MEALS ON WHEELS SAN FRANCISCO — MEALS AND MORE!

Since 1970, Meals on Wheels San Francisco has provided seniors and adults with disabilities residing in the City with what they need to live independent and dignified lives — nutritious meals, professional social work services including wellness checks and a friendly visitor. Our programs fulfill a moral and economic imperative to care for seniors in their homes in the most cost-effective way possible.

A Year of Achievements

In 2018, thanks to your support, we delivered 2 meals a day to more than 4,700 homebound seniors in need — something no other program in San Francisco does. Between July 1, 2017 and June 30, 2018, we delivered 2.1 million meals in San Francisco. This is almost four times the number of meals we delivered just 10 years ago.

During the year, we touched the lives of 1,609 seniors, new to our program (an increase of about 5 percent from 2017) and helped decrease the citywide waitlist meals programs by 93 percent.

We’re extremely proud of our partnership with the City and County of San Francisco — and upon their request and support, we delivered 137,510 meals to Navigation Centers assuring formerly homeless adults do not go hungry.

Working in partnership with the SF-Marin Food Bank, we delivered weekly groceries to 326 individuals who cannot shop for themselves due to health issues, or lack of financial resources, but can still prepare their own meals. By developing relationships with these individuals early on, when the time comes, we can help transition them into our Home Delivered Meals program seamlessly.

This year we became a data-centric organization with the implementation of Salesforce software that allows us to centralize our data, manage logistics of operating programs at scale across the city, and uncover data that will help us make informed decisions around client care.

We continued to plan for the future through our 50th Anniversary Capital Campaign to build a new state-of-the-art kitchen and production facility that will give us the capacity to produce 20,000 meals a day and position our organization as a go-to-source in the event of a food emergency in San Francisco.
OUR MISSION

Meals on Wheels provides a network of services that allow seniors to live in their home with dignity and independence as long as possible. By providing seniors with nutritious meals, daily safety checks, and support services, we reduce risks associated with loneliness, depression, and fall-related injuries.

OUR SERVICES

- Home Delivered Meals
- Home Delivered Groceries
- Nutrition Education Counseling
- Well Being and Safety Checks — every day
- Social Work and Case Management — home visits and referrals to critical outside services
- Minor Home Repair, Home Safety and Urgent Needs — ongoing distribution of grab bars, smoke detectors, microwaves, and refrigerators
- Friendly Visitor Volunteer Match Program — volunteers reduce isolation and assist with daily needs
San Francisco, like many U.S. communities, has a growing number of seniors aging at home with limited financial resources, limited family support, and limited access to nutritious food.

**Meals on Wheels San Francisco is more than just meals** — staff and volunteers provide a continuum of services that meet the individual where they are in life both physically, emotionally, and financially.

When an elderly neighbor moves into a home and doesn’t have a microwave to heat a meal — we provide them one. **And more**…

If there are safety issues within their living environment, such as an unsafe shower, or no smoke detector — we correct the issue. **And more**…

If a senior neighbor is feeling isolated or alone — we offer a friendly visitor to be there, sharing compassion and companionship when needed. **And more**…
MUSIC TO HIS EARS

Born in Idaho to Shoshone Native American parents, Kurt began playing piano at an early age. He trained under multiple teachers from around the world and later moved to San Francisco to pursue his education and eventually went on to earn a BA in Music from San Francisco State University.

As an adult, Kurt was diagnosed with glaucoma. He received treatment, but that didn’t stop the disease from progressing. “I have a little vision over here. I can see my arm moving and I can see light and dark,” he said, describing his eyesight without a hint of pessimism. Despite the impairment, Kurt navigates his second floor apartment (which he’s lived in for the past 40 years), actively plays his piano in his living room, and walks around the city all with grace and confidence.

Meals on Wheels has been delivering meals to Kurt every week for the past seven years helping him stay healthy and independent in his home and his city. “I love the program. My budget won’t allow me to eat out. It’s just so easy. Pop the meal in the microwave and boom, bam. Done.” Read the rest of Kurt’s story at: MOWSF.org/Kurt.
Your support of Meals on Wheels San Francisco in 2018 has allowed us to touch the lives of 4,700 seniors who come from all walks of life. Our daily visits include a healthy meal, safety and wellness check, and a friendly face, helping seniors stay independent and safe in their own homes.

