



# The Meal Times

## Client Newsletter

Fall 2011

*Dear MOWSF Clients,*

*Fall is approaching and many exciting things that come with it:*

### **Seasonal Menu**

*I hope you have been enjoying the new seasonal menu. Our social workers and nutritionists have received a lot of great feedback. Thank you! The fall menu is coming out in a few months and will have fresh ingredients and flavors representing the winter months. Keep your comments coming!*

### **Election Day**

*Like me, I'm sure you have all heard and seen enough ads for this year's election, featuring the San Francisco Mayoral race. However, it is important to voice your opinions regarding elected leaders and overall policies and electing a person who reflects your own views. Election Day is Tuesday, November 8th and Monday, October 24, 2011 is the last day to register to vote. If you are planning to vote by mail, the deadline to submit an application is Monday, October 31, 2011. The deadline to submit your absentee ballot is Election Day, Tuesday, November 8, 2011.*

### **Upcoming Holidays**

*We are looking forward to celebrating the holidays with you. Every year, hundreds of volunteers and their families enjoy spending their Thanksgiving visiting you and delivering a hot turkey dinner. It is a special time that I know many of you appreciate. Next month your driver will present you with a request for a volunteer to deliver your Thanksgiving Day meal. And for the December holidays, it is our pleasure to provide you with a little something "extra". You deserve it!*

A handwritten signature in black ink that reads "Ashley C. McCumber".

*Thank You,  
Ashley McCumber, Executive Director*

### **Did you know?**

MOWSF is part of a city-wide Disaster Feeding Workgroup that is a public/private partnership led by the San Francisco department of Emergency Management. Our emergency disaster mission statement affirms that we shall endeavor in a disaster to continue to deliver nutrition to our seniors and to ensure that they can safely receive it in their homes. In the next few months, the staff will be trained in emergency preparation for work, home, and how we will support you during a disaster.

### **Contact Meals On Wheels of San Francisco:**

**Office Phone:** 415.920.1111

**Fax:** 415.920.2718

**Web Site:** [www.mowsf.org](http://www.mowsf.org)

**Email:** [info@mowsf.org](mailto:info@mowsf.org)

**Editor in Chief:** Regina Santa Maria  
Social Work Coordinator

*P.S. Mark your calendar to "Fall Back" – Daylight Savings Time is Sunday, November 6th.*

## Nutrition Notes

by Gladys Diamonon, M.S., R.D., Nutritionist

### EXPLORING NEW FOOD FLAVORS

Meals On Wheels prepares meals for about 1800 clients everyday. Because of the volume we produce daily, we are not yet able to individualize your meals. We do our best to include recipes taking into consideration our clients' cultural preferences, eating habits, and dietary requirements.

All of our meals are prepared with no added salt. To enhance the flavor, try these options instead of adding salt:

- Basil (fresh or dried) can be used with fish, lean meats, pasta, tomatoes and in soups and sauces.
- Bay leaves work well with soups and stews.
- Caraway seeds lend a nutty taste to breads, steamed cabbage, and noodles.
- Chives add bite to rice, salads and vegetables.
- Cider vinegar provides tang to sauces and vegetables.
- Cinnamon is tasty on many fruits and hot cereals.
- Curry powder gives lamb, chicken and fish an exotic taste.
- Dill is great in sauces or tossed on just about any vegetable.
- Garlic adds another dimension of flavor to just about any savory food — be sure not to use garlic salt if you are avoiding salt/sodium.
- Lemon juice enhances the flavor of salads, vegetables, chicken and fish.
- Nutmeg enhances the flavor of green beans and squash.
- Paprika gives a spicy kick to roasted meats and vegetables.
- Pepper wakes up the flavor of most foods.
- Peppermint and other extracts lend extra flavor to fruit and pudding.
- Oregano can be added to sliced tomatoes and pasta dishes.
- Rosemary works well in hearty dishes like meatloaf, chicken, lamb, potatoes, and beans.
- Sage can be a savory addition to stews, biscuits, and lean pork.
- Thyme gives an earthy taste to sauces and soups.
- Turmeric is great on rice with a flavor and color similar to saffron.



## How to Enhance Eating Alone: Making The Experience More Enjoyable

---

### Indulge your senses: \* SIGHT \* SOUND \* SMELL \* TASTE \* TOUCH \*

- Have a comfortable place to eat.
- Eat in a different location. (front porch if you have one, community room if you live in a building,...) Mix it up.
- Stimulate your appetite by setting out a nice placemat with pretty linen napkins and fresh flowers.
- Add color to your MOW entree with herbs or fresh fruit.
- Enhance the flavor of food: See page 2 article 'Exploring New Food Flavors.'
- Stock your refrigerator with convenient, healthful foods (i.e. prepackaged salad greens and fresh or frozen vegetables and fruits).
- Have dinner for breakfast or breakfast for dinner.
- Listen to enjoyable music (instead of watching TV).
- Coordinate with a neighbor or friend to eat with on a regular basis.

