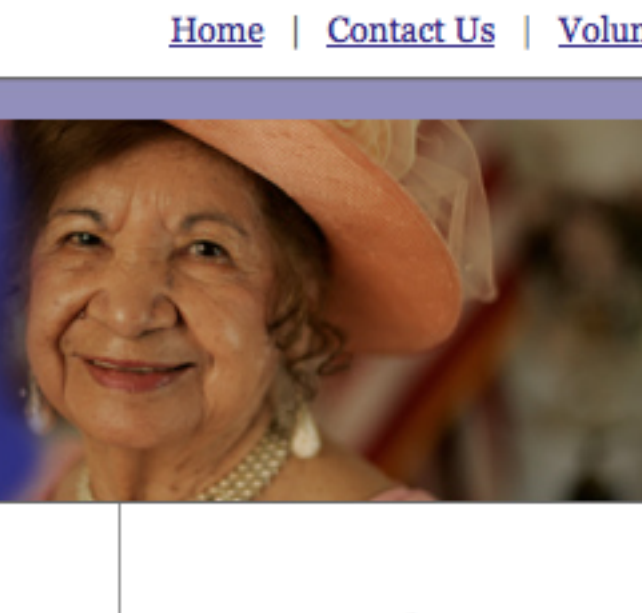




Nourishing the Whole Person

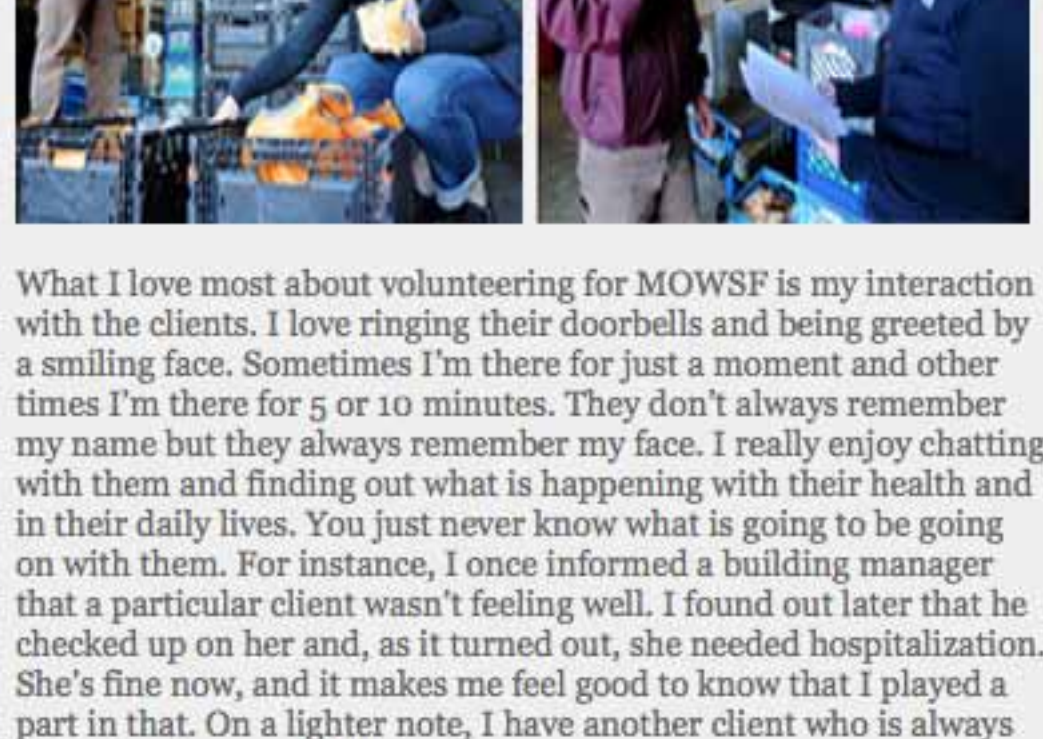


Volunteer News

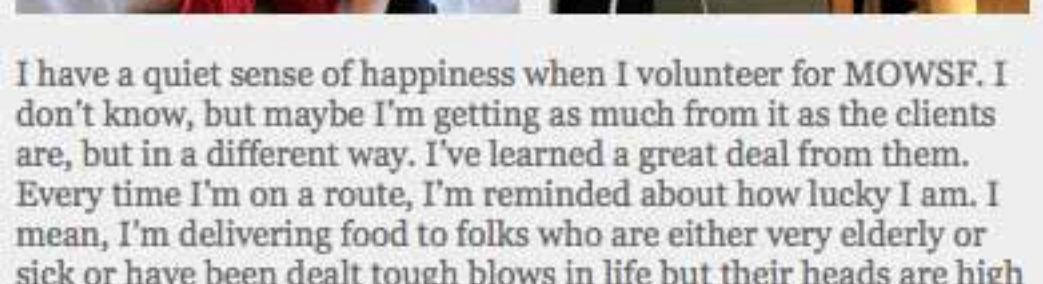
One Delivery Volunteer's Impact

By Izumi Couch

I started volunteering with Meals On Wheels of San Francisco's Home Delivered Groceries program almost a year ago. The job calls for delivering two bags of groceries supplied by the San Francisco Food Bank to 8-10 residences every Wednesday morning. I originally chose to dedicate my time to MOWSF for sentimental reasons. One of my earliest memories was of me tagging along with my grandfather on a Meals on Wheels route back in Dallas, Texas. It was a blistering hot day and I was being a typical impatient 10-year-old. But when we went into the home of an elderly woman, I stood quietly by as he gave her the hot meal and then helped her open a can of food. I remember how frail she was and how glad he was to help her.

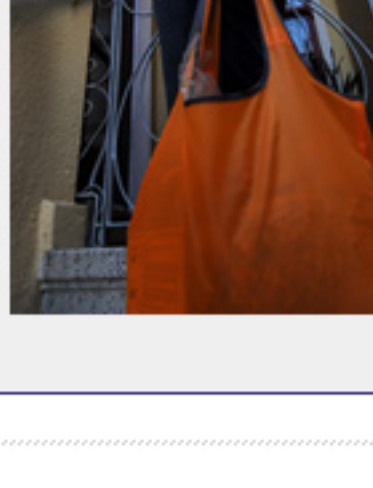


What I love most about volunteering for MOWSF is my interaction with the clients. I love ringing their doorbells and being greeted by a smiling face. Sometimes I'm there for just a moment and other times I'm there for 5 or 10 minutes. They don't always remember my name but they always remember my face. I really enjoy chatting with them and finding out what is happening with their health and in their daily lives. You just never know what is going to be going on with them. For instance, I once informed a building manager that a particular client wasn't feeling well. I found out later that he checked up on her and, as it turned out, she needed hospitalization. She's fine now, and it makes me feel good to know that I played a part in that. On a lighter note, I have another client who is always trying to set me up with her son.



