco ...................... Stanley Cevasco
Sukum Rujiramahakul ........... YuadEng Buasri
Summerset Orchards
   Kare Bears ..................... Kay Smith
Theresa Nagle .................... Helen M. Devlin
Trudy Hueninghaus ............. Ingo
Vasiliki Sakkis ................. Frank
Vilma Garrett .................... Patricia Roberts
Wendy Wolf ....................... Irene & Stanley Wolf
Yvonne Granzotto ............... Antonio Granzotto
Yvonne Ruiz ..................... Ana Ruiz
Yvonne Ruiz ..................... Isidro Ruiz
From our Donors

The Connections Go Deep

“Over 20 years ago, my Grandmother received Meals on Wheels in Albany, Georgia. She lived to be 100 years old. Although my uncle didn’t live far from her and although she had lots of friends, I know that MOW was an integral part of her longevity. I hope that my small donation can help someone in my community.”

ANON

“My Grandmother served as a MOW delivery person in Pennsylvania for many years prior to her death in 1989. It truly gave her a feeling of pride to be able to see folks who could not get out as she could and bring them a hot meal...Godspeed to you for all your incredible assistance to the elderly and disabled.”

Donation in Memory of my Grandmother Helen.

“Enclosed is a $100.00 check that I would like to donate to Meals on Wheels of Contra Costa to honor my parents...My parents moved to Concord in 1961 and lived there until my father passed away in 2007 and my mother passed away in 2013. My mother benefitted from Meals on Wheels while she was still living at home, from 2007 through 2011...I would like to extend a ‘thank you’ to your kind and caring drivers. My mother looked forward everyday to their friendliness. Not only would they bring a meal to my mother, but they brought the opportunity for ‘human interaction’...which is so important when you are homebound.

Thank you for having been able to help my mother. I wish you success as you continue to help others.”

Debra
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.”

Meals on Wheels of Contra Costa
PO Box 3195 · Martinez CA 94553
925-335-3351
Fed Tax ID 68-0231350

If you would prefer an email version of our newsletter, please email Martha.Carlson@hsd.cccounty.us