Bobbie Jean Thomas (nee McClain) met her husband, Albert Thomas, on a pleasant Monday morning as an eight member carpool assembled in front of the Doggie Diner in Emeryville. According to Bobbie Jean the carpoolers drove thirty-five miles to Travis Air Force base in Fairfield Monday through Friday. “The Blue Collar workers and White Collar workers were paid on alternate Fridays. On paydays, the carpoolers would treat each other to sundries from the Package Store.” On one of those days Bobbie Jean offered to treat Albert. He was so impressed that he was determined to make this woman his wife. Into their second year of courtship, Albert took a step towards marrying Bobbie Jean. Albert arranged childcare for Bobbie's three small children and the couple took off for Reno, Nevada where they were married.

While living in West Oakland, Albert and Bobbie Jean became very involved in their community. Bobbie Jean said that her husband was very persuasive and in his desire to improve the homes on their street, create a safe playground for kids and build neighborhood pride, he was able to secure donations of paint, lumber and even a truck from the Oakland Army Base to transport the supplies.

To raise money for the construction, a group from Peter Maurin Neighborhood House, Inc. where Albert was the organizational director, put together a West Oakland Soulfood Cookbook and sold copies for $2.00 each. Bobbie Jean did the typesetting and her family shared their personal favorite recipe for TADBERT (the name TADBERT is comprised of the initials of various family members) Green Tomato Relish. The barbecues and block parties became a staple on McElroy Street. In addition, Albert and Bobbie Jean also gave much of their time to a health clinic in West Oakland which was eventually named after Albert.
Members of the McElroy Street Association turn out for a neighborhood street a good time together Something Happened
By JIM WOOD

“We were a forgotten little street in West Oakland, but now people who never heard of us before are coming by to take a look.” And Albert Thomas, the man who was speaking, hopes the observers will remember what they see. Two months ago, one block long McElroy Street, between 9th and Chase streets, was one of the most rundown neighborhoods in Oakland. The houses needed repairs and paint, and the streets were dirty, and a lot, the only area where children could play, was piled waist-high with rubble. About that time people in the neighborhood received a form letter from Mayor John H. Reading’s beautification committee. It invited their participation in a campaign to make Oakland a more beautiful city. Although the neighborhood residents responded to the letter, for several weeks it looked as if nothing was going to happen. There was no word from city hall, and the streets remained as cluttered as ever. Then the McElroy Street neighborhood got a break, a series of breaks really, the kind of breaks that happen for people making their own luck. First, Mrs. Mary Flood, a neighborhood organizer attached” to the West Oakland Service Center, appeared in the neighborhood. “I met her and then she started pushing and recalls Thomas, who is chair- man of the McElroy Street Association.” That’s how it started.” Mrs. Flood called on the beautification committee and got a straight answer to a straight question. “I asked them why, if people signed up, nothing had started yet.” She said the committee said it was ready to go, and that a spokesman added, “Let’s see what can be done.” When word of the meeting got out, McElroy Street rose to the challenge. Brooms and shovels were loaned by Peter Maurin Neighborhood House, muscle power was donated by people living in the area, and, working through the association, the street was cleaned up and the trash removed from the vacant lot. Mrs. Flood helped promote some paint, and, working together, most of the neighborhood residents were able to paint their Victorian houses to look as snug and stylish as a set from Mary Poppins. The association held a block barbecue to celebrate, and again the emphasis was on pride in their neighborhood and having a good time together. As soon as it can find some more paint somewhere, the association hopes to finish painting the houses in the neighborhood.”

Even after Albert’s death in 1987, Bobbie continued helping others. Moving to Richmond in 1996, she continued to work in her community, playing piano in the church, driving elderly neighbors to the store and meeting with community organizers. Then a few years ago, Bobbie Jean’s knees began bothering her so much that she couldn’t walk. Unable to get out on her own or cook, she applied for Meals on Wheels. She loves the vegetables especially the broccoli and cauliflower. She cautions our elected officials not to cut the Meals on Wheels Program because people like her depend on the meals. And of course, she loves the friendly volunteer drivers who show up daily to deliver her meal.

