

MOW News

WE ARE
Meals On Wheels
So no senior goes hungry™

Volume 1 Issue 3 October 2014



By: Cathy Hall, E.D.

Happy Holidays!!!

Meals On Wheels is into the holiday spirit and we want to share with everyone.

That means we must consider and incorporate the diversity of our community. We know that many people celebrate and embrace this time in different ways.

Many groups in the community have separate traditions and beliefs and can contribute a wonderful collection of personal histories.

This holiday season we en-

courage you to celebrate your traditions and remember to cherish what is important to you and your families and share them with others. Although we might differ in perceptions and opinions we can all benefit through cooperation and respect for each other. As you enjoy this time of the year through your celebrations remember the connection they represent. Be reminded that these celebrations can bring us all a time of harmony and happiness.

We wish you all a happy holiday season and look forward to serving you in the New Year.



SPCA



MOW and SPCA Join Forces to Help Seniors & their Pets

Meals on Wheels of Solano County and the Solano County SPCA have joined forces to help Solano County seniors and their pets.

Studies have shown that having a pet in the home helps promote emotional well-being and can actually prolong life.

In many cases for our home-bound clients, their pet is their only companion. At times we know it is difficult for our senior clients to obtain nutritious food for themselves, much less their pets.

Both MOW and SPCA believe that maintaining this relationship between seniors and their pets is extremely important to their health and well-being (yes the pets and the humans). That is why we have partnered in order to identify seniors in need of assistance feeding their pet(s).

Here is how the program will work:



During the Meals on Wheels in-take process a Pet Food Cooperative referral form is given to the client and the program explained. We (MOW) obtain a signed release allowing us to forward their contact information to the SPCA who takes over from there. The pet food program maintains our client's confidentiality and only uses the information to facilitate pet food assistance.

The partnership between the two agencies will significantly impact the well-being of many of MOWSC's senior clients and their pets.

In November we will send out referral forms to all of our clients so that anyone interested can sign up at that time. Forms will also be available online at www.mealsonwheelssolano.org

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95.3 KUIC
YOUR HOMETOWN STATION!

KUIC Donates Van to MOW

keys to the donated KUIC van to Cathy Hall, Executive Director and Lori Espinosa, Operations Manager for Meals on Wheels on Oct 8th, 2014.

Special thanks to Motoring Specialists of Vacaville for donating their time and services making the van ready to start it's new life as a delivery

van for Meals on Wheels. (continued on pg 3 "Wheels for Meals")



Lori Espinosa and Cathy Hall from MOW
John Young and Ron Brown from KUIC



**HAPPY
NEW
YEAR!**

Holiday Schedule

November 11th—Veteran’s Day

November 27 -28—Thanksgiving

December 25—26—Christmas

January 1-2—New Year’s Day

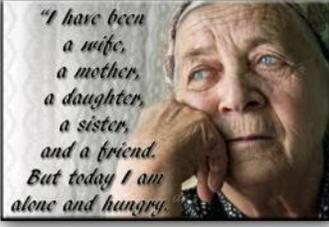
**Call the office at 707-425-0638
to reserve your meals!!!**



Adopt-a-Senior for the Holidays & Deliver a Difference

**A-Senior
d Today**

**OP
T**



Many of Solano County’s seniors will be alone for the holidays this year. Family may be far away, or there may not be a family at all.

1 in 5 Solano County Seniors are food insecure.

And just as our senior population is growing that ratio is shrinking.

Meals on Wheels is there every day to not only deliver food, but to deliver compassion, understanding and a friendly voice to talk to.

We all must remember that these people are someone’s

mother, father, brother, sister, wife or husband.

For whatever reason their life circumstances have brought them to a point where they need help. This in no way diminishes who they are. They are extraor-

dinary people in their own way who have lived, laughed and loved in their lifetime and deserve to be happy and healthy in their twilight years!

Take Action Today!

**Together we can
“Deliver a Difference”**

Your donation will directly reduce senior hunger and food insecurity while increasing senior independence right here in Solano County.

**Feed a Senior for
a Week: \$25
a Month: \$100
a Year: \$1,000**

www.mealsonwheelssolano.org/Give



Meet our New Registered Dietitian & Nutritionist

Suzanne MacDonald is a registered dietitian with over 10 years experience working with the senior population and community nutrition programs.

Her experience includes child nutrition, senior congregate meal sites as well as acute care hospitals and long term care facilities.

After working as a dietary manager Suzanne returned to college after a couple decades to complete her education in becoming a registered dietitian . She went on to become a board certified gerontology nutrition specialist earlier this year by passing a national exam administrated through the Academy of

Nutrition and Dietetics.

