Coming Full Circle

Beulah Watson moved to the Richmond/San Pablo area in 1950 when her husband, Rev. J. Palmer Watson became pastor of the MacArthur Community Baptist Church of San Pablo, where the current West County office of Meals on Wheels resides.

As church Secretary/Treasurer Beulah was very much involved in the many community activities her husband championed in the west county area for over 62 years in addition to working for the Richmond School District. As active leaders in West County, Beulah and Rev. Watson participated in creating a new library, started a school for mentally challenged children, a child care center at one of the local schools, provided help for a drug counseling center, worked with the Red Cross, started a food pantry, and established a 56 unit apartment building for housing Seniors and disabled people. Still Beulah found time to paint her favorite scenes from nature.

Rev. Palmer Watson was a pioneer in early Contra Costa County Meals on Wheels Program history. When his parishioners came to him in the early 1970’s to help save a fledgling private Meal on Wheels Program in West Contra Costa County that was going under, he agreed to take the program on as a mission of his church despite the absence of a stable funding source.

In 1990 Rev. Watson joined the County Senior Nutrition Program and Area Agency on Aging administrators and two other interested nonprofit agency representatives as a founding director of the new charitable non-profit that would become Meals on Wheels of Contra Costa, Inc., to launch a countywide fundraising effort for meals funding. He served on the MOW of CC Board from 1990 to 2007 when health concerns forced him to resign. During his tenure as Board Member, MOW of CC raised more than $2.3 million and subsidized over 1.9 million meals delivered to homebound seniors countywide.

Today, West County Meals on Wheels is a contractor of the countywide Meals on Wheels Program, coordinating meal delivery to 600 homebound seniors. Rev. Watson passed away in 2013 and in 2017, Beulah had a debilitating surgery and began receiving Meals on Wheels. She enjoys the well-balanced meals she receives each day in addition to the “gracious and friendly folks” who deliver her meals.
National Nutrition Month® 2018

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

“Go Further with Food” is the theme for 2018, and its importance is timely for many reasons. Whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year’s theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you “Go Further with Food”, while saving both nutrients and money.

Key Messages:
1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

Chicken and Quinoa Soup

Servings: 4 • PrepTime: 15 mins • Total Time: 35 mins • Level: Easy

Ingredients:
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, sliced
- 3 stalks celery, chopped
- 2 cups roughly chopped carrots
- 1 teaspoon Cajun seasoning, plus more for topping
- 1 cup quinoa
- 1 quart fat-free low-sodium chicken broth or homemade bone broth
- Kosher salt and freshly ground pepper
- 2 cups chopped broccoli florets
- 2 1/2 cups shredded rotisserie chicken (white meat only), skin removed
- 2 tablespoons low-fat sour cream

Preparation:
1. Heat the olive oil in a large pot over medium-high heat. Add the onion, celery, carrots and Cajun seasoning and cook, stirring occasionally, until the vegetables are slightly soft, about 4 minutes.
2. Stir in the quinoa, then add the chicken broth, 3 cups water, 1/2 teaspoon salt, and pepper to taste. Partially cover and bring to a simmer, then reduce the heat to medium and cook until the quinoa starts to soften, about 12 minutes. Add the broccoli and cook, uncovered, until just tender, about 5 minutes. Add the chicken and stir to warm through. Season with salt and pepper.
3. Ladle the soup into bowls. Top with the sour cream and Cajun seasoning to taste.

