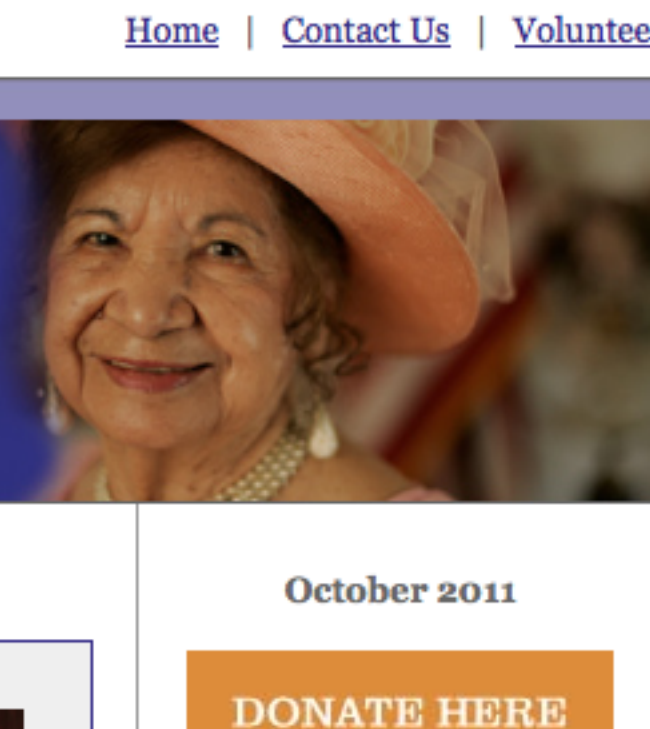




Nourishing the Whole Person



Volunteer News

Two Volunteers' Impact: Mother-Daughter

Nina Grove and Zoe Johnson are a mother daughter team who were matched with Ilene, a Meals On Wheels of San Francisco client. Nina and Zoe wanted to volunteer with MOWSF because they "loved the idea of getting to know someone who lived nearby on a personal level and to provide them with healthy fresh produce and groceries." For the last year and a half they have been shopping and doing errands for Ilene. They say Ilene is "a constant source of inspiration and enjoy sharing stories and hearing what's going on in her life. The relationship has grown into a valued friendship that provides enjoyment and benefits to all!"



Nina (left) and Zoe (center) with Meals On Wheels of San Francisco client, Ilene (right)

Beyond being a Grocery Shopper Volunteer with her daughter, Nina Grove is the liaison between MOWSF and the National Charity League San Francisco chapter, coordinating all volunteer activities between the two organizations. She "enjoys fostering the NCL partnership with MOWSF!" And of course, we are thrilled to continue the partnership. NCL has supported MOWSF for years in all sorts of ways, including support with mother-daughter card-making for seniors, Holiday gift drives, Thanksgiving placemats, MOWSF events and other many other efforts.

National Charity League, Inc. (NCL) is a non-profit national organization of mothers and daughters who join together in community involvement within local chapters throughout the United States. Its goal is to foster a sense of community responsibility in the girls as well as to strengthen the mother-daughter relationship.

Bring Happiness to a Senior on Thanksgiving!

You are all invited to participate in our annual Thanksgiving Day deliveries. It's a great way to make sure your Thanksgiving is truly meaningful for yourself and others. We invite singles, friends, couples and families to participate!

Here are some things to know about Thanksgiving:

- We have two ways to volunteer: We need people to deliver Thanksgiving hot turkey dinners to our seniors, and others to staff our offices to help the deliveries on their way (the latter is a good choice for people without cars).
- In the office, shifts run between 7:30am and 2pm. Shifts last about four hours. It's a wonderful, fun place to volunteer, but it's not appropriate for children under the age of 15.
- Delivery routes start at 8am, and shifts leave every 15 minutes until about 1pm.
- A route is about 2-3 hours long, and usually includes 6-12 clients. This is a great opportunity for families, even with young children!
- If you are single and want to deliver, we ask you either to find a friend to go with you, or we will match you with another adult volunteer.

If you would like to participate, please contact **Leslie** with all of the following information:

- Your preference of office or delivery volunteering.
- Your preferred shift start time.
- The full names of everyone volunteering, including children.
- The ages of all children under 18 years old.
- Your email address and cell phone # for the day

Routes are usually filled by early November, so contact us soon to be part of this exciting day. And have a Joyous Thanksgiving!



Start A Holiday Drive for Meals On Wheels of SF!

It's almost November and it's time to start thinking about the Holidays! Every year, MOWSF organizes Holiday activities, including gift drives with the help of the many corporations, schools, organizations and individuals that partner with us. We typically collect soap, non-slip socks, notepads, pens, boxes of tea, food items, etc. or donations for these items. And with more clients every year, we could certainly use more support! Would your corporation, school or organization like to help this year? Please contact **Danie Belfield** or call 415-343-1311 for more information about how you could help MOWSF brighten up the Holidays for over 1800 seniors in 2011!