I have a quiet sense of happiness when I volunteer for MOWSF. I don't know, but maybe I'm getting as much from it as the clients are, but in a different way. I've learned a great deal from them. Every time I'm on a route, I'm reminded about how lucky I am. I mean, I'm delivering food to folks who are either very elderly or sick or have been dealt tough blows in life but their heads are high and their eyes are still full of grace. One of the highlights of my route is when I deliver to one particular woman who always exclaims "Bless you!" when she closes the door, and to be quite honest, that's exactly how I feel as I drive away. Blessed to have what I have and blessed to be exposed to folks who put life in perspective.

As soon as I joined MOWSF, I felt like a member of a family. Gustavo and Eric (Home Delivered Meals Managers) are always friendly and professional and they go out of their way to make sure the volunteers are appreciated and accommodated. I get the sense that everyone in the MOWSF office goes beyond their normal job duties for the well-being of the clients. I've also become good friends with several of my fellow volunteers.



All photos in this article by Steve Anderson www.seoandersonphoto.com

Meals On Wheels Hero of the Decade!

9/11/01—A decade ago, Judy McCormick decided she was going to get more involved in her community in whatever way she could. Meals On Wheels of San Francisco offered her that way.

When asked why she chose to dedicate her time to MOWSF, Judy replied "I remember the volunteer opportunity seeming like such a personal thing. I wanted face to face contact with the people I was helping. Much of volunteer work I did in the past was political and lacked that 'personal' aspect."