Recipe courtesy Food Network Magazine
Memorials

FROM .................. REMEMBERING
Ann & Tom French ....... Doug Allen Brawner
Ann French ............. Robin Charmian Wells
Anonymous ............. Virginia Willis
Anthony Cravotto ...... Joseph & Norma Cravotto
Anthony Severino ...... Charles Severino
Barbara Mowry ........ John Dewey Jones
Billie Raney .......... Wilson Koshiba
Bridget Teranen ...... Helen & Charles Regan
Bruce & Darlene ...... Louis (Val) Valls
Commissky
Calista Hint .......... Jerry Adame
Cathy Abbott .......... LaVerne & Bill Cogan
Charles Oldham Jr. .. Blanche Oldham
Cynthia Smith & ... Laurie Stephens
Christine Spencer ..... Christopher Rampoldt
Claudia Gallup ........ CE Hughes
Dana Rojo ............. Anita Abalos
Dave Gallagher ....... Barnard & Katherine Gallacher
David McCosker ...... Julie Ann McCosker Hayes
Debra Sousa .......... Reed Custer
Dimmitre Margaret ... Dan Margarit
Don Hunt .............. Elena Cambre Hunt
Donna Hemmila ...... Daniel Scott Reed
Doranna Grecch ...... Adele Nau
Dorothy Silva .......... Dolores & Earnest Silva
Eddie Normura ....... Dan & Tsuyako Nomura
Elizabeth Hansen .... Edward Hansen
Elizabeth Humeston ... Frederick
Ernest Cecaci .......... Rena Cecaci
Eula Gulledge ........ Rev G.G. Griffin
Frances Accardo ...... Sandy Fischer
Fred Lorenzetti ...... Maria Lorenzetti
Gina Gotsill .......... Aldo Comparini
Greg Miller .......... Norman Fink & Evelyn Fink
Helen Hallberg ...... Edgar Monk & Edith Monk Hallberg
J. Michael & .......... Linda (Storms) Ferrell
Therese Storms
James & Nancy Gaine ... John Jones
James Hattum .......... James H & Beverly P.
Hattum Sr. & Eileen
Hattum Smith
James Lee ............. Weldon Lee
James Woodson ....... Shirley Woodson
Jan Brown ............. Edwina/Mom
Jan Hershfeld ...... Bettye Hershfeld
Jan Monaghan ...... John Dewey Jones
Janet Brown .......... Mr. & Mrs. Craig Bennett
Janette Pettus .......... Arnold Harris
Jean Windell .......... Shirley Angrisani
Jeanine Gendar ...... Chris Rampold
Jennie Nevis .......... Rosemary & Frank Nevis
Jim Harwood ........ Sallie Harwood
Joan Booty ........... Maxine
John Mercurio .......... Jim & Tim Mercurio
Jolee David .. Josephine Samson
Judy Amaral ........ Eldora
Julian Ajello ........ John Dewey Jones
Kam Li ................. Yung To
Karen Lind Taylor .... Thomas MacLean
Karen Powell .......... Jean Romer
Kathleen Crawford ...... Pauline Wade
Krishnaveni .......... Rasayee Ammal & Palaniappan
Arukkani Ammal
Laureen .......... William & Olga Carter Barthman-Thompson
Lee & Sol Condiotti ... Mike Camhi
Leona Seidell ......... My Mother, Mother-in-law & Father-in-law
Lillian Marshall ...... Joseph Pedretti
Linda & Jeff Gidre .... John Dewey Jones
Louise Lue ............ Laura Takeuchi
Lucia & George Foster ... John D. Jones
Luz Wilson ........ Maria Elena Reinoso & Virginia Etta Wilson
Lyne Berg .......... John Dewey Jones
Margrith & Gary Byer .. Shirley Woodson
Maria Conryy .......... Ada Sariaqua
Marilcyn & James .... John Dewey Jones Daughters
Marilcy Canetta ...... Ace Canetta
Marsha Joy ........... Je Maloff
Mary Ann & Bob Jones ... John Dewey Jones
Mary Contreras ...... Jose Vigil
Mary Knodt .......... Fred & Matilda Temps
Mary Nash ............. Lee Nash
Melissa Strumlauf ...... John Jones
Melva & Harry Hall .... Lucille
Michael & Melissa Grupp ... Gloria Alaniz
Mike Dennison ........ Mary Dennison
Mike Hotton .......... Jim & Betty Hotton
Miriam Scholos ........ Esther Uziel
Mr. & Mrs. David A ...... Juli Ann McCosker Hayes McCosker
Mr. & Mrs. Harry E. Hall ... Lucille
Muriel Dash ........ Martin Dash
Myra Emanuel .......... Joyce Whitney
Myriam Chapman ....... Bill
Nancy Ramos .......... Jim Landis
Pam Eselmine .......... Mary E. Johnson
Pamela Wilson ....... Sherry Ferguson
Pamela Wilson .......... Richard Wilson
Patricia Jeffre .......... Raymond Jeffre
Paul Chodroff .......... Brenda Chodroff
Penny Harris .......... Jack Harris
Phillip Rodwell ...... E. Maurine Evans
Phyllis Bartham ...... William & Olga Carter
Ric & Barbara Wright .. George Conlow
Robert & Susan Myers . Wynn H
Robert Young .......... Phyllis & Casey Young
Robin Townley .......... Carol
Sandra Ewing .......... Tom Ewing
Sara Cleveland .... Peter Cleveland
Shirley Mckinnon ...... Bob Donaldson
Sue Cevasco ........... Stanley Cevasco
Sukum Bujiramahakul ... Ms. Yuadeng Buasri
Suzette Handy ........ Fern Mills
Therese Nagle .......... Helen M. Devlin
Valerie Baake .......... Charlie & Gurry Baake
Yvonne Ruiz .......... Ana & Isidro Ruiz