The 2012 "Chefs of the Bay" Calendar Crew

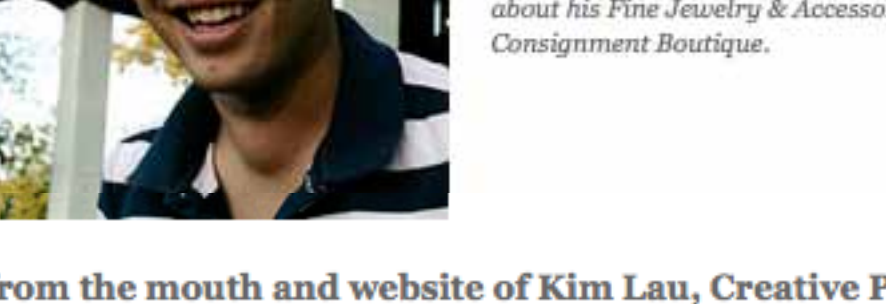
On October 19th, Macy's threw a release party for the brand new 2012 "Chefs of the Bay Area" calendar to benefit Meals On Wheels of San Francisco. The event was a huge success, with the help of our wonderful volunteers, chefs and supporters!



Yigit Pura, Tout Sweet



President of the San Francisco Concierge Association, Kathy Cady (left) and fellow member of the Association and concierge at Hyatt San Francisco, Elaine Claros (right) volunteering for the evening to please guests with tasty treats.

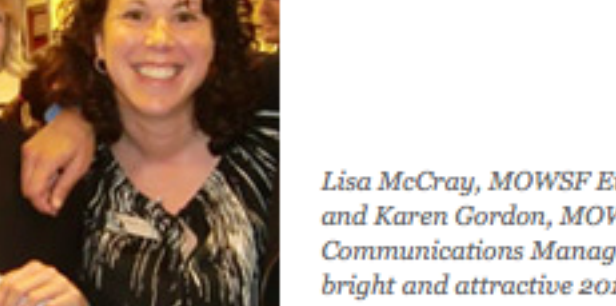


Peti Arumanata (far left) and Sherilyn Chew (far right) assisting staff members as volunteers. Sherilyn & Peti (a couple) decided they would pledge to sell 20 calendars together.

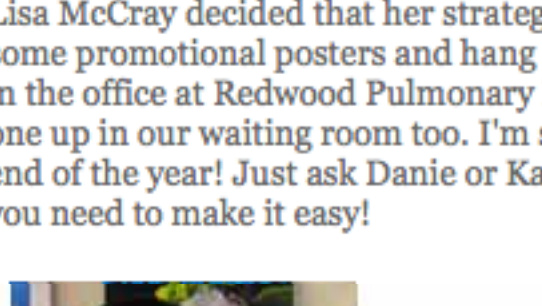


Kara Lind, Kara's Cupcakes (left) & David Bazirgan, Fifth Floor Restaurant (right)

This event marked the official launch of the 2012 "Chefs of the Bay" calendar volunteer support effort! We are reaching out to our community members and asking you to support us in the advocacy of MOWSF through the sales of these calendars.



Jim Dunn, very long time (20 years) volunteer recruiting his fellow volunteer and friend Audrey Villaro to sell calendars



Kim Lau, new calendar sales support volunteer for MOWSF plans to sell calendars at his store in San Jose. Check out his website for more information about his Fine Jewelry & Accessories Consignment Boutique.

A bit from the mouth and website of Kim Lau, Creative Partner at It's a Girl Thing

I had a fantastic day yesterday and wanted to share it with you. In my opinion, it's always good to discover and support organizations that are out there to support and create change for the better good. And last night, I attended an event put on by Meals On Wheels of San Francisco.

Meals on Wheels has been a name that I've known for awhile, but it hasn't been until now that I've actually been to one of their events (shame on me)...

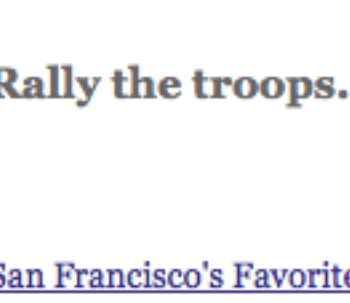
Last night's event was to launch their 2012 "Chefs of the Bay Area" benefit calendar in The Cellar at Macy's Union Square. Most of the 12 chefs who partnered together to be featured in the calendar were present to sign and spearhead the support for the organization. Kara Lind of Kara's Cupcakes is featured in the calendar as well as other notable chefs from restaurants such as Boulevard in San Francisco. If you are a Bravo groupie, you will know the cover boy as the winner of Top Chef. Just Desserts, Yigit Pura.