Judy tried out Delivery Assistance Volunteering. In fact, she's gotten to know Toni Maher, MOWSF staff driver quite well over the years. "Toni and I have totally bonded. In between deliveries and client visits, we have an on the road book club, where we discuss the latest. We have very common interests and a very similar path in life."

Clearly it was a good fit for Judy, Toni and all the seniors who've benefited by her service. Ten years later, Judy's accumulated 780 volunteering hours, equating to an in-kind donation of \$18,267.60 to Meals On Wheels of San Francisco. From the entire staff at Meals On Wheels of San Francisco, Thank You, Judy for your ten years of service to your community and your participation and role in our MOWSF Community of Support!



"Chefs of the Bay Area" 2012 Calendar Talk-a-Thon for MOWSF!

Meals On Wheels of San Francisco is fortunate to have a great relationship with some of the best chefs in town! Overall, we are grateful to receive so much support from the local food and wine industries through foodie fundraising events with chef competitions, chef demonstrations, bar competitions and more.

And now we are receiving even more support from 12 amazing chefs through their participation in the 2012 "Chefs of the Bay Area" Calendar! All sales of the calendar will benefit MOWSF. We'd love to have your support in spreading the word!

Do you tweet, meet, mingle, talk on the phone, network in any way anywhere with any group that you think might support our mission? And by support, I mean minimal. We are selling \$20 Calendars that feature some of San Francisco's best chefs! Everybody needs a calendar. Why not support the mission of alleviating senior hunger and isolation and ensuring safety in the home when considering one's options for a 2012 calendar purchase?

It's a simple idea with huge potential. Every new dollar generates progress and programs for the home-bound seniors we serve.

Talk it up! We are asking our entire community of support to reach out to your own communities with this simple opportunity (and practical item/gift) and see if they will endorse you in the 2012 Calendar Talk-a-Thon for MOWSF. We are calling it a "Talk-a-Thon" because we really want to be clear that we view this as an opportunity to endorse MOWSF as an organization, community and mission, as opposed to just selling an item to make money for our cause. With enough participation, this should be an easy effort that doesn't require pom poms. We don't want you to beg your family and friends to buy something they don't want. And we don't want to exhaust or pressure you.

We want you to endorse our organization by your participation and ask your networks to endorse your cause around the holidays (and get some practical bang for their buck). Simple as that.

Please reach us with your ideas and interest. We will provide you with the "Chefs of the Bay" 2012 Calendar Talk-a-Thon "tool-kit". We will give you all the support you will need to support us! As always, we couldn't do anything we do without our MOWSF Community. If and in any way you can, help us do more this year.

Interested? Wonderful! We can't wait to hear from you! Reach [Karen](#) to get involved!



Yes, Delivery Volunteering Does Exist at MOWSF

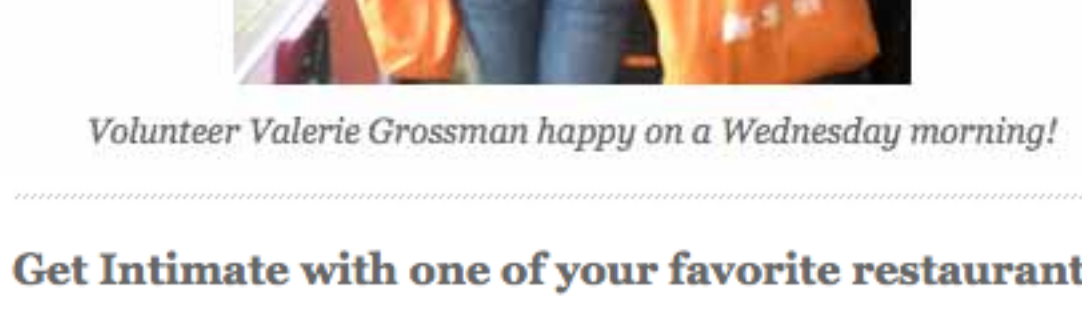
If you didn't know before, you now realize that we have many wonderful volunteers that support us with Delivery volunteering. Inquiring volunteers are often surprised that Meals On Wheels of San Francisco isn't like the MOW they know from back home, in that our 2,500+ clients don't receive all their daily meals from our volunteers. We have paid drivers handling the majority of the food delivery.

