



# Meals on Wheels OF CONTRA COSTA

FEDERAL TAX ID 68-0231350

SAVING LIVES ONE MEAL AT A TIME

SUMMER 2017

*One hundred and six years young, Meals on Wheels client, Virginia Zaleski, joined staff and donors at the San Ramon Senior Center for lunch on May 18th. MOW of CC Board Member, Lorna Van Ackeren on the left and donor Kathy Hallock on the right engage Virginia in conversation after enjoying a beautifully prepared Asian Chicken Salad. Virginia was accompanied by her daughter “Ginny.”*



PLEASE REMEMBER TO MENTION  
MEALS ON WHEELS  
WHEN YOU SHOP AT



*in San Ramon and Lafayette  
from July 3 through Sept 24.*

*When you bring in your reusable  
bags for groceries, you have the  
option of receiving a five-cent credit  
(per bag) or donating the five-cent  
bag credit to Meals on Wheels  
of Contra Costa.*

PLEASE SUPPORT  
Nickels for Non-Profits  
and feed a homebound senior.

## Stories From The Heart

*Many of our homebound elders who have lived long and fascinating lives have made unique contributions to our communities. We enjoy sharing their stories.*

Like many young women of her generation who grew up in rural America, Virginia was sent to live with relatives in Chicago where her parents hoped she would find a good job. Virginia found assembly line work in a factory and shortly thereafter, at age 19, she met her future husband at a Valentine’s Day dance. Her husband got a job at the Federal Reserve Bank where he worked until he retired at age 65. Looking for warmer weather, Virginia’s husband decided on San Ramon, CA. But Virginia loved Chicago and didn’t want to leave. However, having a sister in San Ramon made the move across the country more palatable.

So, in 1972, they moved to California and Virginia found herself organizing for the San Ramon Senior Center which at that time was – in her words – “a small white cottage.” Having established the center, Virginia served on the board until her eyesight began to fail. Thanks to the Center Shuttle, she is able to play Bingo every Tuesday at the Center. She misses the days when she and her husband would go out fishing on the Delta with her daughter, Ginny (Ginny was the first female Commodore at the Berkeley Yacht Club in 1990). The family loved staying out on the Delta for several days at a time. According to Ginny, her mother always caught more fish than the rest of her family. Virginia is just as clear-minded and feisty as ever. She misses watching sports on TV but still enjoys listening to the Giants on the radio.

**The San Joaquin Yacht Club** held its 29th Annual Golf and Bowling Fundraiser benefiting Meals on Wheels of Contra Costa on May 20th! Special thanks to: Katie Senior, Geri Marshall, Marilyn Fisher, Pat Bell, Carol Simmons, Leslie Clemensen, Buzz Wadsworth, Larry White & Margie Herron.



Bob Beauregard, Dennis Pippin, Geri Marshall and Commodore Andy Rowland enjoy the after-party.

*“This was my first year to attend the Meals on Wheels event and I was very impressed with the amount of time and effort that goes into planning the events of golf and bowling; followed by cocktails, dinner, and awards. Many volunteers have worked year after year to ensure the day’s success...I can’t wait for the Champagne Cruise on September 16th!”*

~2017 Commodore Andy Rowland



**Diana Sloan Rowland** takes a swing for Meals on Wheels.



**Corner’s Tavern** “Dine for Dollars” Promotes Meals on Wheels of Contra Costa!



**Discovery Bay Yacht Club Splashers** fundraise for Meals on Wheels of Contra Costa. Their Board approved a \$1,500.00 donation for MOW of CC.

Pictured are Splashers Joy Rogers, Roxie Pfarr, Fran Murphy and Lisa Ackerly in middle sitting on chair.

*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 your lifetime 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 bequest 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.

## A Note from Paul

# Federal Budget Cuts

### *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 continues to be threatened with federal budget cuts proposed by both the House of Representatives and the President for fiscal year 2018 (which begins October 1, 2017). Either proposal would be a devastating blow to homebound elders nationwide and Contra Costa County who depend on Meals on Wheels to maintain their health and independence, and continue to live their lives in the comfort and security of their own homes. One nutritious daily meal and the friendly visit of a Meals on Wheels driver make all the difference for more than 2,300 homebound seniors in our county each year.

The shortsightedness of both budget proposals is astounding. The government cost of assisting Meals on Wheels to provide life sustaining daily nutrition that prevents a homebound elder from otherwise being institutionalized unnecessarily is a mere fraction of the government cost to warehouse that same homebound elder. What appears to be a short term budget savings will cause federal budget deficits to explode in the long run. That is the reason our government chose to fund programs like the Older American's Senior Nutrition Program during another conservative Republican Administration.

The federal government provides about 35% of the current funding for our Meals on Wheels Program. You, our donors, already shoulder more than 40% of the program cost in our County.

Contra Costa County and California are blessed with elected representatives who (for the most part) understand the importance and financial benefit to the nation of maintaining Meals on Wheels and other safety net programs. We need them to convince their colleagues in Washington to look beyond bragging rights for making short term budget savings to supporting funding that benefits the nation and its most vulnerable citizens.