**BY THE NUMBERS**

- **3,000** Wellness and safety checks
- **6,480** Holiday and birthday cards made
- **4,700** Clients served
- **1,491** Number of clients who received nutritional counseling from MOWSF
- **2.1 MILLION** Meals Delivered (includes Home Delivered Meals and Home Delivered Groceries)
- **6,480** Holiday and birthday cards made
- **137,510** Number of meals delivered to Navigation Centers in San Francisco
- **21,000** Number of total volunteer hours valued at $611,000

**NEIGHBORHOODS WHERE OUR SENIOR CLIENTS LIVE**

- Tenderloin = 23%
- South of Market District, Civic Center = 18%
- Sunset, Forest Hill = 14%
- Potrero Hill, Bayview, Hunters Point, Visitacion Valley = 11%
- Pacific Heights, Western Addition = 10%
- Upper Market, Diamond Heights, Castro, Mission, Noe Valley = 9%
- Chinatown, North Beach, Russian Hill, Nob Hill = 7%
- Ingleside, Excelsior = 5%
- Richmond, Seacliff/Presidio Heights, Laurel Heights = 3%

**AGE**

- 48% = 60 to 74
- 21% = 75 to 84
- 18% = 85+
- 10% = 45 to 59
- 3% = 44 and younger

**ETHNICITY**

- 38% = Caucasian
- 29% = African American
- 18% = Asian/Pacific Islander
- 11% = Hispanic or Latino
- 4% = Other

**GENDER**

- 45%
- 55%

75
Number of clients served through Friendly Visitor program

137,510
Number of meals delivered to Navigation Centers in San Francisco

21,000
Number of total volunteer hours valued at $611,000
There is nothing more nourishing to the body and the soul than a home cooked meal. However, for many seniors living on a fixed income in San Francisco, fresh, nutritious food is a luxury that they cannot afford.

During fiscal year 2018, and in partnership with the SF-Marin Food Bank, the Home Delivered Groceries (HDG) program delivered fresh produce, dry goods, and protein to 326 homebound seniors every week. HDG participants are seniors who are still able to prepare meals for themselves but are not able to shop for groceries due to mobility issues or financial constraints.

By devoting a couple of hours a week, volunteers improve the lives of seniors by helping assemble and/or deliver grocery bags, ensuring that every senior who is able, can prepare and enjoy their own meals.

The HDG program is a natural extension of our Home Delivered Meals (HDM) program and assures that homebound seniors, and adults with disabilities receive healthy meals. By deepening our relationship with each individual we provide seniors the pathway to a smooth transition into our HDM program when they need it. Learn how you can volunteer at MOWSF.ORG/Volunteer.
In the Tenderloin and SoMa, there are 30 buildings that house 800 homebound seniors in tiny residential hotel rooms.

Meals on Wheels San Francisco started the Adopt-a-Building (AAB) program in 2015 with the goal of pairing corporate community volunteerism with the need to assure the most vulnerable, food insecure seniors living in single-room occupancy housing, receive regular healthy meals and human contact.

Since the program started, employees from Zendesk, Salesforce, Uber, Dolby, and Twitter (to name a few) have started their workday by delivering meals and a smile to senior neighbors in need. Learn how your company can Adopt-a-Building at MOWSF.ORG/AAB.

ADOPT-A-BUILDING BY THE NUMBERS

| Number of meals served through the program | 58,182 |
| Number of homebound seniors served | 800 |
| Number of buildings served (an increase of 3 buildings from previous year.) | 14 |
| Number of seniors residing in Mid-Market who live on less than $990 a month | 80% |
| Number of companies participating | 14 |
Salesforce — Giving Back to Community

As one of our valuable Adopt-a-Building (AAB) partners, Salesforce is helping fight senior hunger and isolation where the need is the greatest. The volunteers deliver meals five days a week to the Rene Cazenave Apartments, a single-room occupancy hotel. Since joining the program in June 2017, Salesforce has:

- Delivered 7,100 Meals
- Provided 3,540 Visits to Seniors
- Donated 590 Hours of Their Time

**Results:** By Salesforce covering this building, we were able to add two new routes to serve more seniors, and drivers can now spend extra time with senior neighbors getting to know them better while assessing their well-being. The waitlist for seniors in the City to receive meals and safety checks has decreased dramatically since the AAB program was implemented.

“We thank all of our Adopt-a-Building corporate volunteers for their positive impact in the community and with San Francisco seniors.”
For nearly 50 years, Meals on Wheels San Francisco (MOWSF) has been providing nutritious meals and vital daily visits to homebound seniors in San Francisco.

