Virginia’s Story

Ninety years old and she can still two-step. “When you’ve grown up in the Texas countryside in the 1930’s,” said Virginia, “getting together with neighbors on Saturday nights was the only entertainment we had. Every Saturday, we stopped work at noon and took our baths and set up for the evening. Out came the fiddles, banjos, and an old washtub for a drum. We had ten kids in our family and we all played an instrument. I still like to jitterbug.” Virginia’s zest for living is only tempered by the loss of her husband several years ago in addition to her three children as well.

She fondly remembers meeting her husband at the tender age of seventeen, and when he was drafted into the army, he asked if she would wait for him and she said, “Oh yes!” And she did. Four years, 2 months and 12 days, she recalls. He came back and they got married. He reenlisted in the Air Force so he could work on airplanes. When he returned, they moved to Visalia where he worked in mechanical services. While raising her three children, she also worked packing olives. When her husband became ill, they moved to Brentwood to be closer to family. “I used to volunteer at Hope House,” says Virginia. “I really miss it.”

“Every day, I have a wonderful volunteer who brings my meals on wheels. I really like the meals, they are easy to digest. I’m fortunate because my grandson, a school teacher who lives nearby, set me up with Meals on Wheels.”

Hank Williams, The Texas Playboys, and Bob Wills are among some of her favorite performing artists. “Once my neighbor had to ask me to turn the music down,” she laughs. She and her husband loved to dance. “Oh, we had so much fun.” She demonstrates the two-step and hums along. At ninety, Virginia hasn’t lost her rhythm.

Virginia — we at Meals on Wheels of Contra Costa hope you keep the music going and never stop dancing.
The San Joaquin Yacht Club Celebrated their 30th Anniversary supporting Meals on Wheels of Contra Costa

The San Joaquin Yacht Club celebrated their 30th Anniversary supporting Meals on Wheels of Contra Costa with Golf and Bowling Tournaments on Saturday, May 19th. MOW of CC applauds their goal of reaching $500,000 this year [$466,937 raised to date in 29 years]. A big thanks to Geri Marshall and Katie Goulart Senior for their extraordinary work. Please see Meals on Wheels of Contra Costa’s website for some of the wonderful raffle and auction items.

And thank you to the following sponsors of both events:

PRESENTING SPONSORS:
San Joaquin Yacht Club, Inc. • Delta Coves on the great California Waterways

EVENT SPONSORS:
Independent Construction Company • Morrison Ranch • Atkin's Appraisal's & Jewelry Services • Geri Marshall & Ted Alesna • BMW Concord Sequoia Brass & Copper • Dennis Pippin & Sue Woodward • Preferred Mortgage Group • Linda Marriott-Young • Dianna & Andy Rowland

Next up: Champagne Cruise on September 15th!

A Note from Paul

Malnutrition and Older Adults

I want to share with you some information I picked up at the recent National Association of Nutrition and Aging Services (NANASP) Conference regarding malnutrition among the elderly.

Malnutrition among seniors has become a chronic problem both nationally and even in our own back yard.

We all know that nutrition is the key to healthy aging. Many chronic conditions such as hypertension, health disease, diabetes and osteoporosis can be effectively prevented and treated with proper nutrition. 87% of older adults are at risk of hypertension, high cholesterol, diabetes, or some combination of the above according to the Academy of Nutrition and Dietetics.

Older adults who receive regular nutritious meals can avoid being malnourished or undernourished. Older adults who are malnourished:

• Experience a 300% increase in healthcare costs due to poor nutritional status.
• Will spend 4 to 6 days longer during a hospital visit.
• Cost $51.3 billion for diseases associated with malnutrition annually.
• 60% of older adults in hospitals are likely to be malnourished.

There is also a strong link between malnourishment and elder abuse cases, or alternatively, it can be a sign of self-neglect due to dementia, depression or other conditions.

To learn more about this serious problem visit www.defeatmalnutrition.today

A. Paul Kraintz, Director, Senior Nutrition Program: Meals on Wheels/CC Cafe’s, and Secretary Treasurer/Co-Founder, Meals on Wheels of Contra Costa, Inc.
Meals on Wheels of Alameda County (MOWAC) has invited Meals on Wheels of Contra Costa (MOWCC) to participate in the 9th Annual Wheels for Meals Ride to be held on 13 October 2018 at Bishop Ranch in San Ramon, CA. We are excited to develop a partnership between our two organizations. New this year will be a beer garden. We hope this partnership will lead to increased fundraising revenue to benefit meal delivery programs for seniors in both counties.

To register go to: http://mowac.link/wfmr2018

In addition to registering as an individual or a team, or a virtual rider, you can help in the following ways:

- Help promote the event
- Volunteer at a rest stop (10 - 15 volunteers needed) at various intervals during the ride on October 13

Call Marti at 1-866-669-6697 for more information or email her at Martha.Carlson@bsd.cccounty.us.

Thank you El Cerrito Mayor Gabe Quinto for choosing Meals on Wheels of Contra Costa as your birthday fundraiser!

Thank you Kendra Scott for throwing a 20% sales party for Meals on Wheels of Contra Costa on Saturday, June 2.

Mayor Quinto, on left, with a grateful Meals on Wheels recipient.
Good Fats vs. Bad Fats: How fats fit into a healthy diet.

