



Special DELIVERY NEWSLETTER

SUMMER 2024



A MESSAGE FROM THE BOARD CHAIR



Dear Friends,

Federal Covid stimulus funds enabled Meals on Wheels Diablo Region to meet increased demand for home delivered meals and develop new programs to keep elders nourished and safe. This funding ends on September 30, 2024 and will impact Meals on Wheels organizations across the country, forcing some to close their doors. **Meals on Wheels Diablo Region will continue to remain open and meet the needs of our older neighbors.**

Because only three percent of all philanthropic dollars in the country supports programs for elders, MOW Diablo Region will depend on the kindness of our donors more than ever as the population we serve continues to grow. You understand the importance of our free meals and supportive services and the vital lifeline they provide to vulnerable older adults.

This edition of Special Delivery further illuminates the impact our services has on our senior neighbors, including an employee who connected with a client as a Friendly Visitor because of their shared culture and language. Enjoy the pictures and applaud our sponsors and donors who made our 3rd Annual Dining to Deliver Gala a tremendous success. Also, our “plate” of services illustrates how MOW Diablo Region is more than a meal.

We hope you enjoy reading about the role our supporters and MOW Diablo Region plays in improving the lives of our older neighbors!

Tim Argenti

Tim Argenti
Board Chair

WEARING two hats

There are many reasons why people volunteer. For Shadi Agoughi, a member of Meals on Wheels Diablo Region's Finance team, that reason was deeply personal.

Shadi had previous nonprofit experience when she joined MOW Diablo Region in 2023 and quickly felt at home. Once she learned about the organization's Friendly Visitor Program and the need to find a Farsi-speaking volunteer, she signed on for double-duty. "I lost my mother two years ago, and I have regretted not spending more time with her," explains Shadi. "Volunteering allows me to honor her memory."

The Friendly Visitor Program matches volunteers and clients who have similar interests. Language can be a barrier to finding a match, but Shadi has formed special bonds with her clients, Soheila and Haideh.

Soheila, who lives alone, has become like family to Shadi, earning the affectionate nickname "mom." Even Shadi's dog, Pumbaa, showers Soheila with affection whenever she comes along on a visit!



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Haideh is new to Friendly Visitors, and since she is coping with the recent loss of her son, she finds great comfort in Shadi's visits. "It helps to be able to talk to someone in your own language," says Shadi.

Shadi's immigration journey helps her empathize with older people from other countries who may have a difficult time communicating with others and feel isolated and depressed. "I remember when I immigrated from Iran, and how it felt to start anew. It was exciting, but it could be lonely, too."

The Friendly Visitor connections that Shadi has made have brought mutual happiness and healing, bridging cultural gaps and alleviating loneliness. Her story highlights that volunteerism is for everyone, offering unexpected joys that enrich both volunteers and seniors.

We invite you to join us and make a difference. Your presence can brighten someone's life—and enrich your own. To learn more about becoming a Friendly Visitor volunteer with MOW Diablo Region, contact Health and Wellness Volunteer Coordinator, Diane Heim, at dheim@mowdr.org.

GALA delivers!

We dined, we danced, and thanks to the generosity of our guests and sponsors, we certainly delivered at Meals on Wheels Diablo Region's 3rd Annual Dining to Deliver Gala on June 8th at the Blackhawk Museum. This incredible event again surpassed its goal to raise funds to help MOW Diablo Region continue to deliver meals and supportive services to vulnerable seniors.

MOW Diablo Region wants to extend a huge thank you to our Diamond Sponsor, Martinez Refining Company (MRC), who helped make Dining to Deliver a huge success. "Martinez Refining Company has been a longtime supporter of Meals on Wheels Diablo Region, and we are pleased to once again promote the organization's important mission and their dedicated volunteers", says MRC's Community Relations Manager, Ann Notarangelo. MRC's Community Partner sponsorship is part of the refinery's overall dedication to the community, which includes grant and volunteer programs.

"We are pleased that MRC returned again this year as a Diamond Sponsor," says Sherry Nadworny, Director of Development & Community Relations. "MRC's support of MOW Diablo Region shows a commitment to improving the lives of our seniors."

This year's Gala was especially important as we see the need for our meals and services grow as the population ages and the funding for programs is not keeping up with the demand. "We are committed to making sure our older neighbors are nourished, safe, more engaged, and independent," says Nadworny. "The funds raised from Dining to Deliver will assist us in continuing to fulfill our mission."

In addition to our guests and volunteers, the Gala could not have happened without the help of its many sponsors, including Sapphire Sponsors: Davi Produce, PG&E, Fremont Bank, Sunpoint, CSAA Insurance; and John Muir Health. Ruby Sponsors: Marathon Petroleum, Pacific Service Credit Union, Republic Services, F&M Bank, Singleton Schreiber, Stanford Health, FFB Bank, Kaiser, Mt. Diablo Resource & Recovery, BPM, Ferber Law, and Tri Counties Bank. We look forward to ongoing relationships with all of our valued sponsors.

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





MEALS ON WHEELS
DIABLO REGION

1300 Civic Drive, Walnut Creek, CA 94596

ON OUR plate

At Meals on Wheels Diablo Region, we have a lot on our plate. Take a look at this graphic of our “plate of services,” and you’ll understand why we say that we are More Than a Meal!

MOW Diablo Region is committed to keeping seniors nourished, safe, less lonely, and independent for as long as possible. We recognize that food insecurity can create social and health challenges. We also understand that social and health challenges, like a fall, can result in a person becoming food insecure. That’s why we are proud to provide an array of services that meet the needs of our older neighbors. MOW Diablo Region is the only Meals on Wheels in the county that delivers both meals and supportive services!

If you would like MOW Diablo Region to speak to your group about how we help seniors and how you can help, too, please contact us at info@mowdr.org or call 925-937-8311.