## Young People Give, TOO!

A special thank you to Lianne, a California High School senior from San Ramon, who rather than receive gifts for her 18th birthday, asked that gifts be cash donations for Meals on Wheels of Contra Costa. Her self-less gesture garnered \$450.00 for our homebound seniors. Thanks, Lianne!

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SPECIAL Thank you to the Lafayette Rotary for donating \$25.00 for each weekly speaker. And to Norma Evans, President of the Lafayette club, for organizing the acknowledgments.

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**Instagram**  
[instagram.com/  
mealsonwheelsofcc](https://www.instagram.com/mealsonwheelsofcc)

Nutrition Facts	
Serving Size 1/4 Cup (113g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 460mg	<b>19%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein</b> 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

# Healthbeat

*A note from Dietitian Jeanne Polk*

## At-A-Glance: The Nutrition Facts Label

Understanding what the Nutrition Facts Label includes can help you make food choices that are best for your health.

### 1. Serving Size

This section shows how many servings are in the package and how big the serving is. Serving sizes are given in familiar measurements, such as “cups” or “pieces.” Remember: All of the nutrition information on the label is based upon one serving of the food. A package of food often contains more than one serving!

### 2. Amount of Calories

The calories listed are for one serving of the food. “Calories from fat” shows how many fat calories there are in one serving. Remember -- a product that’s fat-free isn’t necessarily calorie-free. Read the label!

### 3. Percent (%) Daily Value

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of and low in the nutrients you should get less of.

Daily Values are based on a 2,000-calorie diet. However, your nutritional needs depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

### 4. Limit these Nutrients

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers or high blood pressure. Try to keep these nutrients as low as possible each day.

### 5. Get Enough of these Nutrients

Americans often don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.

## Why I Give

“With the hot days of summer recently eclipsing over 100 degrees, I really appreciate a nutritious ready-made meal delivered by a friendly visitor who checks on me. I don’t know what I would do without Meals on Wheels.”

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!

Subscribe to our  
online newsletter,  
*Nourish.*

If you would like  
to receive *Nourish*,  
please email,  
mowcc@hsd.cccounty.us

It's **SUMMER EAT YOUR COLORS**

## Nutritious Cost-effective Meals

When you're on a budget and shopping for one, it can feel nearly impossible to stock up on healthy foods. Fear not: We did the work for you. Here are a few healthy recipes that'll cost you less than a buck per serving. For more ideas check out: <https://greatist.com/health/44-healthy-foods-under-1>

### Pinto Beans

Typical Price: \$0.30 per 1/2 cup, \$3 per can

If you're a big fan of ordering refried beans at restaurants, you'll be glad to hear that they're a snap to make at home: Just mash up pinto beans with garlic and spices on the stove. Packed with protein and fiber, pinto beans are a delicious and health-minded addition to any homemade burrito, soup, or salad.

### Garbanzo Beans

Typical Price: \$0.30 per 1/2 cup, \$3 per can

These little beans (also known as chickpeas) pack a serious amount of fiber. Roast them with olive oil and your favorite spices (think: cumin, paprika, or curry powder) to use as a crouton replacement or blend into hummus.

### Hummus

#### 8 Ingredients

- 1 1/2 cups dried chickpeas
- 1 teaspoon baking soda
- 1 1/4 cups tahini
- 1/4 cup fresh lemon juice
- 4 cloves garlic, crushed
- 1 teaspoon toasted cumin
- 1/2 cup extra-virgin olive oil, plus more for garnish
- Salt

#### Directions

1. Place chickpeas in a large glass bowl and cover with 4 cups cold water. Soak overnight. Drain chickpeas. In a medium pot over high heat, add drained chickpeas and sprinkle baking soda over top. Gently stir together, cooking for about 3 minutes. Add 6 cups water and bring to a boil. Lower heat and simmer for about 30 minutes until skin is loose and chickpeas are fork tender. Skim off any foam and skin pieces that come to the surface.
2. Drain cooked chickpeas. Transfer chickpeas to an ice bath to allow skins to separate from chickpeas. Skim off skins and discard. Drain chickpeas, removing any remaining skins.
3. Add tahini, lemon juice, garlic, and cumin to a food processor. Process, adding water as needed, until a creamy white sauce forms.
4. Add chickpeas and process until a smooth paste forms. Drizzle in olive oil or water (plus more cold water as needed) until a smooth paste forms. Add salt to taste.
5. Transfer hummus to a glass bowl, using the back of a spoon to make a circular well around the center. To serve, drizzle additional olive oil throughout the well. Store remaining hummus for up to one week in the refrigerator.