THIS IS OUR CHALLENGE — WE NEED YOUR HELP TO BUILD A NEW KITCHEN

In order for MOWSF to continue this important work, we have begun our 50th Anniversary Capital Campaign to build a new kitchen that will be equipped to handle the 30 percent growth in the senior population that is expected by 2030 in San Francisco. Now more than ever, we need to prepare for the future demand.

The number of meals we deliver today has more than TRIPLED in the last decade from 523,000 in 2007 to 2.1 million in 2018.

LET’S BUILD IT TOGETHER

When we provide nutritious meals and daily safety checks for homebound seniors, we reduce the risks and costs associated with loneliness, isolation, depression, and falls. The new facility located at 2230 Jerrod Avenue will contain a 35,000+ square feet kitchen and food manufacturing area plus a 13,500 square feet distribution yard. The new kitchen will cost approximately $41 million to build.

With your support, our new kitchen will:

- Increase meal production capacity from 8,000 to 20,000 meals per day
- Improve our ability to prepare medically tailored meals, plant-based diets and more culturally appropriate meal options
- Allow for a most cost-effective, state-of-the-art kitchen and production facility

Where we are today with the project:

- As of March 31, 2019, we’ve raised $30.5 million
- We’re actively engaged with foundations, corporate, and government partners to raise an additional $6.5 million
- We will engage the general public to help us raise the remaining $4 million needed beginning Fall 2019

To learn how you can contribute to the 50th Anniversary Capital Campaign, please contact Executive Director and CEO, Ashley McCumber at 415-343-1268, or kitchen@mowsf.org
We gratefully thank the following supporters for their commitments to the 50th Anniversary Capital Campaign which were received between July 1, 2017 and December 14, 2018.

Anonymous (4)  
Deborah and David Ballati  
Cindy A. Black  
Marc Blakeman  
Shannon and Rob Bloemker  
The Bob Ross Foundation  
Alfred R. Brooks  
Marty and Norman Buckhart  
Helen Burt  
Katie Callahan and Mark Mance  
Lois and Steve Chess  
Lisa and Jim Considine  
Craig Newmark Philanthropies  
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Craig Davini and Ashley McCumber  
Sarah DeCoux and Dennis Flynn  
Liz and Chris Dressel  
First Republic Bank  
Lee and Russell Flynn  
Sara Flynn and Donald Libbey  
Laura Flynn  
Amy Flynn and Paul Burke  
The Friend Family Foundation  
Leslie and Umberto Gibin  
Emily and Sam Glick  
Teri and Andy Goodman  
Judy and Richard Guggenhime  
Herbst Foundation  
Inner Spark Foundation  
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Koret Foundation  
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Connie Thompkins McCole  
Kate and Wes Mitchell  
William Moliski  
Sonja Hoel Perkins and Jon Perkins  
Mark Petersen  
Cathy and Mike Podell  
Debbie and Andy Rachleff  
Mary Risley  
Kay Rousseau and Stuart Montgomery  
Susan Sangiacomo and Diana Pelliccione  
Yvonne and Angelo Sangiacomo Family Foundation  
Nancy and Kevin Sidow  
Dr. Ian Patrick Sobieski  
TPG Global, LLC  
Craig and Maureen Sullivan Family Fund  
Uber Technologies Inc.  
Monique and John Viola  
Walter and Elise Haas Fund  
Irvenia Waters and José Allen  
Rosemary and Harry Wong  
Lisa and Todd Zabelle

“I would often go hungry without Meals on Wheels.”

Meals on Wheels Client
# Financial Snapshot
For fiscal year ended June 30, 2018

## Statement of Financial Position

### Assets

<table>
<thead>
<tr>
<th>Current Assets</th>
<th>FY 17–18</th>
<th>FY 16–17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents — Unrestricted</td>
<td>$1,994,157</td>
<td>$1,610,793</td>
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<tr>
<td>Contracts Receivable</td>
<td>1,275,927</td>
<td>375,762</td>
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<tr>
<td>Other Receivables</td>
<td>645,744</td>
<td>567,072</td>
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<tr>
<td>Prepaid Expenses</td>
<td>89,716</td>
<td>77,324</td>
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<td><strong>Total Current Assets</strong></td>
<td><strong>$4,005,544</strong></td>
<td><strong>$2,630,951</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Assets</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Property and Equipment, net</td>
<td>$7,743,877</td>
<td>$6,812,933</td>
</tr>
<tr>
<td>Cash and Cash Equivalents — Restricted</td>
<td>10,390</td>
<td>10,378</td>
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<tr>
<td>Deposits</td>
<td>91,542</td>
<td>50,520</td>
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<tr>
<td>Investments in Marketable Securities</td>
<td>3,616,300</td>
<td>3,348,481</td>
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<tr>
<td>Restricted Cash for Investment in Property and Equipment</td>
<td>4,550,006</td>
<td>417,896</td>
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<tr>
<td>Pledges Receivable, Capital Campaign, net</td>
<td>8,102,052</td>
<td>6,763,456</td>
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<tr>
<td><strong>Total Other Assets</strong></td>
<td><strong>$24,114,167</strong></td>
<td><strong>$17,403,664</strong></td>
</tr>
</tbody>
</table>