Tributes

FROM .................. HONORING
Alice & Howard Morioka ... Ted & Barbara Sakano
Alice Clark ............ Tess Taylor & Taylor Schreiner
Andrea Stak .............. Elinor Brumberg Stark
Annie Pang ................ Susan Oyama
Barbara Kendall .......... Martin Harband
Ben Meek ............... Judy Rattner
Bill McElroy & Chris Briggs ... Mike & Jeannette McElroy
Brenda Davis .......... Lou Barberini
Ed Herold .............. Kay Vernon
Gary Soots .............. Joyce Aquair
Gayle & Keith Chesterman ... Pat Frazier
Haranath Gana ....... Sri KusumaHar
Isolina Ricci ........ My Family
Janette Pettus .......... Arnold Harris
Jenny Goodspeed .......... Elizabeth Stevens
Judith Gavin .......... Scott Zimmermann
Marie Mcgarvey .......... John Searles
Marlene Michelson .... Deb Mayer
Mary Thompson .......... Nancy McGill
McLain Family Foundation ... Elsa Fredrickson
Mike Fedoroff .......... Donna Candido
Monica Sholaas ........ MOW Volunteers & Organization
Mr. & Mrs. Thomas Nager ... June Terzich
Sally Senior .......... Nancy Ann Goolsky
Sherisse Duzier .......... Beatrix Bunnel
Suzanne Stephens ...... Erin Troy & John Ross
Tamara Pfeiffer .......... Abunda US LLC
William Walker, MD ... Susan Acker
Where would we be without our volunteers?

More than 1,100 volunteers deliver meals to over 2,200 recipients in Contra Costa County.

Jerri and Bob have been delivering meals together for nearly 10 years. They enjoy the excitement the Meals on Wheels clients show when receiving their meal and a smile.

And without our donors?

Dear Meals-on-Wheels Participant,

Here’s hoping you enjoy your warm meal today and the visit from the friendly delivery person.

My grandmother, “Nana,” used to deliver meals in her small Pennsylvania town. She always insisted that it was one of the best activities in her life as it gave her access to people she’d not see in many years. Her husband, my grandfather, had passed away many years before and she’d lost touch with many of the people she used to see in their life together. Both she and the meal recipient always enjoyed “catching up” and it kept both much younger than their years. This is my wish for you: That you receive your meal, enjoy it and enjoy visiting with your delivery person remembering that you, too, have something to give — the warmth of your heart and smile!

Sending you a great, big warm smile and warm wishes for your day and week!

Very best regards,
Theresa
San Joaquin Yacht Club
Has Raised $466,937 since
1989 for Meals on Wheels of Contra Costa

Join the SJYC in 2018 for:

• Golf at Brentwood Golf Course
• Bowl at Harvest Park Bowl

Help San Joaquin Yacht Club reach a goal of $500,000 this year celebrating 30 years of fundraising for Meals on Wheels of Contra Costa!

To learn more about upcoming fundraising events with San Joaquin Yacht Club, send email to mowgolfsjyc@gmail.com or call (925) 684-9837.

Dedicated to BENEFIT FOUNDER JEANNE “Pee Wee” KRUMLINDE

For more information on these upcoming fundraisers, email mowgolfsjyc@gmail.com or call (925) 684-9837
We founded Meals on Wheels of Contra Costa, Inc. in 1990 to raise the community donations that bridge the gap between available government funding for Meals on Wheels services, and an ever growing homebound elderly population in Contra Costa County who need our meals to remain healthy and independent in their own homes. A secondary goal was to have sufficient local resources to even out program cash flows in bad times, avoiding the periodic services disruptions many other programs experience due to the ups and downs of government funding.

The U.S. Congress finally passed this year’s budget with no funding increase for Meals on Wheels. Meanwhile our meals costs will rise by 2.5% this year, or $52,000 annually. Mandated state and local minimum wage increases have the ripple effect of increased direct services staff costs. Therefore, flat funding from the government really means a reduction with increased program costs. Your donations to Meals on Wheels of Contra Costa make up that difference so no homebound elder in need of proper nutrition will be refused services.

Each year we read in state and national news about Meals on Wheels Programs in other communities having to reduce services to homebound seniors because of flat or decreased government funding. Thanks to you, 2,200 homebound elders in Contra Costa County know that we will continue to be there for them as long as we have your help. Your donations, along with our strong volunteer support, are truly the backbone of Meals on Wheels. Thank you again for your wonderful help.

A Note from Paul

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.

Leftovers Thrift Store in Walnut Creek presents a $10,000 check to Marti Carlson, Community Engagement Specialist at Meals on Wheels of Contra Costa.
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.

Meals On Wheels Staff and Board Members Honor Donors and Clients at a Luncheon on February 27 at the Pleasant Hill Senior Center

JOIN US ON

Facebook
facebook.com/mealsonwheelscc

Twitter
twitter.com/mowcc

Instagram
instagram.com/mealsonwheelsofcc
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

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