

Special DELIVERY



NEWSLETTER • SUMMER 2022



A MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends,

The hot days of summer are here. It's a time when many people enjoy a vacation or plan fun weekend activities. For too many seniors, summer doesn't bring a break from days of isolation and hunger. That's why we were so pleased to see over 200 vaccinated supporters and our business community show up to make our first Dining to Deliver Gala on June 18th a success. By opening their hearts and their checkbooks, our community ensured that Meals on Wheels Diablo Region can continue to keep older adults nourished, less isolated, and safe at home. We hope you enjoy reading about and seeing the pictures of this great event.

Also in this edition of Special Delivery, you'll meet a client who turned to us when he was recuperating and read what he thinks about our services now that's he's back to his active life. You'll learn about how our new Cultural Cuisine program will be able to meet the needs of a broader population of seniors by providing culturally diverse meals. Lastly, you'll find out what a delivery driver does. We couldn't do what we do without our volunteer drivers!

We hope you enjoy this edition of Special Delivery. It is truly about celebration at Meals on Wheels Diablo Region. With your support, we continue to expand to meet the needs of elders for as long as they need us.

A handwritten signature in blue ink that reads "Caitlin Sly".

Caitlin Sly
Executive Director

MOW DIABLO REGION BEGINS CULTURAL CUISINE HOME DELIVERED MEAL PROGRAM

Meals on Wheels Diablo Region understands the importance of providing culturally relevant services to the seniors we serve. It is important that we have staff and volunteers who reflect the cultural and linguistic diversity of Contra Costa's older adults. Now the organization's commitment to seniors from diverse backgrounds has been strengthened as we begin offering Latino-inspired home delivered meals.

"We have many Spanish-speaking seniors in our community who prefer meals that reflect their ethnic background," explains Caitlin Sly, Executive Director. "We recognize the same food does not work for everyone. The people we serve have varying tastes, just like the rest of us. It is our goal not only to provide enough food, but the type of food that our elders want to eat."

The program is a pilot that begins August 1st and will serve 110 clients per week in Concord and Bay Point. MOW Diablo Region hopes that the success of the program will allow us to offer other types of diverse cuisine that meet our client's needs.

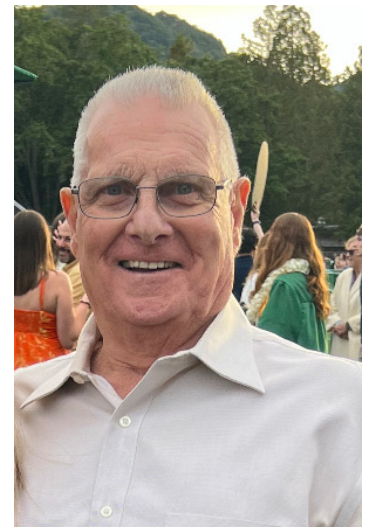


GRATEFUL

David S. never thought he would end up needing any kind of help, but when he had an unexpected fall which left him with a crushed hip, he knew he needed assistance. His situation got worse when during the four-hour surgery, his heart stopped twice. After his stay in the hospital, he spent two weeks in a rehab facility. "I have always been self-sufficient," says David. "Now I couldn't do anything."

When he returned home, he was placed on bedrest and was not able to be the independent person he always had been. His daughter realized he wouldn't be able to remain at home, so she began searching for services for seniors across Contra Costa County and came across a pamphlet for Meals on Wheels Diablo Region. "She signed me up for delivered meals," explains David. "I was so impressed with the entire organization, not just the meals, but the volunteers were fantastic, the phone calls they made to see if I was okay really helped with the isolation, especially during Covid. They really are more than a meal."

David is back on his feet with the help of a cane, and he can get out a little more, but navigating the supermarket and preparing a meal are still difficult, so for now, he has chosen to continue receiving delivered meals. "I've dealt with a lot of nonprofits before I retired," he explains. "I know what it takes to run an organization and raise money. Meals on Wheels Diablo Region is professional and an excellent organization. I'm truly indebted to them."



DINING TO DELIVER GALA HUGE SUCCESS

Meals on Wheels Diablo Region held our first Dining to Deliver Gala on June 18th at Round Hill Country Club in Alamo. Over 200 vaccinated guests attended this sold-out event for an evening of dining, dancing, and raising funds to support the home delivered meals and supportive services frail elders rely on to remain nourished, safe, healthy, and at home with dignity.

The evening surpassed its fundraising goal. “We are grateful for the overwhelming outpouring of support from the community and our sponsors,” says Caitlin Sly, Executive Director. “The funds raised will have a tremendous impact on our ability to deliver meals and services to vulnerable seniors.”

Since 2020, MOW Diablo Region has been delivering to 40% more seniors and has seen an increased demand for its support services like Fall Prevention and Care Management. The demand is not expected to decrease as many elders began receiving help at the onset of Covid-19 and will continue to need support into the future. Many older adults are not bouncing back from the pandemic and are now frailer. Additionally, seniors are the largest growing segment of the population in the County.

MOW Diablo Region would like to thank the businesses who donated items for the live and silent auction. They are listed on our website mowdiabloreion.org-events. We would also like to thank the following sponsors: John Muir Health, PG&E, CSAA Insurance Group, Kaiser Permanente, Republic Services, Davi Produce, Diablo Magazine, Blue Shield of CA, Judith Mears, Fremont Bank, Marathon Petroleum, Stanford Health Care, Ferber Law, Pacific Service Credit Union, Danville Hardwood Co., Valero Benicia Refinery, Shirley Krohn, F&M Bank, Handled With Care, Dakota Press, Travis Credit Union, Safe at Home, WestAmerica Bank, Rich Fleming Real Estate Group, and Umpqua Bank. Because of them, we are able to meet the need during this critical time.





MEALS ON WHEELS
DIABLO REGION

1300 Civic Drive, Walnut Creek, CA 94596

WHAT DOES A MEAL DELIVERY DRIVER DO?



Volunteers are the heart and hands of our organization. Delivery drivers not only bring meals to the seniors we serve, but they also deliver smiles and an important social connection. The check-in that happens during a senior's meal delivery lets us know that clients are healthy and safe.

We need more delivery drivers to support our growing list of seniors who need access to food, especially in East Contra Costa County.

Help us fight senior hunger today:

www.mowdiablregion.org/sign-up-volunteer