



OF SAN FRANCISCO, INC.

Delivering hope to homebound seniors.

FALL 2007

DEAR MEALS ON WHEELS,

I have been a recipient of meals since list February and I must tell you how much I enjoy the delicious variety of food. Thank you ever so much for your kind and generous assistance.

—Leonor, age 87

OUR GALA EVENT

Take a look at some of the highlights from the evening and be sure to save the date for next year's event:



Emcees Cheryl Jennings and Don Sanchez of ABC 7 address the crowd at the 20th Anniversary of the Star Chefs & Vintners Gala

May 18, 2008 at Fort Mason

...Continued inside

UPCOMING EVENTS

Check inside to see what's happening at Meals On Wheels

DETECTING MALNUTRITION

Senior Health Focus— Malnutrition and the Elderly

Maintaining proper nutrition can be difficult for the elderly, making malnutrition a common threat. Often symptoms of malnutrition are interpreted as normal signs of aging, so the condition is difficult to detect. However, once you know the signs, malnutrition can be identified and treated.

— Causes of Malnutrition

Malnutrition has many different causes. As people age, the ability to produce stomach acid diminishes, limiting the absorption of important nutrients. A reduced sense of taste and smell make food less appetizing and dental problems can make chewing difficult. Malnutrition can also be the result of poor food choices, illness, depression, or a reduction in appetite caused by medication.

— Signs of Elderly Malnutrition

If caught early, most effects of malnutrition are completely reversible. If you recognize any of the following signs in a neighbor or loved one, it is advisable to contact a physician or a social service organization like Meals On Wheels. With support, crucial steps can be taken to prevent a senior's physical decline.

- Unintentional weight loss, emaciated appearance
- Frequent hospitalization
- Decline in health

- Delirium, confusion or impaired cognition
- Dizziness, lethargy, muscle weakness
- Dry, brittle, thinning hair or hair loss
- Dry skin or dry, cracked lips
- Swollen red tongue (glossitis)
- Reddened, swollen or receding gums
- Reduced resistance to infection or poor wound healing
- Low blood pressure
- Dysphagia, or swallowing disorders
- Pressure ulcers/bed sores

— Preventing Elderly Malnutrition

Assuring adequate nutrition requires proactive measures, including the following:

- Increase protein intake by adding meat or peanut butter to a senior's diet
- Offer liquid nutritional supplements between meals
- Change medication that causes a lack of appetite
- Treat conditions such as depression that cause a lack of appetite
- Offer a more liberal diet
- Offer frequent smaller meals, rather than 3 large meals per day
- Offer foods with significant nutritional value
- Offer flavor enhancers (other than salt, which can result in dehydration)

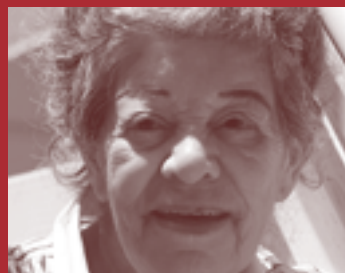
Other Information Sources

Agency On Aging
www.aoa.gov

American Dietetic Association
www.eatright.org

Federal Interagency Forum on Aging-Related Statistics
www.sgingstats.gov

The Commonwealth Fund www.cmwf.org





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THE CHALLENGE AHEAD



Recently, the U.S. government and the Centers for Disease Control released the latest statistics on life expectancy. There's great news: life expectancy in the U.S. is at a record high of 78 years. This is not surprising to us at Meals On Wheels San Francisco, as we have direct experience with the aging population in the city. Many of our clients are 85 and above—the fastest growing segment of the country's population. And most live on \$10,000 a year or less.

However, we've only witnessed the tip of the iceberg, and I'm not sure we, as a society, have had frank discussions about whether we are prepared for both the opportunities and the challenges of an aging population. Over the course of the next 10 years, a full third of the U.S. population will become 65 and older – this is because all of "us" baby-boomers will become seniors.

That's why I accepted my new role as Executive Director of Meals On Wheels San Francisco – I want to be a part of maintaining our social contract with our elders. I believe we can meet the challenges in front of us and I know that Meals On Wheels San Francisco will be prepared to make a difference.

We're making a difference now. We've grown our client base by 10% each year for the past three years and I'm sure we will continue to do so. This year we have targeted a goal of serving more than 750,000 meals to homebound seniors in San Francisco. We're committed to maintaining and increasing delivery of two meals a day, seven days a week to more than 1,200 seniors. Last year, in fact, 2,000 seniors received Meals On Wheels deliveries during the course of the year – a record high. This does not include our meal service and programs at our Dorrwin Jones Senior Center or meals that we produce for Meals On Wheels programs in Marin and San Mateo Counties.

In addition, we're on track to expand our case management, nutrition counseling, and volunteer services for our clients.

To be successful in the years ahead, we'll need "all hands on deck." I count myself very lucky to join you – our donors, volunteers and supporters— in maintaining our commitment to seniors in San Francisco, providing hope and ensuring that every senior can live independently, with dignity, and thrive.


