



MEALS ON WHEELS
DIABLO REGION

1300 Civic Drive, Walnut Creek, CA 94596



MARTINEZ REFINING COMPANY'S ONGOING SUPPORT OF SENIORS

Martinez Refining Company offering to be the Diamond Sponsor of Meals on Wheels Dining to Deliver Gala is one of the many times the company has stepped up to support vulnerable older adults. Over the years, its employees delivered meals to homebound seniors, allowing them to get the food they need to continue living independently at home. Martinez Refining Company employees are now helping seniors with yardwork by cleaning fallen branches, pulling weeds, and raking. Their sponsorship helps grow and sustain the Breakfast Bag Program that provides an additional meal to very food insecure older adults. The Breakfast Bag Program means older adults do not have to split one meal so they have enough food for the day and to take at night with medications. "We are grateful for Martinez Refining Company's commitment to our older neighbors," says Caitlin Sly, Executive Director of MOW Diablo Region. "Their long-standing support has improved the lives of the seniors we serve."



A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

After a very wet winter and spring, I know we are all glad to see the sun shining, and I'm sure no one is happier than our dedicated volunteers. No matter how inclement the weather, our volunteers showed up and made sure no senior missed a meal.

Showing up is the basis of our culture at MOW Diablo Region. Covid-19 and the fire we had in our building last September never deterred us from showing up, because we recognize that for many seniors we are the safety net that keeps them nourished, safe, and connected to their community.

We also appreciate our donors who show up through their generosity. Inflation has taken a toll on our seniors who live on fixed incomes that don't keep up with rising prices. With pandemic benefits sunseting, it is even harder to keep up. Because of the support we receive from people like you, MOW Diablo Region has been able to deliver more meals and create important programs to meet the needs of a growing senior population.

In this edition of Special Delivery, you'll learn about an exciting match that will help us expand our East Contra Costa County Initiative Countywide. You'll meet a client who is excited to return to in-person dining at our Cafés. Finally, we want to share pictures and an update on our very successful Dining to Deliver Gala that was held on June 10th. This event is a perfect example of how our donors, the business community, our volunteers, and our staff show up (while having fun, of course!) The event's success means we can deliver free meals and services that our clients depend on to live independently and with dignity.

We hope you enjoy reading about our exciting updates and news!

Caitlin Sly
Executive Director

APPRECIATING LIFE'S BLESSINGS

Henry had a vision for a better world, and he was willing to go the distance to make it happen. "I was tired of seeing people getting hurt, and fighting for no reason," says Henry, reflecting on his decision to move from Philadelphia to California. "God touched me one day, and I wound up on a bus to San Francisco."

As a minister, Henry has dedicated himself to serving his community through various food drives and community support programs. His work has taken him to cities all over the Bay Area, where he has witnessed firsthand the transformative power of kindness and compassion. He found a lot of joy in working with and teaching children. "Some of the kids I've worked with are all grown up, doing big things like working for Apple or flying airplanes," he says with pride. Recently, Henry has experienced some memory issues, making it difficult for him to prepare meals on a regular basis. He saw a Meals on Wheels Diablo Region commercial on television, made a phone call, and he connected with life-changing services. "I get what I need to sustain myself! I don't have to pay, I don't have to cook, and I don't have to worry about the stove," says Henry.

The nutritious home delivered meals have helped him to get the food he needs. "MOW Diablo Region is keeping me alive; I don't think I could thank them enough," he explains. For Henry, the impact of MOW Diablo Region goes beyond the meals he receives. "I have so many good things to say about my experience with the organization. They are always so humble and intentional when they reach out to me. I can really feel that they care," he says. "They have been a blessing in my life. I don't know where I would be without MOW Diablo Region."



A SUCCESSFUL START TO MEET THE MATCH

May was Meet the Match month when we worked to meet a generous \$20,000 match from the John Muir Community Health Fund to expand our East Contra Costa Senior Resource Initiative Countywide. The match officially ends on December 31st, but the sooner we meet the match, the sooner we can begin providing this important resource to more seniors in need.

In 2021, Meals on Wheels Diablo Region joined Choice in Aging, Empowered Aging, and Contra Costa Legal Services with support from the John Muir CHF to create the East Contra County Senior Resource Initiative. The goal of the project is to increase connections and awareness of social services among older adults living in East Contra Costa County. Through coordinated outreach by Lidia Gutierrez, MOW Diablo Region's Older Adult Specialist, all four organizations connect with the hardest to reach seniors who face barriers to accessing services.

Because the project exceeded all operational expectations, the John Muir CHF has set up this challenge grant. Every dollar raised for Meet the Match will be doubled up to \$20,000!

"Meeting the match will be so important to our seniors," says Gutierrez. "I see the relief when a senior who is struggling and doesn't know where to turn finally gets the help they need."

Please help MOW Diablo Region Meet the Match with your donation today by going to <https://donate.mowdr.org/match>



GALA DELIVERS!

It was a night of good fun, good food, good music, and incredible generosity. Our 2nd annual Dining to Deliver Gala on June 10th at the Blackhawk Museum was a smashing success! Thanks to the evening's guests and sponsors, the event surpassed its goal to raise funds to help MOW Diablo Region continue to deliver meals and supportive services to vulnerable seniors.

"We truly appreciate all the support we received from our donors and the business community," says Caitlin Sly, Executive Director. "We continue to see the demand for our meals and services increase as the aging population grows. The generosity that was demonstrated for Dining to Deliver ensures that MOW Diablo Region will continue to be there for our older neighbors in need."

MOW Diablo Region would like to thank all its sponsors, including its Diamond Sponsor, Martinez Refining Company. "Martinez Refining Company has been a longtime supporter of our organization and we were thrilled that they demonstrated their support with a Diamond Sponsorship," says Sly. "We also

welcomed as an Emerald Sponsor John Muir Health, who has partnered with us on many projects over the years, and a new partner, Home Instead, who helped this year with special holiday meals."

The Gala could not have happened without the help of its many sponsors, including as Sapphire Sponsors, Toyota Walnut Creek, Davi Produce, PG&E, Kaiser Permanente and CSAA Insurance, and as Ruby Sponsors, Marathon Petroleum, Pacific Service Credit Union, Valero Benicia Refinery, Republic Services, F&M Bank, Singleton Schreiber, Stanford Health, Ferber Law, Trio Community Meals, Travis Credit Union, BPM, and 24/7 Nightingale Home Care. We could not support seniors in our community without the support of our generous partners.

To see a list of Dining to Deliver Gala sponsors and auction donors visit mowdiablregion.org/upcoming-events.