**Total Assets**

| Total Assets                      | $28,119,711 | $20,034,615 |

Assets and liabilities include Capital Campaign gifts and project expenditures
FINANCIAL SNAPSHOT
For fiscal year ended June 30, 2018
Statement of Activities

REVENUE AND SUPPORT — OPERATIONS

REVENUE

- 48% Government Grants
- 26% Contributions*
- 18% Special Events
- 15% Project Income
- 4% Catering
- .5% Donated Materials and Services

TOTAL REVENUE $15,326,167

EXPENDITURES — OPERATIONS

EXPENSES

- 86% Meal Programs
- 6% Management & General
- 8% Fundraising

TOTAL EXPENSES $14,090,750

* Includes unrestricted and restricted funds.
THANK YOU TO OUR GENEROUS SUPPORTERS

A–D
Anonymous (5)
Kelcie and Steve Abreu
Shaliz and Robert Afshar
Nancy Albertini and
Stephen Metzger
Faranak Aliabadi
Carmen Allison and
Holly Demaagd
Cathleen and Carl Anderson
Dean Anderson
Warren Anderson and
Salvador O. Gutierrez
Tabassom Ansari
William C. Appler
Caroline Arakelian
Kathryn Arbeit and Jeff Beene
Elaine Asher
Trudy and William Ausfahl
Tony Avila
Debra Baker
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David Friedberg
C. Howard and Ellen Brown
Ellen and James Brown
Steven Brundrett
Paula Buchta and Brian Muldoon
Marty and Norman Buckhart

We gratefully acknowledge donors who made gifts of $1,000 or more between July 1, 2017 and June 30, 2018. To respect their privacy, we have eliminated gift levels from our annual report.

Harold Cranston
Rodney D’Acquisto
Caroline Damsky and
Peter Sargent
Craig Davini and
Ashley C. McCumber
Jill and Stephen Davis
Jessica and John Davis
Shannon Davis
Teresa De Laurentis
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Lynn and Bill Hosler
Yvonne Hughes and
Jeff Garelick

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Denise and Peter Merlon
Joan and Richard Merriman
Debbie and Marc Metcalf
Ravi Mhatre

ADDITIONALLY...

We are deeply grateful to the hundreds of other donors not listed here who have made generous and thoughtful gifts to MOWSF during this past fiscal year.

Nicki Michaels and
Nicholas Dewar
Chris Miller and Gary Glaser
Kathy L. Miller
Ereca Miller and John Shrewsberry
Angelina Miranda
Teresa M. Mitchell
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Gregory J. Rossmann
Kay Rousseau and Stuart Montgomery

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Connie Tompkins McCoole
Anita Tortorici
Nhon Tran
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Brook and Maggie Turner
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WITH GRATITUDE
MOWSF would like to send a special thank you to the San Francisco Department of Aging and Adult Services for their support and partnership.

