



OUR MISSION

For over 50 years, Meals on Wheels Diablo Region's mission has been to enhance the lives of older adults who have a full range of needs by providing coordinated care, enabling them to live independently and with dignity for as long as possible.

If you or someone you love needs our services, please contact the office at 925-937-8311.

OUR VOLUNTEERS

Our 1,500+ volunteers are the heart and hands of our organization. When you get involved, you help local older adults stay healthy, safe, independent, and connected to our community. Plus, volunteering is fun!

There are lots of ways you can help — deliver meals, become a Friendly Visitor, Friendly Caller or Friendly Helper, help at a C.C. Café, or in our office. To learn about volunteering opportunities or to sign up, call us at **925.954.8736**, or fill out an online application at <https://www.mowdiablregion.org/get-involved>.



DONATE

Meals on Wheels Diablo Region is not a government agency, but an independent nonprofit and the only MOW that delivers meals and wraparound services directly to seniors in the county! When you make a donation to MOW Diablo Region, your donation will impact the lives of vulnerable seniors. Learn about the many ways to give by going to mowdiablregion.org/donate or send a check to MOW Diablo Region, 1300 Civic Dr., Walnut Creek CA 94596.

 1300 Civic Drive
Walnut Creek, CA 94596

 925.937.8311

 925.946.1869

 www.mowdiablregion.org

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DELIVERING SO MUCH MORE THAN A MEAL



Meals on Wheels Diablo Region is a non-profit 501(c)(3) organization (IRS #68-0044205).

MOWDR is supported, in part, by Contra Costa County Community Development Block Grants.

MOWDR is an equal opportunity employer.



MEALS on WHEELS DIABLO REGION

OUR PROGRAMS

MEALS ON WHEELS

Food insecurity is a major issue for seniors and contributes to hunger, poor nutrition, and health problems.

- Our volunteer drivers deliver meals to seniors (60 years or older) who are homebound, unable to drive, cannot prepare food themselves, and do not have a caregiver that prepares their meals.
- Deliveries also provide a needed wellness checks. Often, it is the volunteer who provides the only human interaction a senior will have all day.
- Meals are provided based on need, not on income.

FALL PREVENTION

Falls are the leading cause of fatal and non-fatal injuries for older Americans, yet falling is not an inevitable part of aging. Our program:

- Reduces preventable injuries that lead to loss of independence, significant healthcare costs, and deaths caused by falls.
- Focuses on a combination of education and evidence-based exercise programs, which offer proven interventions and strategies for reducing falls.
- Makes critical home safety improvements for hundreds of seniors every year.

CARE MANAGEMENT

Vulnerable seniors face a myriad of social issues and often do not know where to turn. Our program provides:

- Confidential guidance to help older adults and their families meet long-term care needs, manage challenges such as housing, elder abuse, depression, and other concerns.
- Services for hundreds of seniors that help them improve their quality of life and enhance their independence.

GROCERY BAG

Through a partnership with the Food Bank of Contra Costa and Solano, we are working to reduce hunger among seniors in our community through the Grocery Bag Program. Under this program:

- Volunteers deliver healthy groceries and fresh produce to homebound seniors who can cook simple meals but are unable to travel to the Food Bank locations.
- Grocery bags are delivered twice a month to clients in Central and East Contra Costa.

HEALTH AND WELLNESS

Exercising, keeping physically active, and remaining connected to others helps seniors stay healthy and age well. The Friendly Visitor/Friendly Caller Program and the CalFresh Healthy Living Program provide those important components to improve the lives of seniors.

- Friendly Visitors/Friendly Callers match isolated seniors with screened volunteers for weekly in-person visits and telephone calls that help prevent loneliness — a contributor to depression and poor health. Hundreds of meaningful relationships are created by these programs.
- CalFresh Healthy Living offers classes and nutrition resources designed to reduce stress, increase mobility, and improve the quality of life for seniors. It also provides workshops and educational sessions developed to encourage older adults to live life to the fullest.

C.C. CAFÉS

Provides a nutritious meal to seniors and offers stimulating social activities. Our C.C. Cafés:

- Serve hundreds of healthy lunches every weekday at five Contra Costa County locations to seniors who are not homebound.