Ashley C. McCumber, Executive Director

Upcoming Meals On Wheels Events

OCTOBER

San Francisco Magazine's FallFest

Saturday, October 6

San Francisco magazine's award-winning food editorial comes to life at this annual event, while supporting Meals On Wheels of San Francisco. The event brings together local restaurateurs, winemakers, and epicurean artisans for an inspiring day of premier food and wine tasting, chef demonstrations, and live music. It all takes place outdoors at Justin Herman Plaza, which is transformed for the day into a European-style marketplace, taking full advantage of the sea-

son's gorgeous weather and the waterfront's beautiful views.

FallFest 2007 will focus on the "Eat Local" initiative and ask participants to showcase items that use ingredients grown or produced within three hours of their final destination.

To purchase tickets visit www.sffallfest.com.

Use the promotional code MOW to receive a discount on your ticket and MOWVIP to receive discounted VIP ticket.

NOVEMBER

Perbacco Celebrates its One-Year Anniversary

Thursday, November 8

Join Chef Staffan Terje and Umberto Gibin for an evening of Tartufi Bianchi as they show their appreciation for a year of great support and success. A selection of the finest wines from Piemonte will be poured from large-format bottles.

In October, owner Umberto Gibin and Chef Staffan Terje will

travel to Piemonte, Italy to hand-select the prized white truffles to bring back to Perbacco. Both an a la carte and a tasting menu showcasing the delicacies will be available for the celebration.

All of the evening's proceeds will benefit Meals On Wheels of San Francisco.

Reservations are limited and can be made by calling 415.955.0663.



Thanksgiving Deliveries

Thursday, November 22

Every year, Meals On Wheels provides a special delivery to senior clients on Thanksgiving Day. On this day, seniors receive a traditional holiday meal along with gifts and a friendly visit from generous volunteers. Please contact our Volunteer Department if you would like to volunteer to deliver meals on Thanksgiving Day: volunteer@mowsf.org.



5 QUESTIONS...



with Mike Beranis

Viking Range Corporation and The Gene Schick Company have been generous supporters of Meals On Wheels of San Francisco since the 2001 Star Chefs & Vintners Gala. Their support has grown significantly over the years. This year, as our Gala's Presenting Sponsor, we asked Vice President of Sales Mike Beranis for a moment to learn more about what makes this partnership so strong.

1. How did you learn about Meals On Wheels?

Originally, Jan Birnbaum suggested that The GSC, as the local Viking distributor, take a look at the organization and the Gala Event. Our interest and level of participation grew quickly from there.

2. What is it that keeps you involved?

Great cause, great organization, and the Gala is a great event.

3. What's your favorite food?

I like pretty much all cuisines, but I guess I would lean toward Italian and Mediterranean.

4. Tell us about a senior who has been important to you.

That's easy—my grandmother on my mother's side. She taught me a lot about having a strong work ethic and was my first cooking teacher. I've been cooking since I was 12 years old, which has served me well in this business.

5. What's your favorite part of being a Meals On Wheels supporter?

Working with the staff at Meals On Wheels is a pleasure, not a challenge. That's not always the case with non-profits and sponsorships. I find the professionalism at all levels— from the Board, down to the staff members who manage the events and the corporate relationships. It takes a real focus on building and maintaining such a relationship and Meals On Wheels of San Francisco understands this almost instinctively.

DECEMBER

Holiday Gifts

December, 2007

With help from generous corporations and volunteers, Meals On Wheels of San Francisco clients will receive special gifts this holiday season. The Hilton San Francisco Financial District, United Behavioral Health, and Wells Fargo's San Francisco Loan Center are holding gift drives for homebound seniors. Big Brothers Big Sisters Bay Area and Zipcar will participate in delivering gifts. Please contact our Volunteer Department if you would like to deliver a good dose of holiday cheer this season: volunteer@mowsf.org

Please check our website for more information about these exciting events!

GALA

This year's 20th Annual Star Chefs & Vintners Gala raised a record-breaking **one million dollars** to support homebound seniors.



Eileen and Michael Chiarello of Chiarello Family Vineyards offer guests a taste



Auctioneer David Reynolds and Gala Chef Chairwoman Nancy Oakes of Boulevard Restaurant address the audience



Gala Chairs Patrick Smith and MeMe Pederson show off the raffle prize—a BMW 328i donated by BMW of San Francisco



Guests show their support for Meals On Wheels by raising their paddles during Fund-A-Route, which raised over \$200,000 to sponsor a delivery route in the SoMa district



Gala Star Chefs Cihan Cetinkaya and Fernando Reyes and Executive Chef Xavier Solomon of Navio at the Ritz-Carlton, Half Moon Bay with Chef Thomas Keller of The French Laundry



Chef Mark Gordon of Terzo prepares mussels on a Viking Range



Tasty desserts prepared by Pastry Chef William Werner



Chef Stuart Brioza of Rubicon, Chef Mourad Lahlou of Aziza Restaurant and Chef Ravi Kapur of Boulevard prepare a first course