Her passion is working with seniors both personally and professionally. She was the sole caregiver for her mother for 7 years who passed away last year as a result of complications due to Alzheimer’s disease.

Suzanne is also a member of the Healthy Aging Practice Group for the Academy of Nutrition and Dietetics and has participated in local support groups for caregivers of seniors.

On a personal level Suzanne has dealt with Celiac’s Disease for over 12 years (an autoimmune disease of gluten intolerance) and has been eating gluten free long before it became fashionable.

She is actively involved in the National Foundation for Celiac Awareness and is currently participating in a clinical trial for medication for Celiac’s Disease. Suzanne is the proud mom of 2 college students and lives in Petaluma which has been the family home for 19 years where she and her children deliver for Petaluma Meals on Wheels. **Hurray Suzanne!**

Her husband is a social worker at Kaiser Petaluma. She is an avid sports fan and can be found watching the SF Giants both live and on TV for the entire season. **Go Giants!!**



Client Testimonials

“It is important for me to tell you that the people you have working with you are just wonderful. Some days they are the only ones I talk to all day. They mean the world to me.”



6th Annual Turkey Trot 2014

Thanksgiving morning Nov 27, 2014



Give back this Thanksgiving by being a part of the 6th Annual Turkey Trot. Proceeds benefit Children's Nurturing Project, Heather House, Mission Solano and Meals on Wheels. For more info go to: solanoturkeytrot.org

Register On 

Registration: Ends 11/23 @ midnight

Fees: 10K Run & 5K Run/Walk \$35

Late Reg: At packet pickup locations and Race Day \$45

Volunteer: Volunteers are **NEEDED** on Thanksgiving morning. We need help with vendor set-up, course monitors, water stations, etc. If you can help call Cathy Hall at 707-425-0638

Every Dollar Counts Canister Program

The following local businesses support Meals on Wheels of Solano County by hosting one of our donation canisters. Please thank them by patronizing their business and keep our local businesses strong.

- Five Star Car Wash, FF
- Lira's Market, RV
- Virgil's Bait Shop, SS
- Benicia Grill, FF
- Burger City, Elmira
- Chef Edwards BBQ, RV
- Chevron, VV
- Chick-Fil-A, FF
- Han's Cleaners, FF
- Heritage House, VV
- Joes's Buffet, FF
- Moose Lodge, FF
- Oak Animal Hosp, VV
- Package 2 Post, FF
- Rio Vista Pizza

Earthquake Victims in Vallejo Beware of Contractor Scams

Napa/Vallejo residents making repairs to their homes following the 6.0-magnitude earthquake that struck the Napa/Vallejo area should only hire California-licensed contractors to avoid being scammed, according to the Contractors State License Board.

Residents can visit the CSLB's website at <http://www.cslb.ca.gov> or <http://www.CheckTheLicenseFirst.com> or can call the agency's automated assistance line at (800) 321-2752 or (800) 962-1125 to check the background of their contractor.

"Unfortunately, unlicensed – and sometimes unscrupulous – people show up shortly after natural disasters and try to take advantage of victims at a vulnerable time," CSLB Registrar Steve Sands said in a statement. "Now, more than ever, homeowners need to be cautious about hiring reputable people to repair their property."

The agency advises residents to not rush into repairs, check contractors' licenses and photo IDs to ensure their identity, to not pay more than 10 percent as a down payment and to get multiple bids for repair work. Also make sure the contractor obtains all necessary permits and inspections from city or county. (Courtesy CBS SF)



"Wheels for Meals" Campaign Starts on a High Note!

The crux of our mission is to deliver meals to homebound seniors. The vehicle that we use to do this is just thatvehicles!

KUIC kicked off our "Wheels for Meals" campaign with a bang by donating one of their vans to us! Thanks so much! But, that only replaces the one van that passed away last month (a moment of silence please).

We still have three other

vans with extremely high mileage and an ever growing repair history. So our "Wheels for Meals" Campaign to raise funds for new vehicles has just begun.

Please go to our [donation page](#) and make a contribution to our campaign. **Make sure that you put in the notes section "Wheels for Meals"** when making your charitable tax-deductable contribution.

If every person in Solano County donated just 25¢ we would have enough funds to purchase three new delivery vans.