To hear from Bobbie Jean visit our web page or our Vimeo page at https://vimeo.com/291173740

The 3rd annual Foodie Fest was a success thanks to Jill Scheidel (pictured below selling raffle tickets) and her dedicated community of volunteers. It was an amazing afternoon with great food, music and more. $2,240+ was raised for Meals on Wheels of Contra Costa! Thank you, Jill, PG & E and everyone who contributed.
Creamy Broccoli Apple Salad

by Dianne Hoffmeister
Courtesy www.turningbacktheclock.com

Servings: 8 Servings

Ingredients:

- 4 cups fresh broccoli florets (about 2 medium heads)
- 2 large apples, chopped
- 1/2 cup shredded carrots
- 1/2 cup dried cranberries
- 1/4 cup red onion, chopped
- 1/2 cup chopped pecans
- 2 tbsp Lemon juice (about half a lemon)
- 1/2 cup Mayonnaise,
- 1/2 cup Greek yogurt
- 1/8 tsp Pepper
- 1/4 tsp Salt
- 1 tbsp Sugar

Steps:

- In a large bowl, place the broccoli, apples, cranberries, pecans, onion and shredded carrot.
- In a smaller bowl, whisk together the mayonnaise, yogurt, salt, pepper, sugar and lemon juice.
- Pour the dressing over the salad ingredients and mix until everything is coated.

Osteoporosis risk can be reduced through proper diet and physical activity.

To prevent it, adults 19-50 years old should get 1,000 mg of calcium each day. Adults over 50 years of age should get 1,200 mg each day.

Eat 3 to 4 servings of dairy or enough of other high calcium foods each day. Make sure you're getting enough vitamin D so you can absorb the calcium you eat.

These foods are also high in calcium: sardines, tofu made with calcium sulfate, orange juice with calcium, calcium fortified bread, salmon, spinach, turnip greens, cooked or raw kale, raw Chinese cabbage, broccoli, cauliflower, and calcium-fortified products.

Weight-bearing activities, like walking, running, tennis, stair-climbing, aerobics, and weight-lifting, also help prevent osteoporosis.

Source: Excerpted from EatFresh.org

Try This:

Pick one food each day that is high in calcium and add it to your meal or snack.

Healthbeat

A note from Dietitian Jeanne Polk

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A note from Dietitian Jeanne Polk
Providing the Meals

I am frequently asked to explain why there is more than one agency using the name “Meals on Wheels” in our county and what the difference is between them. Simply put, each agency has an important role to play in funding or coordinating meals delivery for the countywide Meals on Wheels Program. Our agency, Meals on Wheels of Contra Costa, Inc., is tasked with providing funding for all of the 419,000 actual meals and most of the delivery costs of providing those meals to the 2,200 homebound seniors served annually by all of the agencies involved in the countywide program.

Our job is to seek donations and grants from the community to subsidize that portion of the meals and delivery costs not funded by Meals on Wheels client donations or government funds. Thanks to your generous contributions and grants from charitable organizations, Meals on Wheels of Contra Costa has for the last several years become the primary funder of Meals on Wheels services to homebound elders in our county.

Since our inception in 1990, through last fiscal year which ended June 30, 2018, thanks to your generous help, Meals on Wheels of Contra Costa has subsidized nearly 5.8 million meals delivered to the residences of homebound elders throughout Contra Costa County.

Your generous contributions to Meals on Wheels of Contra Costa have touched the lives of many homebound elders over the years, allowing them to maintain their health and independence in the safety and security of their own homes. Thank you for all you do for those most in need in our county.

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.

A Note from Paul

A. Paul Krainitz, Director, Senior Nutrition Program: Meals on Wheels/CC Cafe’s, and Secretary Treasurer/Co-Founder, Meals on Wheels of Contra Costa, Inc.

We salute the San Joaquin Yacht Club for 30 years of tirelessly raising funds for Meals on Wheels of Contra Costa with their golf and bowling tournaments and fall Champagne Cruise.

This year’s cruise in September was a huge success, hopefully reaching their 30 year $500,000 goal.

