

MEET OUR NEW EXECUTIVE CHEF

Years of experience brought Executive Chef Richard Crocker to the Meals on Wheels San Francisco team, equipped with a new state-of-the-art kitchen, a culinary team of about 55, and decades of restaurant experience.

“I like the experience of sharing good food,” Richard said. I love that you can share something with someone else, and it brings them happiness.”

A California Culinary Academy grad, Chef Richard delighted Bay Area guests for nearly three decades at Boulevard. He also recruited and managed over 100 chefs annually for Meals on Wheels San Francisco’s renowned Star Chefs and Vintners Gala.

In early 2020, Richard joined the Meals on Wheels team as Food Safety and Compliance Manager, and then in July of 2021, became Executive Chef. In this full-time role, he leads a



team that advances the menu offerings regularly, adding new items, phasing out others, all the while remembering to appeal to the cultural diversity that defines the Bay Area.

The team is working on new menu items in The Sangiacomo Flynn Building’s new test kitchen. Coming soon: Hungarian Goulash and some exciting vegan dishes, such as a Moroccan Tagine. Meals on Wheels

Sous Chef, Brett Niebergall is sharing his mom’s Black Bean Soup. In addition, the Chef is bringing a bit of his Boston roots to the menu with the addition of New England Clam Chowder.

The new kitchen, the addition of Richard, and the dedication of the entire culinary team couldn’t come any sooner as the need for quality, home-delivered meals continues to grow.

Read the full story on our blog along with Chef’s crowd-pleasing fried chicken recipe on our website: mowsf.org/executive-chef.

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FROM OUR EXECUTIVE DIRECTOR

Dear Friend,

I hope this letter finds you and your loved ones well as we enter the holiday season and the end of 2021.

Wow, what a year! Who would have ever thought that we would still be talking about and protecting ourselves against COVID nearly two years after it was officially deemed a pandemic in March 2020. As I wrote to you in our last newsletter earlier this year, we continue to hold steadfast to making sure you receive high-quality meals delivered to your door, uninterrupted. And, thanks to generous supporters, partnerships with the City, and corporate and community relationships, we are succeeding! Between June 2020 to October of this year, we've produced and delivered more than 2.8 million meals to you as well as to San Franciscans impacted by the pandemic and in need of meals while they shelter in place.

Some of you may be new to our program having come off of the statewide pandemic emergency food program known as Great Plates Delivered. When this program ended over the summer, it left many older San Franciscans without food options. Our team went into overdrive to answer calls and take on as many qualified people as possible into our home-delivered meals program. Within a month, we brought on 400 people in all, adding to our core senior client-base of approximately 5,200 people.

I had hoped that by now we would have returned to our daily in-person model of meal deliveries and well-being checks. Our drivers enjoy seeing and talking with each of you, making sure you're doing o.k. For now, we still need to take precautions to keep you safe. Fingers crossed we will soon be able to go back to daily deliveries and visits for everyone in 2022!

As many of you may know — late 2020, we opened our brand-new industrial kitchen and food distribution center in the Bayview. The opening of The Sangiacomo Flynn Building has truly been key in our ability to improve our quality of meals and increase our capacity to produce so many meals which many days is nearly 13,000 a day! We could never have accomplished that with our old kitchen. You can read more about our commitment to meal and food quality in our cover story about our Executive Chef, Richard Crocker. We are absolutely thrilled that he is on our team!

We are looking forward to 2022, which for us, includes our mission of helping you thrive independently in your homes and being able to answer the call to prepare and deliver meals for others in need.

Gratefully yours,



Ashley C. McCumber
CEO/Executive Director



OUR IMPACT IN THE COMMUNITY IN 2020-21



5,629

Number of homebound seniors and adults with disabilities served



26,080

Total number of San Franciscans served



2.8 MILLION

Number of meals served including people impacted by COVID-19

OUR MISSION:

Meals on Wheels provides a network of services that allow seniors to live in their homes with dignity and independence for as long as possible.

Contact Meals on Wheels San Francisco:

Office Phone: (415) 920-1111

Fax: (415) 920-2718

Web Site: www.mowsf.org

Email: info@mowsf.org

MARY AND WILLIE

A LIFE OF SERVING OTHERS

Meals on Wheels often gets a glimpse into the lives of the people we serve. Recently Mary — who, along with her husband Willie — runs one of the largest Black newspapers in the U.S., shared their story. See the full story at: mowsf.org/mary-willie.

I met Willie before I met Mary during a phone call.

I started a large daycare center in Alaska and was at a state political convention to ensure the platform advocated for childcare. We were making progress, but every decision had a caveat. “Hold on Mary; we’ll have to check in with Willie on that!”

Willie was influential. He chaired the state’s Human Rights Commission for seven years.

The convention continued, and we finally met...and I met my match. Our first conversation was an argument. We had a lot of talking to do before we understood each other.

