

FALL 2019

A NEWSLETTER FOR CLIENTS OF MEALS ON WHEELS SAN FRANCISCO

## MEALS ON WHEELS BRINGS MEALS AND MORE TO SENIOR DEDICATED TO HELPING OTHERS

At 75 years young, Maxine has accomplished quite a bit. The widowed mother of one daughter, devoted grandmother of five, and great grandmother of seven, has dedicated her life to making a difference for others who are at-risk and in need of help.

In 1959, she moved from Milwaukee, Wisconsin to San Francisco and landed a job at Wells Fargo while she was attending City College. After graduating, she attended San Francisco State University, earning a degree in Child and Youth Care Administration from Nova University, and she earned an MBA and Doctor of Philosophy degree from Northfield University.

In 1993, she opened the Hickman Home Foster Family Agency right out of her own, three-story home in the Richmond with the focus of matching prospective foster parents to youth aged 12 to 18 in the program. Maxine continues to be



involved in the business today and says she doesn't consider helping people in need work at all.

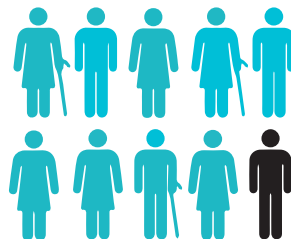
In 2014, the same year that her husband passed away, Maxine began struggling with severe arthritis, and other health issues. The arthritis

was so bad she could not stand for long periods of time. Maxine countered this with her own philosophy:

"We have to make choices as to how we deal with things that happen to us. I could stay home and do nothing because of the pain knowing that it's going to get worse. But, if I stay active and I tell myself it's not that bad; I can keep moving, keep going."

With no family to turn to nearby, Maxine realized needed help. A friend who was also a Meals on Wheels recipient suggested she call and apply for services.

### DID YOU KNOW?



**9 OUT OF 10**  
say Meals on Wheels helps  
them live independently

"Meals on Wheels is a good check; it gets family off my case because someone is knocking on my door. You never know what's going to happen. And I don't have one of those things [life alerts] that you wear around your neck but [with Meals on Wheels] I just feel safe knowing that someone is going to check on me."

## FROM OUR EXECUTIVE DIRECTOR

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Dear Friend,

I recently had the pleasure of meeting Hadley Hall over lunch at his home. Hadley was involved in shaping Meals on Wheels San Francisco during its founding in the early 60s while he led an organization called the San Francisco Home Health Service which provided administrative support for MOWSF in its early days.

Back then, MOWSF was run by the women's auxiliary who prepared meals and delivered food to their elderly relatives, friends, and neighbors that needed help. At the time, they were able to deliver meals to 100 older adults living in San Francisco. They knew, however, that the need in the city was much greater, estimating at least 1,000 seniors in need of similar services.

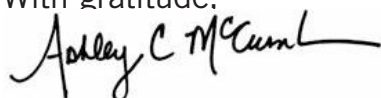
In 1968, MOWSF became incorporated. That was a pivotal year as Hadley explained, because they began planning MOWSF's future, figuring out what older people really needed to live independently. No idea was too big or too small — the sky was the limit. Together with the gay-rights activist and founding director of MOWSF, Dorrwin Jones, the group realized that the people they were seeing and delivering meals to needed more. They needed transportation to a doctor's appointment. Others needed help with home repairs. All needed someone to check in on them from time-to-time.

For the next few decades, MOWSF focused on providing meals and wellness services to as many older adults with needs as humanly possible.

And that's where we are today — fine-tuning how we can best help older people live and thrive. While our focus this year has been the nourishment and well-being of nearly 5,000 homebound seniors, we're also planning for the future just like our founders did some 50+ years ago. We're building a state-of-the-art kitchen that will allow us to improve the quality of our meals and serve more seniors in need. We're also planning with our partners on how we can better help older citizens age in place with dignity and independence.

As we enter into our 50th year of serving the community, I want to thank you for allowing us into your homes and into your lives. Together, we are building MOWSF to nourish our community for decades to come.

With gratitude.



Ashley C. McCumber  
CEO/Executive Director



### 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.

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### Contact Meals on Wheels San Francisco:

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(415) 920-1111

**Fax:**  
(415) 920-2718

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ESSIE WEBB

## BAYVIEW CENTENARIAN TURNS 102

One of the most iconic visuals on the Bayview Hunters Point skyline is “Bayview Rise,” a mural that adorns a grain elevator and silos located at the port of San Francisco’s Pier 92.

At 187-feet tall, the mural’s colorful imagery of native cherry plants, shorebirds, and balloons are meant to reflect the Bayview neighborhood’s changing economy, ecology, and community and are a nod to a quote by community activist and Meals on Wheels recipient, Essie Webb. Essie likened Hunters Point to “a balloon waiting to be re-inflated.” The mural was installed in



2014 and continues to be a fixture in the ever-growing neighborhood.