If you are a foodie, know of a foodie, are looking for a way to support this wonderful organization, need some gifts for your clients, or are simply looking for a way to keep track of your days next year, you can purchase the calendar online at www.mowfs.org.

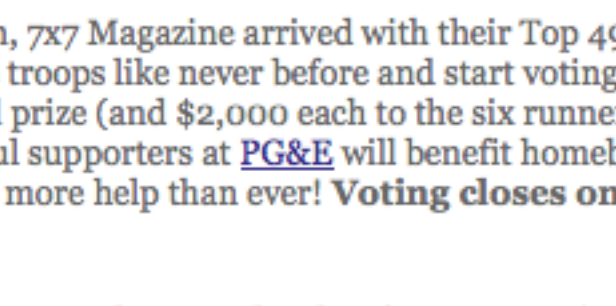


Lisa McCray, MOWSF Event Volunteer (left) and Karen Gordon, MOWSF Communications Manager (right) see a bright and attractive 2012 on the horizon

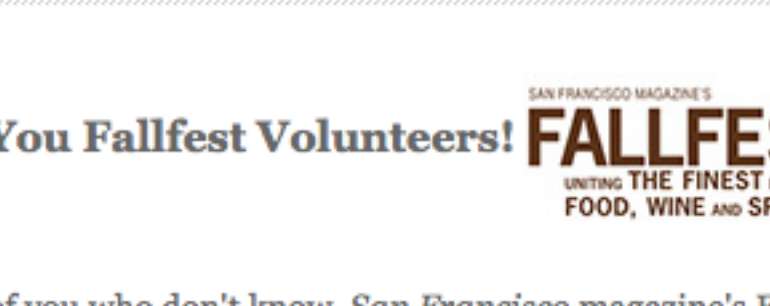
Lisa McCray decided that her strategy is her workplace. "I plan to use some promotional posters and hang a couple copies of the calendars up in the office at Redwood Pulmonary Medical Associates. I'm going to put one up in our waiting room too. I'm sure we will unload 20 before the end of the year! Just ask Danie or Karen and they will send you anything you need to make it easy!"



Jonathan Fong is a relatively new member of the MOWSF Event Volunteer Crew. Jonathan volunteered at the Star Chef & Vintners Gala, SF Magazine's Fallfest and hopefully many more to come! Jonathan is one of our bar and restaurant industry professionals that volunteer their time and energy to the MOWSF cause. Jonathan also decided he would sell our calendars to his network of foodies.



Steven Portnoy, a Client Volunteer is enthused to get started with this project! Are we the only ones who think Steve qualifies for next year's December? Hmm...but can he cook? Steve took 20 calendars home after the party with a strategy: "Firstly, I'm going to find the friends who are total foodies, they should be an easy sell. Next, find the friends who work in the restaurant industry and show them the calendar and tell them it will make great holiday gifts for their colleagues. Next, find friends who love all of the food shows on TV and I think they will like it! After all, it's a good cause and now you get a cool calendar for doing something good!"



Delivery and Client Needs Volunteers, Stephen Shoemaker (left) and Mark Randolph (right) plan to do it the easy way. They plan to buy all 20 and give them away as gifts!



As MOWSF Executive Director Ashley McCumber put it jokingly, "Here is your opportunity to go back to all those friends and colleagues that convinced you to buy their kids' Girl Scout cookies and brownies and ask them to support YOUR cause." And it's YOUR cause for a reason.

If you are convinced enough to learn how you might support us with this effort, please email Danie or call 415-343-1311.

Rally the troops. MOWSF is # 22.



San Francisco's Favorite Charities: Vote on the Top 49! | 7x7

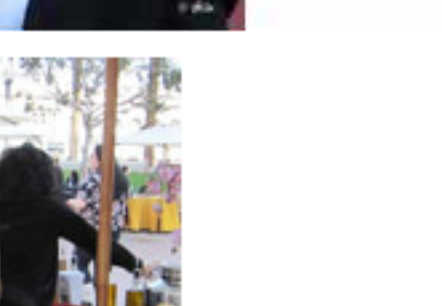
On October 19th, 7x7 Magazine arrived with their Top 49 finalists. It's time to rally the troops like never before and start voting, because that \$10,000 grand prize (and \$2,000 each to the six runners-up) furnished by our wonderful supporters at PG&E will benefit homebound seniors when they need more help than ever! Voting closes on November 15th.

Start voting for Meals On Wheels of San Francisco today!