Thanks KUIC, John and Ron for kicking off Wheels for Meals with a BANG!!!



www.mealsonwheelssolano.org/Give

MOW Annual Report FY 2013/2014

Every Dollar Counts Canister Program Participating Businesses

- Seven Flags Car Wash, WV
- Seven Flags Car Wash, FF
- Striper Café, Benicia
- Striper Café, #2, FF
- Wren's Café, WV
- Rosanna's Bakery, FF
- Athenian Grill, SS
- Bab's Delta Diner, SS
- Pure Grains, WV
- Joy of Eating, SS
- Aaron's Automotive, WV
- La Cabana, SS
- First Northern Bank, WV
- All Size Carpet, WV
- Jackson Medical, WV

The entire Annual Report 2014/2015 is available in our office for viewing or on our website:

www.mealsonwheelssolano.org

www.mealsonwheelssolano.org

2013/2014 was a great year for Meals on Wheels. Just to name a few highlights; we received a clean audit (No Findings) from Grant Bennett; we established the grant relationships with two new corporations that will possibly turn in to annual funding; we said goodbye to Lillie Taylor who had been an In-Take Coordinator with us for over 18 years; we exceeded our fundraising goals by more than double! Three years ago this was a struggling non-profit organization suffering from the recession, cuts in federal funding, operating on a deficit with no established foundation for fundraising.



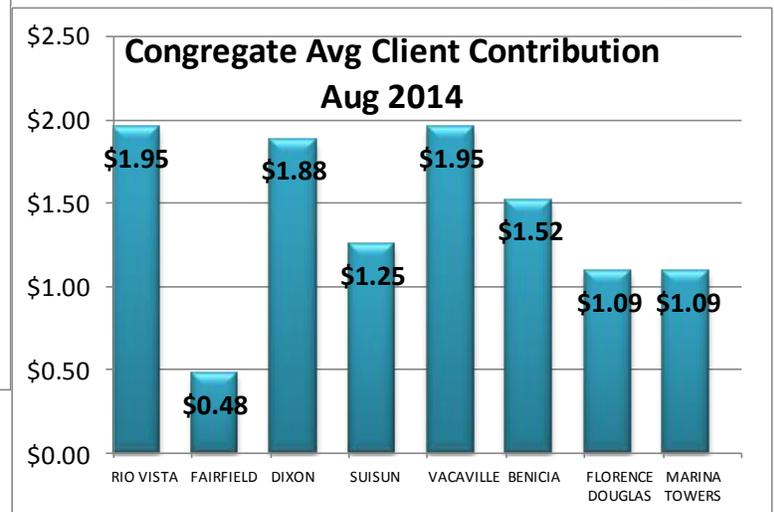
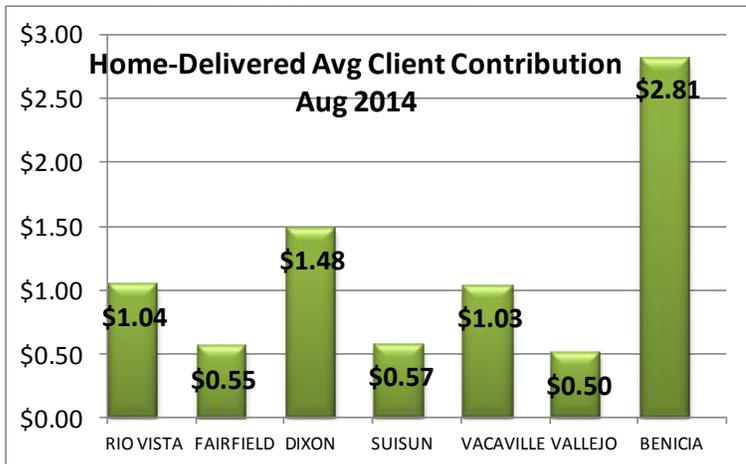
Today, Meals on Wheels is in a very different place. Through marketing, community outreach and increased media coverage we have solidified our presence in the community. We have garnered back some of the federal funding, but more important we have increased our grant writing to the tune of an additional \$90,000. And, due to the work of our Board Members and Staff we have almost doubled our fundraising goals. Our initial goal was \$25,000, at year end we had raised \$43,335 with an additional \$10,890 from the Fire Fighter's Poker Night that wasn't received until July. This is the first time in recent years that we ended



the year in the green with no deficit. The work done by each and every staff member, Board Member and volunteer has played an essential part in turning this organization around financially. We are now headed in the right direction, full steam ahead! We are Meals on Wheels of Solano County "So No Senior Goes Hungry!"
By Lori Espinosa
Operations Manager

Lori

THANK YOU FOR YOUR CONTRIBUTIONS!



Every Penny Counts!