At 101, Essie says the secret to living a long life is to “love others.” The Arkansas native came to San Francisco and the tight-knit Bayview neighborhood in 1944 when she was 25, following her husband, Oscar, who landed a job in the nearby shipyard. Essie raised five children and after they were grown, adopted and raised three boys. In addition to her full-time job as a parent, she was highly involved in her community. She worked for the Economic Opportunity Council as an intake/referral manager, an organization with the mission to provide food to mothers with children living in the city, and who were in need of help with paying their bills.

In the early 2000s, Essie was appointed by the late SF Mayor, Joseph Alioto, as a Commissioner to the Relocation Appeals Board for the Redevelopment Agency, and served in that role until a few years ago. She was also active with the San Francisco Unified School District.

In 2018, Essie could no longer cook meals for herself in her home due to health reasons. Her daughter, Pat, who lives nearby, helped Essie apply for Meals on Wheels and since then, Essie has been able to maintain her health and remain involved in her community that she’s known and loved for the past 75 years.

In November, Essie will turn 102.

Read more stories at [mowsf.org/blog](http://mowsf.org/blog)

### DID YOU KNOW?

The United States has the most centenarians, with an estimated number of about 80,000.

Source: American Society on Aging



**NUTRITION**

**RETHINK YOUR DRINK!**



Soda



Coffee



Energy Drink



Water



Milk



Juice

The Rethink Your Drink Campaign is an evidence-based educational campaign designed to inform all of us about the relationship between sugar-sweetened beverage consumption and increases in rates of overweight and obesity.

**Every system in your body depends on water. It helps kidneys flush toxins from your body, carries nutrients to your cells, and aids in many other important functions.**

Sugar-sweetened beverages are drinks that are sweetened with any added sugars. Naturally occurring sugars such as those in 100% juice (daily limit 4 oz.) or plain milk are not sugar-sweetened beverages.

Example of sugar-sweetened beverages: regular soda (not sugar-free), smoothies, energy drinks, sport drinks, vitamin water and coffee or tea with added sugar.

Other forms of sugar:	Long-term impact of sugar sweetened beverages
<ul style="list-style-type: none"> <li>➤ High fructose corn syrup</li> <li>➤ Honey</li> <li>➤ Malt syrup</li> <li>➤ Molasses</li> <li>➤ Raw sugar</li> <li>➤ Sucrose</li> <li>➤ Brown sugar</li> <li>➤ Dextrose</li> </ul>	<ul style="list-style-type: none"> <li>• Tooth decay</li> <li>• Alzheimer’s disease</li> <li>• Heart disease</li> <li>• Type 2 diabetes</li> <li>• Metabolic syndrome</li> <li>• Gout</li> </ul>



**THE TAKEAWAY:**

1. **Eat your fruit — don’t drink your fruit.** The benefits of eating your fruit include increasing your fiber (which slows sugar entering into your blood stream) and an increase in vitamins and minerals
2. **Stick to the maximum daily consumption limit for added sugar.**  
 9 tsps for men  
 6 tsps for women & children

# NUTRIENTS THAT MAY BE LACKING IN YOUR DIET

Healthy eating is important for everyone, but even more so for older adults. Dietary intake and nutrient absorption decline in older adults, which has been linked to reduced physical and mental function, and increased risk of disability.

Here are just a few of the important nutrients older adults should consider increasing in their diets.

Vitamin D	Magnesium	Potassium
<p><b>“Sunshine Vitamin”</b></p> <ol style="list-style-type: none"> <li>Helps absorb calcium and phosphorus</li> <li>For healthy bones and teeth</li> <li>May improve muscle function</li> <li>Contributes to overall health</li> <li>The immune system needs Vitamin D to fight off invading pathogens</li> </ol> <p>Your body produces Vitamin D naturally when exposed to sunlight. Fair-skinned people might get enough in 5–10 minutes on a sunny day, a few times a week. However, cloudy days, the low light of winter, and the use of sun block all interfere. Older people and those with darker skin tones don’t make as much from sun exposure.</p> <p><b>Other sources:</b>                      Salmon, Swordfish or Mackerel    3 oz. = 20 ug                      Fortified Cereal: 1 C = 1 ug                      Fortified Milk: 1 C = 3 ug</p> <p><b>How much Vitamin D do you need?</b>                      31 to 70-year-old  <i>Male: 15 ug/day</i>  <i>Female: 15 ug/day</i>                      Above 70-year-old  <i>Male: 20 ug/day</i>  <i>Female: 20 ug/day</i></p> 	<p>Magnesium can help reduce symptoms of conditions such as chronic pain, fatigue and insomnia. It helps regulate other nutrients that affect blood pressure.</p> <p><b>Sources:</b>                      An easy way to remember foods that are good magnesium sources is to think fiber. Foods that are high in fiber are generally high in magnesium.</p> <p>Dietary sources of magnesium include legumes, whole grains, vegetables (especially broccoli, squash, and green leafy vegetables), seeds, and nuts (especially almond). Other sources include dairy products, meats, chocolate, and coffee.</p> <p><b>How much magnesium do you need?</b>  <i>Male adults:</i>                      31 to &gt;70-year-old = 420 mg/day  <i>Female adults:</i>                      31 to &gt;70-year-old = 320 mg/day</p> 	<p><b>Responsible for normal:</b></p> <ul style="list-style-type: none"> <li>Balance and distribution of fluids throughout the body</li> <li>Muscle contraction and relaxation</li> <li>Nerve transmission and function</li> <li>Important in regulation of heartbeat</li> </ul> <p><b>Good dietary sources:</b></p> <ul style="list-style-type: none"> <li>Apricot</li> <li>Brussels sprout</li> <li>Banana</li> <li>Honeydew</li> <li>Nectarine</li> <li>Orange juice</li> <li>Potatoes</li> <li>Pumpkin</li> <li>Prunes</li> <li>Spinach</li> <li>Sweet potatoes</li> <li>Whole grains</li> </ul> <p><b>How much potassium do you need?</b>  <i>The adequate intake for adults 31 to &gt;70 years old is about 4700 mg per day.</i></p> <p>If you are suffering from <b>kidney disease</b>, you need a lower level of potassium intake. Consult your doctor or dietitian for your requirement.</p>