### Quality Time with Yourself and Mindfulness: Being in the Moment.

*"Learning to eat alone gave me more affection and compassion for myself and what I have to do to honor the life I have now. I'm worth the effort it takes to care for myself in tender ways. Nourishing myself and enjoying my own good company are two of them."*

From an article "Why is eating alone so difficult?" in Psychology Today by Sheila Weinstein: September 15, 2009.

### If you're able to get out of the house:

- Join or start a potluck club with friends or neighbors.
- Go to a congregate site or senior community center.
- Go to a nearby park.



## Senior Profile: **Amelia Maher**

by Regina Santa Maria, Social Work Coordinator and Great-Niece

I take pride in being part of the MOWSF family and member of the Social Work team, it is my responsibility to make well-being phone calls to ensure clients who have missed their meal deliveries are safe and okay. I first call the emergency contacts, such as family members, friends, neighbors, doctors, and, if necessary, the police. In addition to working closely with the social work department, I edit the client newsletter. Most importantly, I am a supportive ear to many of our amazing seniors!



I have a personal connection to MOWSF, too. Not many people are fortunate to have lived in a multi-generational household (my four grandparents raised me, alongside my struggling parents). One of my beloved Grandma's siblings, Auntie Amelia, is 91 years old and has been a Meals On Wheels client for seven years.

Spunky, generous, loving, and a survivor are just a few qualities to describe my Great-Auntie Amelia, not to mention storyteller! One of my fondest memories as a little girl was taking BART with my Grandma to Oakland to visit Auntie Amelia, her husband Uncle Eggas, and their dog, Lucky. She was a talented cook, who made homemade sausage and could whip up a meal from any ethnic background.

Amelia Roliz Maher was born in 1920 in the French Concession, part of the International Settlement of Shanghai, into a Portuguese family of seventeen children. My Great-Grandma raised her children at an early age to have a strong Catholic faith, work ethic, and family values. Married in her 20's, Auntie Ameila was a homemaker with five children. She now has a large network of support of her kids, grandkids, great-grandkids, nieces, nephews, cousins, neighbors and friends.

In 1950, Amelia and her family were forced to flee their own homes because the Communists wanted all foreigners out of Shanghai. They moved to Macau as refugees and then spent fourteen years living in Rio de Janeiro, Brazil, a couple years in Panama, and then came to the United States in the late 1960's.

In her late 70's, Auntie Amelia became a widow and moved to San Francisco. For the first time in her life, she lives on her own without having to take care of anyone except herself. Like so many seniors with deteriorating health problems and visits to the hospital, she started receiving supportive services from MOWSF. This has given her the opportunity to live comfortable in her own home, enjoy nutritious meals, and daily visits from her MOW driver to remain independent and safe.

## Be Empowered! How Seniors Can Get Help and Assistance

---

\* Here are just a few resources/organizations that can help you. \*

### **Health Insurance Counseling and Advocacy Program (HICAP):**

Provides free, unbiased assistance on health insurance issues for people with Medicare.

**CALL:** 415-677-7520 (Self Help for the Elderly, San Francisco) **Website:** <http://hicap.org/>

### **Housing Rights Committee of SF:**

Tenants rights organization that offers free counseling for SF tenants in all types of housing, including rent-control, public housing and Section 8.

**CALL:** 415-703-8644 or **Email:** [info@hrscsf.org](mailto:info@hrscsf.org)

**Drop-in counseling:** Mon-Thur. 1-5pm: 417 South Van Ness Ave.

### **Legal Assistance to the Elderly:**

- Provides assistance on civil matters, including landlord/tenant, to only S.F. residents 60 years+
- Includes help with Medicare, Medi-Cal, Social Security, SSI, tenant problems, physical abuse and financial abuse.
- Criminal, immigration, family law, probate, bankruptcy and fee generating cases are referred to appropriate agencies.

**CALL:** 415-861-4444 or **Email:** [info@laesf.org](mailto:info@laesf.org)

### **Planning for Elders in the City (PECC):**

- If your paratransit application has been denied.
- If it's taking too long to get your wheelchair repaired.
- If you're having trouble getting the home healthcare you need.