# Loyalty Donors

## who have given annually 15+ years

San Joaquin Yacht Club  
(Geri Marshall)  
Akstin, John and Katherine  
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Michael John  
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Peronetto, Mary Ann and A.W.  
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Verrier, Nancy E.  
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Warriner, Pamela and  
Leon Thomas  
Warthan, Roland and Agripina  
Waterman, Douglas R. and Ruth  
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Weber, Shirley  
Welcome, Wayne and Catherine  
West, Joan A. and John  
Westman, Joanne  
Wilson, Clarissa and Ronald  
Yates, Raeburn and  
Lindseyann Paine  
Yim, Kiyomi and Gregory  
Yost, William P. and Kathleen A.  
Zagon, Brian L. and Kimberly L.  
We apologize that our  
limited space does not  
allow us to list all the  
names of over 1475 donors  
who have generously  
contributed to Meals on  
Wheels for a decade but  
less than 15 years.

# Memorials

FROM..... REMEMBERING  
 A Ogonowski..... Henry Elson  
 Annie Lem..... Charlie Tumelty  
 Anthony & Rhonda Gaeta... Bina Gaeta  
 Arlene Krouzian..... Louise Krouzian Noroian  
 Betty Brenkle Cargo..... Joseph Lima  
 Betty Brenkle Cargo..... Martha Perez  
 Billey Raney..... William & Esther Koshaba  
 Billie Blanchard..... Willie K. Fisher  
 Bridget Teranen..... Helen Regan  
 Buck & Dolores Shore..... Edie Omeg  
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     Commiskey..... Marjorie  
 Deena Cummings..... Donna Durst Prentice  
 Dianne Arruda..... Marie Tanaguchi  
 Dianne Oneill..... Mark Edward Whitmer  
 Douglas Jones..... Brenda Jones  
 Edward Cortes..... Beatrice M. Cortes  
 Edward Hansen..... Elizabeth Hansen  
 Eleezeh Safarians..... Dr. Manoochehr Safarians  
 Gwenith Durrant..... Helen Nelson  
 Hansen Le..... Quyen Phan  
 J. Michael Storms &  
     Therese McArdle Storms.. Jack McArdle  
 Jan Brown..... D.J.  
 Jan Hershfeld..... Ruth Chayes  
 Jim & DeAnn Anchustegui .. Edie Omeg  
 Jim & Nikki DiSangro  
     & Family..... Betty Lou Carone  
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 Joe & Andrea Milani..... Phil Culcasi  
 John Luis..... Ethel Luis  
 Judy Guerisoli..... Judith Trette  
 Julia Liu..... Mary Phyllis Filbin Gilliland  
 Julie Rinkenberger..... Odessa Long  
 Kam Li..... Yung To  
 Laurie Barthman..... William & Olga  
 Lucile Meinhardt..... Ethel Marilyn Luis  
 Margaret Tashinian..... Midge Frost  
 Marilyn Smith..... Frances Smith  
 Marion Alexander..... Donald Alexander  
 Mr. & Mrs. Herbert Griffin... Sam Griffin Sr.  
 Myrtle Silva..... Richard Silva  
 Nancy Ramos..... Lily  
 Nancy Sante Lobao..... Ray & Juanita Sante  
 Pamela Billings..... Maxine  
 Patrick & Shirley Campbell .. Ellen Campbell  
 Peter & Peggy Brandt..... Marc Dell'Imagine  
 Robert Scrosati..... John Roger Delchini  
 Robert Young..... Phyllis & Casey Young  
 Roberta Jewett..... Cornelia Robinson  
 Rod & Sharon Uffindell..... Nancy Hieta

Roger Smith..... Simone  
 Rolf & Diane Selmer..... Marle Ward  
 Roxane Bloomfield..... Edward C. LeSage, Sr.  
 Roxanne & John Dober..... Ken Cross  
 Scott Seibert..... Scott Seibert  
 Sharon Fisher Carpenter... Ryan K Crawford  
 Shelley Pighin..... Jean Remorini  
 Summerset II Kare Bears... Deanne Willers  
 Teresa Cohen..... Stella Swift Spears  
 Therese Nagle..... Helen M. Devlin  
 Trudy Huenninghaus..... Jack Mortenson  
 Vasiliki Sakkis..... Frank  
 Yvonne Ruiz..... Isidro & Ana Ruiz  
 Zand Gee..... Sun & May Gee

# Tributes

FROM..... HONORING  
 Alfred & Helen Carlson..... Tom Kennedy  
 Andrea Stark..... Elinor B. Stark  
 Ann Hirsch..... Al Turner  
 Christopher Gorham..... Marcus Yakaitis  
 Doreen Carvajal..... Mary Hernandez  
 Emilio Castillo..... Fran Andreou  
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 Hallie Bahr..... Linden Tirman  
 Kay Nicholson..... Residents of Walnut Creek Manor  
 Marijeanne Rende..... Donald Trump  
 Nancy Kron..... Zachary, Maya and Eliza Sitlani  
 Sharyn Mitzo..... Meals on Wheels Volunteers  
 Stephen Johnson..... Monika Hill & Jurgen Habermeier  
 Steve St. George..... Sue St. George

*Thank you!*



**Meals on Wheels**  
 OF CONTRA COSTA



**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](mailto:Martha.Carlson@hsd.cccounty.us)

## 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](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 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](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



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

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