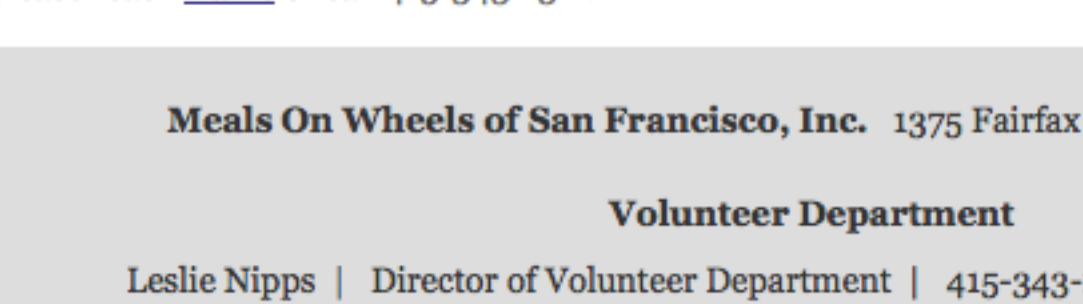
Click [here](#) and scroll down to see the various charities, then pick #22: Meals On Wheels of San Francisco.

On November 16, they'll reveal the Top 7 finalists for a second round of voting. Be sure to vote again then. The winner will be announced on December 13th on 7x7.com. The top-voted organization will be featured in their March 2012 issue, and they'll highlight the other six finalists

Thank You Fallfest Volunteers!

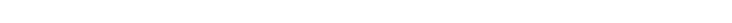


For those of you who don't know, San Francisco magazine's Fallfest, a food and wine tasting event benefiting Meals On Wheels of San Francisco happened earlier this month. Over 200 MOWSF volunteers showed up to support the cause! Thank you again and be sure to look out for our Fallfest photos at www.mowfs.org coming soon!



Meals On Wheels of San Francisco raised a little over \$19,000 in total from the event and we couldn't have done it without our community of support. The feedback from San Francisco magazine was fantastic!

"The event was so amazing on Sunday! Thank you so much for the many, many, many volunteers who were so stellar and so lovely."
- Katie Prevost, San Francisco Magazine Marketing Manager.



If you are interested in learning about some of those many other ways to help Meals On Wheels of San Francisco with special events and projects, please reach **Danie** or call 415-343-1311.

Meals On Wheels of San Francisco, Inc. 1375 Fairfax Ave. | www.mowfs.org

Volunteer Department

Leslie Nipps | Director of Volunteer Department | 415-343-1325 | lnipps@mowfs.org

Danie Belfield | Volunteer Program Associate | 415-343-1311 | dbelfield@mowfs.org

October 2011

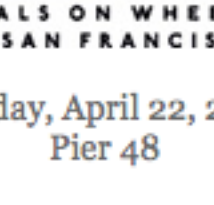
DONATE HERE

The in-kind value of a volunteer hour is \$23.42 in California.

If you are unsure of whether what you're doing to help MOWSF counts as volunteer time, inquire with **Danie Belfield**. If you are supporting, we want to know about it. Thank you!



READERS PICK: BEST PLACE TO VOLUNTEER
Meals on Wheels



Save the Date



25th Anniversary Celebration
STAR CHEFS & VINTNERS GALA
MEALS ON WHEELS OF SAN FRANCISCO

Sunday, April 22, 2012
Pier 48

A BIG thank you on the anniversaries of our dedicated volunteers!

Commitment Fulfillment Awards

October 2011 Client volunteer 6 month commitment fulfillment Awards

Pasha Ahmad
Claire Bloomberg
Senait Clark
Becky Johnson
Ashley Lucchesi
Luis Merino
Heather Wilson

Volunteer Anniversaries

Long term client volunteers who started in the month of October:

- 2009 -
Piilani Boner-Lee
Martin O'Neill
Carrie Sullivan

- 2010 -
Annalisa Eaves
Savanna Kemp
Brandi Kozlowski
Cat Stevens

New Client Volunteers

- September 2011 -
Carter Brandon
Audrey Brandt & Adrianna Pierce
Mekole Buckner
Deborah Celella
Kate & Sophia Favia
Alexis Glaros
Jamie Katz
Natalie McCrackin
Matthew Stuart
Daniel Zerom



Event volunteer Jeremy Welland, holding his new born son and newest recruit to the MOWSF volunteer crew!

Check out our past **Volunteer E-newsletters!**

Volunteer Think Tank MOWSF volunteers: please send us your thoughts, ideas, photos and stories. We would love hear what you have to say!

Don't forget to share the news of volunteering at Meals On Wheels! Volunteers are our best recruiters. Let your friends and colleagues know about the rewards of volunteering.

Interested in volunteering? Learn more here.

Please join us on: **facebook**

Meals On Wheels Core Services

- Delivery of 14 Meals Per Week
- Safety Check by Delivery Drivers
- Nutrition Education and Counseling
- Social Work and Case Management
- Support for Client Needs
- Volunteers To Assist Clients