I came to realize that Willie could resolve some of the deepest, most profound problems in an entirely peaceful way. So, I just thought, “I can’t think of anything I’d rather do for the rest of my life than give this man a hand.”

Serving others. That’s how our story began.

We moved to San Francisco in 1987 and grew deeply



involved in our community, Bayview–Hunters Point. Noticing injustice, we decided a newspaper would give our neighbors a voice.

Thirty years in, Willie and I keep going, working together to create a voice for those who don’t often have one. Our paper is especially known for giving a platform to prisoners around the country. We share their experiences and work with them as writers.

The support for organizations like Meals on Wheels is more important than ever because it operates right here out of our neighborhood.

We’re in our 80s now. Willie has Alzheimer’s, and I am in treatment for cancer.

Meals on Wheels is an excellent fallback for us and so many people in Bayview–Hunters Point. We now open the freezer up to all kinds of Italian, Mexican, Asian, and many different cuisines engineered to come out of the microwave just perfect. The science and the care that goes into what Meals on Wheels does just blows me away.

We are so grateful that Meals on Wheels gives us a hand so we can continue to speak up for others.

CELEBRATING OLDER AMERICANS

SANDWICH DELIVERIES RESULT IN CHERISHED FRIENDSHIP

This May, Meals on Wheels San Francisco celebrated Older American's Month by encouraging community members to share their experiences. This one was submitted by Bill. Learn more at mowsf.org/MyStory*



Fresh out of high school, I got a job working the 3rd shift at a local gas station in Ohio. One of my daily tasks was to throw away the “old” breakfast sandwiches. They were fine and well within the consumption period after being heated up. But commercially... not sellable anymore.

One day, a kind older man wearing a veteran's ball cap saw me tossing them out. I had seen Mr. Smith* before. He was the grandfather of a friend of mine from high school and had always been pleasant. He asked me what I was doing throwing out perfectly good sandwiches. After a bit of conversation with my manager, I was allowed to take three sandwiches

home each morning: one for myself, one for Mr. Smith, and one for Doc,* his dog.

After that morning, I can only describe what ensued as a wealth of untapped knowledge. I would spend most mornings for the next four years with Mr. Smith, where he would pass on his wisdom to me.

Mr. Smith always had a story to share. Sometimes we laughed, sometimes we shed a tear, sometimes we just sat in silence while he destroyed me in chess. I couldn't talk, I needed to reserve all my cognitive power even to get close to his chess expertise. He was opinionated but also strong, kind, and understanding. The time we

spent together helped shape me into the person I am today.

Sadly, in late 2007, Mr. Smith passed away. I have reflected on my time with him and am truly grateful for this truly wonderful person and our friendship. For the small price of delivering (free) sandwiches to him and his dog each morning, Mr. Smith shared wisdom that I think about every day: It's never too late to get to know people in your community.

Don't let opportunities to meet new people slip by.

**All names changed to protect privacy*

PUMPKIN SEEDS PACK A HEALTHY PUNCH!



Magnesium in pumpkin seeds helps regulate blood pressure and reduce risk of disease.

HEALTHY SENIORS

NUTRITION THE KEY TO
HEALTHY SENIORS

Have you ever wondered how we created the selection of meals and food you receive? Well, it starts with a collaboration between our culinary team and our Nutrition Department.

The Nutrition team consists of Nancy Wong, Director of Nutrition Services, and dietitians Carolyn Kamian and Charles Quintal. Each is a registered dietitian nutritionist, which requires a 4-year degree, an internship, and keeping up on trends by taking continuing education classes.

Check out mowsf.org/nutrition-seniors full bios and more.

They educate folks about the meals they receive, what they eat on their own, how they are doing, and collect feedback. In addition, they

provide counseling for about 2,000 people annually, supporting a wide range of dietary needs, from weight loss to medical conditions.

Behind the scenes, the team develops and sends educational materials and provides dietetic internships for local college students to help them start their careers.

Nancy, Charles, and Carolyn help the culinary team develop a delicious, healthy, and varied menu. The Meals on Wheels menu reflects the diverse tastes and cultures of the San Francisco community. That's where comfort food comes in. Charles adds, "you will see chicken teriyaki, beef curry, jambalaya, and gumbo. You'll see enchiladas and tacos too!"

Carolyn reflected on how one meal made it to the menu. Our former Chef noticed an Armenian cookbook on her desk. As she recalled, he "found a recipe for a layered casserole, with eggplant, zucchini, and potatoes and a tomato and beef sauce. He said, 'oh, I'd like to try to make that for the clients!' So that Armenian Casserole ended up showing up on the menu a few weeks later. That's how it sometimes happens!"