## STAFF UPDATE

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### MEET CAROLYN AND ISAAC — TWO NEW MEMBERS OF MOWSF

We are proud to introduce you to two of our newest staff members, Carolyn Kamian and Isaac Ramos. We recently sat down with them and asked them: What brought you to Meals on Wheels, and what is your biggest joy in your job.

#### **Carolyn Kamian — Registered Dietitian, RDN**



During my undergraduate education at UC Davis, I volunteered at Meals on Wheels in Davis assembling meal trays in the kitchen. I enjoyed the collaboration with other volunteers and serving meals to seniors at the congregate meal site. I kept this organization in mind as a place I would consider working for in the future.

As a dietitian, I assess the nutrition status of approximately one third of our clients using information from the social workers and contact them via phone or mail to provide nutrition counseling. We speak with clients regarding menu questions or food quality concerns.

I enjoy working in a positive work environment where we work as a team to help others. Everyone here is very compassionate and committed to helping the senior population of San Francisco, and it has been inspiring to see the impact MOWSF has on the community.

#### **Isaac Ramos — Social Worker (Supervisor)**



Prior to Meals on Wheels, I had been working for the past decade in the field of homeless services where I ran educational programs for homeless youth in the Bronx, New York, and housing homeless veterans and homeless individuals on probation in Alameda County.

I was born and raised in San Francisco. Besides being able to connect clients with community resources, my biggest joy about the work is meeting with elders in the community I grew up in and listening to stories about their lives, openly receiving the knowledge and wisdom that comes with age. When I complete home visits and meet with clients who are in their 90's, I often ask them what their secret is to living a long and healthy life. So far, the overwhelming responses I've heard are eating hot peppers and a strong commitment to faith and spirituality.

## CALFRESH FOOD BENEFITS

**SSI RECIPIENTS CAN NOW APPLY FOR FOOD BENEFITS**

If you get Supplemental Security Income (SSI), you could get up to \$192 every month in food assistance.

Apply at: <https://www.getcalfresh.org/en/apply>

**Will my SSI payments change?**

No, there will be no change in payments from the Social Security Administration.

**How much will I get?**

A county worker will determine your exact benefit amount by looking at your income and comparing it to your expenses. The more you can prove in expenses, like rent or medical expenses, the higher your benefit amount will be.

**What if I live with other people already on CalFresh?**

If you live and buy food with people who already get CalFresh, you can be added to the CalFresh household at the next reporting date. If you want to be added sooner, contact your county in June.

**How can I apply by phone?**

Call Meals on Wheels SF at 415-920-1111. Ask to speak to a social worker who can assist you with an application. You can also call the SF-Marine Food Bank for help at 415-594-7021.

**Where can I get a paper application?**

Contact your county office through the CalFresh food information line at 1-877-847-3663 (FOOD) to find out how to apply on paper.

**Where can I apply in person?**

Apply at the DAAS Benefits and Resource Hub located at:  
2 Gough Street  
San Francisco, CA 94103  
Mon - Fri 8AM to 5PM  
415-355-6700

**In addition to SSI, I also get social security retirement benefits or SSDI (Social Security Disability), can I still apply?**

Yes, if you get any amount of SSI you can now apply for CalFresh food benefits, even if you get other income from the Social Security Administration.



### Planned Giving

Remember Meals on Wheels in your legacy planning through:

- A will or trust
- Retirement plans, insurance policies, and bank investment accounts
- Charitable gift annuities & charitable remainder trusts

To make a legacy gift, call (415) 343-1267

### NOURISHING THE WHOLE PERSON

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



### CENTENARIAN SENIOR SALUTE!

At 101, Essie says the secret to living a long life is to “love others.” The Arkansas native came to San Francisco and the tight-knit Bayview neighborhood in 1944 when she was 25, following her husband, Oscar, who landed a job in the nearby shipyard. Read her story inside this edition of Nourish and learn how she was an inspiration for an iconic art installation in Bayview Hunters Point.