**CALL:** 415-703-0286/ TTY: 703-0186 or **Email:** [helpline@planningforelders.org](mailto:helpline@planningforelders.org)

### **Senior Action Network (SAN):**

A senior organization working to improve the lives of SF seniors and people with disabilities.

Programs include: Senior Housing Action Collaborative (SHAC), SAN's leading Institute for Pedestrian Safety, and its Senior University Programs are open to everyone.

**CALL:** 415-546-1333 or **Email:** [info@sfsan.org](mailto:info@sfsan.org)

# CARE-D Project

Community Academic Research for Elders

415-476-7746



The Over 60 Program at the **University of California, San Francisco (UCSF)** is working to find an effective treatment for depressed, low-income elders with physical disabilities.

## You may be eligible if you are...

- Over 60 years old
- Feeling down, "blue", or depressed
- Have some physical health problem or disability that limits your mobility
- AND are willing to answer questions for research purposes

**\* Please be advised that not everyone who calls will be able to be included in the research study**

All qualifying participants receive 12 weeks of **FREE in-home** case management services. Half of the participants (determined at random) will receive 12 weeks of free in-home talk therapy in the form of Problem Solving Therapy, in addition to case management. They want to know if this type of treatment is effective for depressed older adults.

In return, they ask clients to participate in confidential research interviews every 3 weeks, in which they ask questions about your mood, health, disability, and daily living. **Participants are paid \$20 in cash for each interview (there are 6 total) for a total of \$120.**

If you are interested, please call **415-476-7746** for more information.

## ELDER ABUSE PREVENTION

- Are you afraid of anyone in your family or anyone who takes care of you?
- Has anyone forced you to do things you didn't want to?
- Has anyone taken your things (like your social security check) without your OK?
- Have you gone without necessary food or care because you are unable to provide it?

If you answered 'Yes' to any of these questions, you may be able to get some help. Elder abuse comes in many forms (some more obvious than others), and includes physical abuse, financial abuse, neglect, and self-neglect.

If you or anyone you know is being abused or neglected, please call **Adult Protective Services at (415) 355-6700** which is a 24 hour hotline. They will listen to what is happening to you and figure out how to get you some help.

## Would You Like to Make a New Friend?

Did you know that Meals On Wheels of San Francisco has a Volunteer Department who actively recruit people who are interested in spending time with seniors on our program as Friendly Visitors or Grocery Shoppers?

Here are some activities you can enjoy with your Friendly Visitor:

- Share life stories & interests
- Watch TV/movies
- Go walking outside
- Play cards/board games
- Listen to music
- Eat together

For more information about volunteer services at Meals On Wheels, contact Leslie Nipps, Volunteer Director at 415-343-1325.



## Volunteering as a Family

by Friendly Visitor Volunteer, Dana Jongewaard

When my husband Brian and I had our daughter, we were very interested in finding a volunteer activity for our whole family to get involved in. As our daughter was less than a year old at the time, options were pretty limited, but Meals On Wheels of San Francisco Friendly Visitor program seemed like a great fit.

Flash forward to two years later, and we've developed an amazing friendship with Edith. Edith has become a surrogate grandmother for our daughter Lucinda, who gets excited every time we go to visit. We talk about what's been happening in our lives over the past couple of weeks, and we watch Lucinda play and generally entertain us all. And even though our family moved from San Francisco to Oakland eight months into our relationship, we've been able and happy to continue our biweekly visits to Edith's home.

When we signed up to volunteer at MOWSF, I saw it as a way for us to help fill a need in someone's life. I didn't know that we had our own hold in our lives that would be filled as well. Becoming a friendly visitor has had such a positive impact on our family, and I hope our relationship continues for years to come.



NON PROFIT ORG.  
US POSTAGE  
PAID  
SAN FRANCISCO, CA  
PERMIT NO. 719

1375 Fairfax Avenue  
San Francisco, CA 94124

*Nourishing the Whole Person Since 1970.*  
[www.mowsf.org](http://www.mowsf.org)

## Featured Driver: Daniel Chen

8 years at MOWSF in September 2011

**Born in:** Havana, Cuba

**Interesting jobs:** None as interesting as Meals On Wheels

**Speaks:** Spanish (a little)

**Favorite colors:** 'Whatever color the sky or the ocean happens to be on that day or night.'

**Favorite movies:** East of Eden

**Favorite movie stars:** James Dean, Marlon Brando, (lately I've been thinking about Laurence Oliver's performances in 'The Entertainer')

**Favorite foods:** MEAT

**Favorite veggie:** Asparagus

**Favorite thing about MOW:** 'My favorite part about working at MOW is having the opportunity to practice a little compassion, kindness and active listening. 😊'