HEALTHY SNACKS

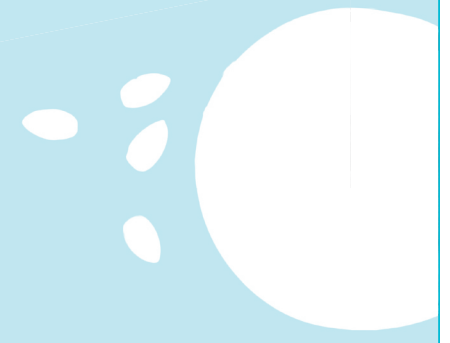
Meals on Wheels San Francisco offers area seniors two healthy meals a day, seven days a week. But it's always a great idea to have some healthy small meals and snacks ready at home. Here are some ideas from the Meals on Wheels San Francisco registered dietitians.

Soft Foods: Easier snacks to chew like Greek yogurt, bananas, and oatmeal.

Munchy Foods: Foods with a satisfying crunch like fresh vegetables (carrots, celery, broccoli, mini bell peppers) and unsalted nuts.

Protein: Essential for your diet. As you age, you lose muscle mass, and protein helps with muscles and immunity. Examples are hard boiled eggs and nut butters (peanut, almond, etc.)

Whole Grains. Choose whole-grain bread, cereals, and grain products for high fiber and vitamin/mineral content.



AROUND MEALS ON WHEELS



ASHLEY McCUMBER RECEIVES MEALS ON WHEELS AMERICA'S HIGHEST HONOR

This year, our CEO and Executive Director of Meals on Wheels San Francisco, Ashley McCumber, was honored with the 2021 Sister Alice Marie Quinn award from Meals on Wheels America. The award, named in memory of Sister Alice Marie, honors a leader that brings spirit and tenacity to Meals on Wheels by advocating to ensure seniors are nourished, not forgotten, and loved. Read more at: mowsf.org/mowa-award

SF HEART

Our hearts are full of joy with the arrival of a beautiful Hearts In San Francisco sculpture! Created by Hunters Point artist, Stephanie Steiner, the sculpture is named: Tales of the City.

BIG thanks to Bank of America for the beautiful gift which is now displayed proudly in our new kitchen and food distribution center in The Sangiacomo Flynn Building in Bayview, and to San Francisco General Hospital Foundation for sharing the joy these sculptures bring!



EMPLOYEE SPOTLIGHT: MAGGIE SHUGERMAN

We are thrilled to welcome our newest team member, Volunteer Coordinator, Maggie Shugerman. Maggie comes to us with a perfect fit of skills and experiences for our small but mighty department. She is an empathic people person — and it shows! She's honed her communication skills working in the retail, food service, and agricultural sectors, and shares our passion for seniors and food security. A Seattle native, Maggie completed her studies in Sociology and Art at the University of San Francisco. While there, Maggie

co-founded USF's Food Recovery Network rescuing surplus food that would otherwise be wasted and distributing it to those in need in the community.

MEALS ON WHEELS SF PREPARES 6,500 THANKSGIVING MEALS

This is the highest number of holiday meals we've produced and delivered in our 51-year history! The menu included: 3,500 pounds of turkey, 3,000 pounds of potatoes, 600 gallons of gravy and 875 pies that were sliced and served up with a smile!



GREETINGS

CLIENT GREETINGS FROM DONORS

Wishing you a happy day!

May this meal warm
you with delight that you
are cared about.

♡ Warm Hugs ♡

Wishing you a happy day!

Please enjoy a meal and
a Hello _____
Wishing you a happy day!

Wishing you a happy day!

_____ you are loved xx

Wishing you a happy day,
and a safe and warm holiday!

You have a friend,
though you don't
know me!

Wishing you a happy day!

May God bless you!
You are not alone.

I wish you
comfort and strength

Hello Fellow Senior,

Wishing you a happy day!

My Pop delivered
Meals On Wheels in
Los Angeles for 25 years -
he's gone now - but I
think of him and all
the kind folks he
delivered to. Take care.

I hope you have a
Beautiful day - I understand
stand because I am a
Senior also

Wishing you a happy day!

Wishing you there!!

Wishing you a happy day!

Hope Thanksgiving is
a good day. Stay healthy.

Our thoughts are with
you throughout the year!

Wishing you a happy day!

Wishing you a happy day!

Hope you are well!!



Wishing you a happy day!

Enjoy the meal
& Stay safe !!!

MAY WE ALL HELP FASHION
A BETTER NORMAL OUT OF THIS
TROUBLING TIME.

Wishing you a happy day!

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NOURISHING THE WHOLE PERSON
mowsf.org

Read Willie's
story inside
this edition
of *Nourish*

LEAVE A LEGACY

Did you know you can include Meals on Wheels San Francisco in your will? The legacy gift you leave us today, can help ensure no seniors go hungry or are forgotten tomorrow.

Call us for more details.
(415) 343-1269.