However that doesn't mean that we don't have opportunities involving delivery. We do! We currently offer two types of consistent delivery opportunities for individuals.

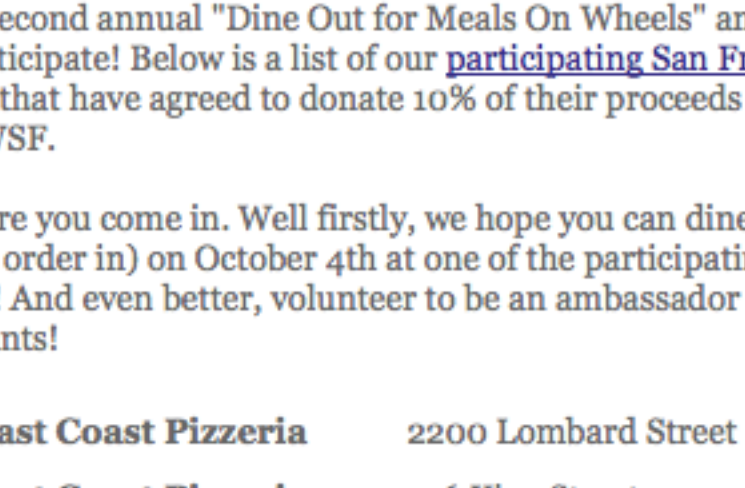
Our Home Delivered Grocery volunteers report for duty every Wednesday morning to deliver fresh groceries provided by the San Francisco Food Bank to qualifying clients who can handle a little bit of cooking but can't obtain the food on their own. These volunteers use their own cars to deliver food and visit with about 10 clients.

We depend greatly on our wonderful Delivery Assistant volunteers who find an afternoon or morning in their weekly schedule to assist a staff driver with meal delivery. This opportunity, which doesn't require your own car, allows the driver and volunteer to spend more time checking-in with our clients and more of a chance for a brief friendly chat.

So, yes Delivery volunteering does exist at Meals On Wheels of San Francisco. And we could certainly use more help with it. If either of these opportunities interest you, please reach [Leslie](#) to get involved!



Photos by Steve Anderson www.seoandersonphoto.com



Volunteers Patricia Hunter and John Odell getting ready to go out on a route



Volunteer Valerie Grossman happy on a Wednesday morning!

Get Intimate with one of your favorite restaurants!

BAY AREA Dine Out FOR MEALS ON WHEELS
Dine Out and Help End Senior Hunger, Tuesday, October 4th, 2011

This is the second annual "Dine Out for Meals on Wheels" and we hope you will participate! Below is a list of our [participating San Francisco restaurants](#) that have agreed to donate 10% of their proceeds on October 4th to MOWSF.

Here is where you come in. Well firstly, we hope you can dine out (or in some cases, order in) on October 4th at one of the participating restaurants! And even better, volunteer to be an ambassador for one of the restaurants!

Amici's East Coast Pizzeria	2200 Lombard Street
Amici's East Coast Pizzeria	216 King Street
Colibri Mexican Bistro	438 Geary Street
Florio Bar & Cafe	1915 Fillmore Street
Le Central	453 Bush Street
Pacific Catch	1200 9th Avenue
Paragon Restaurant & Bar	701 Second Street
Patxi's Chicago Pizza	4042 24th Street
Patxi's Chicago Pizza	3318 Fillmore Street
Patxi's Chicago Pizza	511 Hayes Street
Piccino Cafe	801 22nd Street
Poesia	4072 18th Street
Isa	3324 Steiner Street
Goat Hill Pizza	1915 Fillmore Street

This is a great volunteer opportunity for couples and friends! Basically, your first work will be to partner with the restaurant you choose before and during the event. Market our cause in an 'easy as pie' way. It's not too difficult to get folks to go out to dinner! Tell your network of friends and co-workers about the restaurant you are representing and dining-out at on Tuesday, October 4th and why. On the night of the event, you will represent Meals On Wheels of San Francisco, informing dinner guests at your restaurant about the Dine Out promotion for Meals On Wheels, thank diners and replenish donation envelopes on tables. Contact [Karen Gordon](#) to choose your restaurant now!