All will be revealed in November!
MEALS ON WHEELS PROGRAM SERVICES
Fiscal Year July 2017 - June 2018

- 421,280 hot and frozen nutritious meals delivered to frail homebound elders this past fiscal year by Meals on Wheels volunteers and staff.
- All meals delivered to homebound elders were subsidized by contributions and grants to Meals on Wheels of Contra Costa, Inc. from caring individuals, foundations, businesses, or community service organizations.
- Approximately 1,100 volunteers drive most of the 96 daily Meals on Wheels routes countywide, clocking over 240,000 volunteer miles driven last year.
- 99% of all Meals on Wheels deliveries countywide are made to homebound elders.
- Each meal exceeds the Recommended Daily Allowance for older adults. Special diets are available for those with a documented medical need.
- Frozen meals were provided for weekends and holidays for the homebound elders without the benefit of friends or family.

Contra Costa County Communities Served by Area

- 112,886 meals in West County, including Crockett, El Cerrito, El Sobrante, Hercules, Pinole, Port Costa, Richmond, Rodeo and San Pablo.
- 144,641 meals in Central County, including Alamo, Concord, Danville, Lafayette, Martinez, Moraga, Orinda, Pleasant Hill, San Ramon, and Walnut Creek.
- 163,753 meals in East County, including Antioch, Bay Point, Bethel Island, Brentwood, Byron, Discovery Bay, Knightsen, Oakley, and Pittsburg.

Nutritious meals, and cost effective too!

Volunteer drivers, contributions from homebound elders receiving Meals on Wheels, and government grants that cover staff and overhead costs make this possible. With your help we will subsidize 421,286 meals in FY 2018-19.

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.

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 acknowledgment letter.

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Nutritious meals, and cost effective too!

Meals on Wheels volunteers can deliver another meal for every four dollars we receive in community contributions. Here’s how:

| FY 17-18 Meal Cost | $5.06 |
| Fundraising/Admin Costs | +.97 |
| Average Voluntary Client Contribution | - 1.09 |
| Government Funding | - .96 |
| Community Gifts | $3.98 |

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Memorials

FROM ........................................ REMEMBERING
Ann Rossi .................................. Margaret Nichols
Aunt Nancy .................................... Margaret Nichols
Beverlee Simbol Mckadden .......... Mable Simbol
Bridge Teramani ......................... Helen Regan
David Beaton ............................. John & Madeline Beaton
Don & Pati Martinez ................. Margaret Nichols
Donna Jollymore ......................... Arthur
DW & Elizabeth Stapleton ......... Jack Steuer
DW & Elizabeth Stapleton ......... Robert Howard
Elise Shander .......................... Jack Shander
Gerry M. Bannen ....................... Noemi Leonard
Gina Grotal ............................ Aido Comparini
Glenna R. Ramsey ..................... Agnes Clabane
James Lee ............................... Weldon Lee
James W. Smith ....................... Jane Smith
Jan Brown ............................. Chris Baum
Jennifer Griss ......................... John & Sean Lomans
Judith & Josef Sebolod ............ Patricia de Back
Julie Buonorno ........................ Molly Griffin
Kristine Peterson ................... My Dad
Lina S. Gatchalian .................. Pinky Eppley
Mike & Mary Hotton ............. Jim & Betty Hotton
Myriam Ruiz ........................ John Munkel
Pierre Fortoyan ..................... Nancy Velleel
Risa Yahali ................................ Katherine Yahali
Robert Young ......................... Phyllis & Casey Young
Sandra & George Baldocchi ...... Joanne Rayner
Scott Wilson ......................... Susie Wilson
The Dwiellws ........................ Nancy Velleel
TOPS Chapter 2135 ......... Michael Comisky
Tops Club ............................. Georgia Petol
William P. Olivito .................... John G. Oliverio
Yvonne Granzotto .................... Tony Granzotto
Yvonne Ruiz ......................... Jisro & Ana Ruiz

Tributes

FROM .......................................... HONORING
Alfred Mahoney .................. Frankie Rudolph
Beverly Brown ........................ Our Loving Family
Carolyn & Mark Rhodes ........ Terry & Barbara’s 50th Wedding Anniversary
Debra Pohlon ........................ Sharen Goodall’s Birthday
Frederick & Karen Martin ........ Stephanie’s Birthday
Greta Rajgor ........................ Shi Sai
Jon Simmons ...................... Ruth M. Stack
Kristine White ..................... Kathleen White’s Birthday
Loretta De Guzman ............... Gloria De Guzman
Peter Koster ......................... Rhonda Edward’s Retirement
Rita Turner ............................ Charles Henry

THANKS!
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

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