



Delivering hope to  
homebound seniors.

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Meals On Wheels of San Francisco  
1375 Fairfax Avenue  
San Francisco, CA 94124

(415) 920-1111 TEL  
(415) 920-1110 FAX

[www.mowsf.org](http://www.mowsf.org)



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Generous donations of \$1,000 and over during the current fiscal year.

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# THANK YOU

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SPRING 2007



OF SAN FRANCISCO, INC.

# Delivering hope to homebound seniors.

APRIL 2007

## A NOTE FROM THE PRESIDENT

Thanks to your support, Meals On Wheels of San Francisco



is supporting more seniors than ever. Last year, we delivered a total of 690,590 meals to 1,830 homebound seniors.

We are continually reducing the waiting list and are currently adding 20 new seniors to our home-delivered meal program each week.

As always, thank you for your continued generosity. Such support has made it possible to help all the vulnerable seniors we have the honor of serving.

—Dean Morehaus  
President of the Board

## TURNING TWENTY

Meals On Wheels of San Francisco celebrates its 20th annual Star Chefs & Vintners Gala on **Sunday, May 20th at Fort Mason** in San Francisco.

The evening will feature over 60 of the Bay Area's finest chefs and 40 stellar vintners

...Continued inside

## AGELESS ART

Meals On Wheels of San Francisco recently presented its second annual client art show, *Ageless Art*, featuring artwork by seniors who receive home-delivered meals. The Commonwealth Club of California hosted the exhibit, which lasted the month of March.

Nine clients contributed 27 inspiring works of art, ranging from painting, collage work, sketches and poetry. Numerous guests came to show their support and four of the featured artists were able to attend the opening night reception on March 1st.

Senior artist Phyllis Sherman, who creates landscape collages from bits of paper, was glad to attend the reception. "It's exciting to have my 15 minutes of fame." ■



Client artist Carol Ragle with her sketches of café life.



William Nowak with his paintings of San Francisco in its early days.



Artist Phyllis Sherman and her collage landscapes



Josephine Morales with her pen and ink sketch, "Waterwheel"

**"It's exciting to have my 15 minutes of fame."**





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## THE VALUE OF VOLUNTEERING

Jodi Blasquez has discovered a unique way to maximize the impact of her volunteer time. By bringing together two volunteer programs, she has made a lasting impact on the lives around her.

Jodi began volunteering for Meals On Wheels of San Francisco last December when the car share company Zipcar offered clients free use of vehicles while volunteering. Jodi used her Zipcar to deliver holiday presents to homebound seniors and invited along Taylor, her "little sister" through the Big Brothers/Big Sisters program.

The outing made an impression on Jodi and Taylor, and now the pair volunteers regularly, grocery shopping for Caroline and Joe Asaro. Twice a month, Jodi picks up Taylor from school in her Zipcar and shops for the food and necessities that the Asaros would otherwise not be able to purchase.

Caroline Asaro is 81 years old and cares for her 94-year-old husband Joe, who is on dialysis 3 times a week. The couple is unable to cook or leave their home, but with support from Meals On Wheels, they receive two meals daily from their friendly driver and supplemental groceries from Jodi and Taylor. For the Asaros, this comprehensive support has been a "godsend."



Jodi and Taylor pose with the Asaros by their Zipcar

In addition to groceries, Jodi and Taylor also provide valued companionship to the Asaros. After they bring in the groceries, Jodi and Taylor spend an hour or so visiting with the couple. The Asaros have a granddaughter Taylor's age who lives out of town, so visits with the youngster are especially meaningful.

The experience has made a lasting impact on Taylor. According to Jodi, "teaching Taylor to volunteer her time is a huge growing experience for her. She understands that she's helping another person and that what she is doing is very special. I can see her grow as we spend more time together." ■

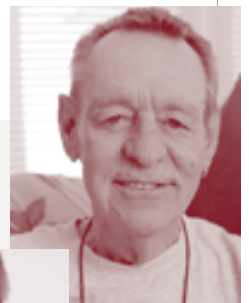
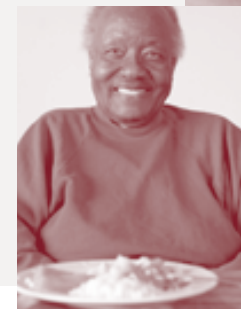
## DONATIONS HELP



David Galasso and Mario Diaz from the Wells Fargo Foundation present the Meals On Wheels Board of Directors with a generous donation of \$50,000 as part of the 2006 Holiday Meal Campaign. With this support, the campaign raised over \$184,000 for the Home-Delivered Meal Program.

**Meals On Wheels,**  
*I just wanted you to know again how happy you've made me with your wonderful meals. They are prepared with tender loving care. Your drivers are so polite and of late I think that's really the only time I have a smile on my face. I wish I could convey in the right words how moved I've been by your kindness.*

*Thank you again and God Bless,  
Dorothy*



# TURNING TWENTY

Continued from front cover

and will include a seated three-course dinner with wine pairings, a silent and live auction and an opportunity to fund a meal delivery route.

Support from last year's event raised over \$750,000, enough funding to provide 173,200 home-delivered meals to frail, isolated seniors in San Francisco.

As the date of this food and wine extravaganza approaches, Meals On Wheels had the opportunity to speak with our Gala Chairs Patrick Smith and MeMe Pederson. Pederson is co-owner of the premier catering and event planning company *Taste*. She has been involved with the Gala since its inception 20 years ago and has been a member of the Meals On Wheels Board of Directors since 2001. Smith is the Director of Special Events at Macy's. He joined the Board in 2002 at the encouragement of Pederson and this is his second consecutive year as Gala Chair.

## Our hardworking Chairs took a moment from their busy preparations to answer a few questions for Meals On Wheels of San Francisco:

### How did you first learn about Meals On Wheels?

**MeMe:** By participating in one of the first Galas at the opera house.

**Patrick:** I heard about the Gala from "Foodies." Eventually MeMe twisted my arm to participate.

### What is it that keeps you involved?

**Patrick:** Taking care of those seniors who took care of us. Plus, the MOW Staff are so smart and resourceful.

**MeMe:** Knowing that many seniors don't have a support system and Meals On Wheels is their link to the outside. Our services allow them to stay in their own home.

### What's your favorite food?

**Patrick:** Meatloaf and Baked Potato.

**MeMe:** Sweets....but I couldn't narrow it down to one.

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

**Patrick:** My Grandmother, Nana, taught me how to cook and entertain at the Holidays.

**MeMe:** As a child, I lived next door to an amazing woman. In her late 40's, she lost her husband and although she had no experience, she took over the family business and put her three daughters through college. I learned so much from her; she lived to be 93 years old and lived each day to its fullest.

### What's your favorite part of the Gala?

**Patrick:** The Guests. They are happy to be there and excited about the amazing food and wine.

**MeMe:** The Food!



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