Fat, fat, fat! Would all of our weight problems be solved if we just eliminated fat from our diets? Unfortunately, it’s not that simple. We actually need fats -- can’t live without them, in fact. Fats are an important part of a healthy diet. But it’s easy to get confused about good fats vs. bad fats.

Basically, there are two groups of fats: saturated and unsaturated. Within each group are several more types of fats.

Let’s start with the good guys -- the unsaturated fats. Unsaturated fats include polyunsaturated fatty acids and mono-unsaturated fats. Both mono- and polyunsaturated fats, when eaten in moderation and used to replace saturated or trans fats, can help lower cholesterol levels and reduce your risk of heart disease.

Polyunsaturated fats, found mostly in vegetable oils, help lower both blood cholesterol levels and triglyceride levels -- especially when you substitute them for saturated fats. One type of polyunsaturated fat is omega-3 fatty acids, whose potential heart-health benefits have gotten a lot of attention. Omega-3s are found in fatty fish (salmon, trout, catfish, mackerel), as well as flaxseed and walnuts. And it’s fish that contains the most effective, “long-chain” type of omega-3s. The American Heart Association recommends eating 2 servings of fatty fish each week.

The other “good guy” unsaturated fats are mono-unsaturated fats, thought to reduce the risk of heart disease. Mediterranean countries consume lots of these – primarily in the form of olive oil – and this dietary component is credited with the low levels of heart disease in those countries.

Mono-unsaturated fats are typically liquid at room temperature but solidify if refrigerated. These heart-healthy fats are typically a good source of the antioxidant vitamin E, a nutrient often lacking in American diets. They can be found in olives; avocados; hazelnuts; almonds; Brazil nuts; cashews; sesame seeds; pumpkin seeds; and olive, canola, and peanut oils.

Now on to the bad guys. There are two types of fat that should be eaten sparingly: saturated and trans fatty acids. Both can raise cholesterol levels, clog arteries, and increase the risk for heart disease.

Saturated fats are found in animal products (meat, poultry skin, high-fat dairy) and in vegetable fats that are liquid at room temperature, such as coconut and palm oils.

We’re also hearing a lot these days about trans fatty acids, or trans fats. There are two types of trans fats: the naturally occurring type, found in small amounts in dairy and meat; and the artificial kind that occur when liquid oils are hardened into “partially hydrogenated” fats.

Natural trans fats are not the type of concern, especially if you choose low-fat dairy products and lean meats. The real worry in the American diet is the artificial trans fats. They’re used extensively in frying, baked goods, cookies, icings, crackers, packaged snack foods, microwave popcorn, and some margarines. Some experts think these fats are even more dangerous than saturated fats. The U.S. Dietary Guidelines simply recommend keeping trans fats consumption as low as possible.

For best health, limit intake of saturated and trans fats and choose mono- and polyunsaturated fats and omega-3 fatty acids instead.

Source: Excerpted from WebMD, 2007

Special May Day plant gift for our Seniors courtesy of Discovery Bay Garden Club.
Fresh Corn

by Marti Carlson, Community Engagement Specialist, Meals on Wheels of Contra Costa

Servings: Makes 3 Cups

Note: My friend Naomi is an amazing cook. Not only is she incredible in the kitchen, she’s also a Meals on Wheels of Contra Costa donor. I’ve always loved fresh corn in the summer. Having grown up in Iowa, fresh corn meant running out to the garden while a pot of water was boiling on the stove, shucking it as you ran to the stove and plopping it in the rolling boil. This is one of my favorite summer corn recipes from Naomi:

Ingredients:

- 2 ears fresh corn - shucked and de-silked
- 1 clove garlic - chopped
- 2 Tbsp. Butter
- 2 Tbsp. olive oil
- Salt / pepper
- Smoked paprika
- Juice of 1 lime (or more)

Steps:

- Scrape kernels off ears.
- Heat oil and butter in fry pan.
- Add corn and garlic, toss and heat through.
- Season with above (or your preferred spices) keep tossing until kernels are no longer opaque.
- Serve hot or room temperature.

Don’t miss the 3rd Annual Foodie Fest filled with amazing food, live music, and more! All to celebrate friendship and to benefit the community. The event this year supports multiple organizations (including Meals on Wheels of Contra Costa) that help so many children and families in need. And we’ll be indoors with a very nice facility and air conditioning!!! For more information, visit the Foodie Fest Pleasant Hill Facebook page.

Paul Cotruvo of The Big Jangle will host the music stage and the music line up is happening!!! Please bring your instruments and voices to join in at any time. Last year was quite the musical afternoon.

This is an open house event with a $15 donation at the door.
A Grateful Thank You to Our Loyal Donors

A Grateful Thank You to Our Loyal Donors who have given annually 15+ years

San Joaquin Yacht Club (Geri Marshall)
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Dear Meals on Wheels Volunteers and Staff:

My father received Meals on Wheels for many years. He was able to stay in his own home alone until he was nearly 103.

Fortunately he had some neighbors along with family looking in on him, but as long as he could warm up his meal, he felt pretty independent.

He loved telling us about the people he met through Meals on Wheels. They became friends and he looked forward to seeing them and it pushed him to get ready for the day so he could greet them. He loved hearing John’s fishing stories...

My Dad passed away last year at the age of 104. Bright as ever! Thank you Meals on Wheels for the gift of independence.

— D.W.
If you would prefer an email version of our newsletter, please email 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

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: Casey Creative