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San Francisco Men of Tomorrow
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Susan Sangiacomo and Diana Pellcicione
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<td>Principal, Flynn Investments.</td>
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<tr>
<td>Mark Petersen, Esq., Vice President</td>
<td>Partner, Farella Braun + Martel, LLP</td>
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<tr>
<td>John Viola, Treasurer</td>
<td>SVP, Market Executive, Global Commercial Banking, Bank of America Merrill Lynch</td>
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<tr>
<td>Rosemary Wong, Secretary</td>
<td>CEO, Harry K. Wong Publications, Inc.</td>
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<tr>
<td>José Allen</td>
<td>Retired Partner, Skadden, Arps, Slate, Meagher &amp; Flom LLP</td>
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<tr>
<td>Cindy Black</td>
<td>Managing Director, TPG Global, LLC</td>
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<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Duties</th>
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<tbody>
<tr>
<td>John D. China</td>
<td>Head of Technology Banking, Silicon Valley Bank</td>
</tr>
<tr>
<td>Leslie Gibin</td>
<td>VP, Residential Lending Services, First Republic</td>
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<tr>
<td>Richard Guggenheim</td>
<td>Senior Council, Perkins Coie, LLP</td>
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<tr>
<td>Pamela J.D. Johnson, RN, BSN, MBA</td>
<td>Retired, Continuum of Care Administrator, Kaiser Permanente</td>
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<td>Rohan Kalbag</td>
<td>Executive Vice President, Chief Operating Office Control Leader, Wells Fargo</td>
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<td>Mark Mance</td>
<td>Owner, Northview Hotel Group</td>
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<tr>
<td>Kate Mitchell</td>
<td>Co-founder and Partner, Scale Venture Partners</td>
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<tr>
<td>William Molinski</td>
<td>COO and Head of Structured Finance, SG Capital Partners</td>
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<tr>
<td>Nancy Oakes</td>
<td>Chef and Co-Owner, Boulevard Restaurant</td>
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<tr>
<td>Debbie Rachleff</td>
<td>Community Volunteer</td>
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<tr>
<td>Susan Sangiacomo</td>
<td>Principal, Trinity</td>
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<tr>
<td>Kevin Sidow</td>
<td>Retired, Chief Executive Officer and President, Moximed, Inc.</td>
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<tr>
<td>Dr. Ian Patrick Sobieski</td>
<td>Managing Director, Band of Angels, LLC</td>
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<th>Title and Duties</th>
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<td>Teri and Andy Goodman, Co-Presidents</td>
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<tr>
<td>Deborah Ballati, Vice President</td>
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<td>Barbara Walkowski, Secretary</td>
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<td>Kellie and Steve Abreu</td>
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<td>David Ballati</td>
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<td>Shannon and Rob Bloemker</td>
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<td>Hannah Blumenstiel</td>
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<td>Arne Boudewyn and Christopher Downing</td>
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<td>Audrey Brandt and Richard Pierce</td>
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<td>Sally Burke-Wingard and David Wingard</td>
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<td>Sherri Burke and Robert Wolf</td>
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<td>Shannon and Patrick Cahill</td>
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<td>Sherilyn Chew and Peti Arunamata</td>
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<td>Lee Flynn</td>
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<td>Christina C. Giguere and David Kvaratskhelia</td>
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<td>Sally and Greg Hartman</td>
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<td>Sonja Hoel Perkins and Jon Perkins</td>
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<td>Cathy and Mike Podell</td>
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<td>Betty Ann Prien</td>
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<td>Kay Rousseau and Stuart Montgomery</td>
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<td>Garret Spiecker</td>
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<td>Maureen Sullivan</td>
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<td>Atsuko Watanabe and David Sovie</td>
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<td>Irvenia Waters</td>
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<td>Lisa and Todd Zabelle</td>
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<td>Charles Zukow</td>
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### MEALS ON WHEELS SENIOR STAFF

<table>
<thead>
<tr>
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<tbody>
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<td>Ashley C. McCumber</td>
<td>Chief Executive Officer and Executive Director</td>
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<tr>
<td>Anne Quaintance</td>
<td>Chief Government Affairs Officer</td>
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<td>Jessica Sweedler</td>
<td>Chief Development Officer</td>
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<tr>
<td>David Linnell</td>
<td>Chief Program Officer</td>
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<tr>
<td>Patrick B. Schmalz</td>
<td>Chief Financial Officer</td>
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</tbody>
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ADVOCATE FOR MEALS ON WHEELS

The Older Americans Act, signed by President Lyndon Johnson in 1965 and enhanced by President Richard Nixon in 1972, paved the way for public funding for Meals on Wheels. Every year, local and state leaders join us in a collective call to action to preserve this crucial source of government funding for seniors across San Francisco. From the halls of Washington, D.C. to the streets of San Francisco, it is more important than ever to speak up. You can join us by adding your voice to this movement!

CONTACT CONGRESS

Meals on Wheels is powered by people just like you. We need your help to fund and protect the programs that support our seniors. To make your voice heard, take these four simple, yet impactful, steps to contact your member of congress.

CALL  EMAIL  TWEET  POST

Nearly 9 million seniors in America face the threat of hunger. Please protect and increase federal funding for #MealsOnWheels

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