The Holidays at Meals on Wheels of San Francisco

Annual Holiday Gift Drive
Each year we recruit organizations, corporations, and just about anyone who wants to help to organize a donation drive and collect "gifts" that our seniors need throughout the year. For many, these gifts will be the only ones they receive during the holiday season. We need your help to fill over 1,800 bags!

Holiday Group Volunteer Opportunities - Reserve a date!

- Gift-Wrapping Sessions: November 21-December 12
- Holiday Bag Stuffing sessions: December 1-December 15
- Home-made Thanksgiving and Holiday Card-making sessions: September 9-December 15

Need a Holiday gift idea?
How about the Exclusive "Chefs of the Bay Area" 2012 Calendar? See and purchase the calendar directly [here](#) or reach [Karen](#) for more information.

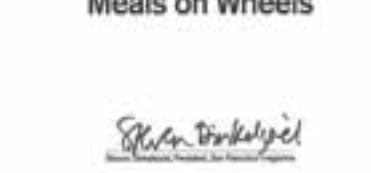
For more information or to participate in the gift drive as a volunteer, please contact [Danie Belfield](#) ASAP at **415-343-1311** or dbelfield@mowfsf.org.

September 2011

DONATE HERE

Report your Volunteer Hours when asked for them!

The hourly in-kind donation rate for a volunteer in California is \$23.42. Knowing about your volunteer hours helps us out in many ways (grants, corporate volunteer programs, etc.)! If you have any questions about the volunteer hourly rate, please contact [Leslie](#).



READERS PICK
BEST PLACE TO VOLUNTEER
Meals on Wheels



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

Commitment Fulfillment Awards

September 2011 Client Volunteer 6 Month Commitment Fulfillment Awards

- Mark Boggs
- Carla Cook
- Angie & Melanie Estonina
- Steven Garboden
- Whitney Hills
- Megan Nellis
- Bonnie Yu

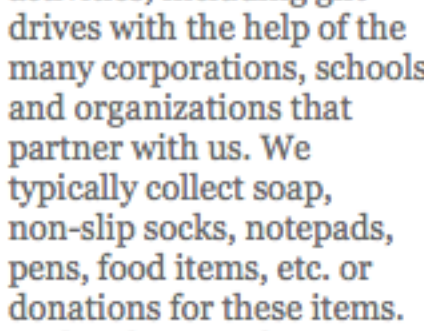
Volunteer Anniversaries

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

- 2001 -
- Judy McCormick
- 2007 -
- Rick Zavatsky
- 2009 -
- Shane Hildebrandt
- Heather Lanyi
- 2010 -
- Marc Teillon
- Sara Verbeke

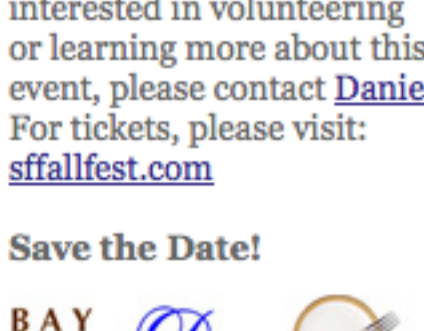
New Client Volunteers

- August 2011 -
- Emily Gilman
- Angela McAllister



Start A Holiday Gift Drive for Meals On Wheels of SF!

Every year, MOWSF organizes Holiday activities, including gift drives with the help of the many corporations, schools and organizations that partner with us. We typically collect soap, non-slip socks, notepads, pens, 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](#) for more information about how you could help MOWSF brighten up the Holidays for over 2,500 seniors in 2011!



San Francisco magazine's FallFest 2011

The event date is Sunday, October 9th, 2011. **And we still need some volunteers!** There are a few slots for those of you with culinary or sales experience. If you are interested in volunteering or learning more about this event, please contact [Danie](#). For tickets, please visit: sfallfest.com

Save the Date!

BAY AREA Dine Out FOR MEALS ON WHEELS
Tuesday, October 4th

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:



Like the MOW they know

Core Services

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

Volunteer Department

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

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