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FRIENDLY SOCIAL CALL

Our Friendly Social Call program connects seniors with a friendly volunteer that checks in and provides conversation and companionship over the phone. Volunteers and seniors are carefully matched by common interests and hobbies. Calls are typically once a week and can last 30 minutes to an hour.

GROCERY SHOPPER

Are you having difficulty getting to a store to purchase food or household items? We have volunteers that can assist you with your weekly shopping. Volunteers will shop for items on your list and drop them off at your door where they will provide a receipt and you can reimburse them. Volunteers are trained to follow COVID safety protocols when dropping off your groceries.

Call 415-920-1111 to learn more about these programs and how you can be matched with a volunteer.

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NOURISH



SPRING 2021

A NEWSLETTER FOR CLIENTS OF MEALS ON WHEELS SAN FRANCISCO

KALEO — WHAT A MAN, WHAT A VOICE!

At an early age, Kaleo, who receives Meals on Wheels, became fascinated with Hawaiian culture, even though he was not Hawaiian. He knew in his heart that he was a showman, so throwing caution to the wind (and setting aside a career in accounting), the San Francisco native began to study Polynesian dancing with a goal to one day become a Kuma Hula.

His passion and training in the art would bring him much joy for many years as an entertainment manager for a major hotel on the island of Guam where he worked with 35 performers while managing, teaching, and designing



costumes and numbers. He became so famous, in fact, at the beginning of every performance, the announcer would introduce

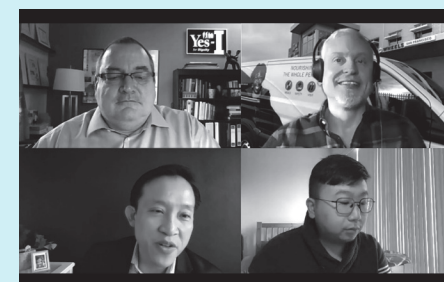
him by saying: “Kaleo, what a man, what a voice!”

Then, in 2011, Kaleo started feeling pain in his right leg and an MRI revealed a spinal cord injury. An unsuccessful surgery resulted in Kaleo becoming a paraplegic — permanently wheelchair-bound and changing his life forever.

Despite the challenges he faces today, he has come to terms with his strengths and weaknesses thanks to the support he receives from family, friends, and Meals on Wheels.

You can read his full story on our website at: <https://www.mowsf.org/kaleo-what-man-what-voice>

MARCH FOR MEALS IS A CELEBRATION OF YOU!



CA State Assemblymember David Chiu, bottom left corner, speaks with MOWSF over Zoom during March for Meals.

For the past 19 years, Meals on Wheels programs, including ours, celebrate March for Meals in honor of the passage of the Older Americans Act which paved the way for funding for senior nutrition programs. During this monthlong event, we normally get together with elected officials and community leaders in person and with you for meal deliveries and visits to say “hello and how are you doing.” But, due to COVID concerns, this year we moved our visits with leaders to virtual video calls to talk about the growing need for senior nutrition programs in the City. We look forward to in-person visits for the next year’s event. Read more at: <https://www.mowsf.org/march4meals>

FROM OUR EXECUTIVE DIRECTOR

A Year After the Pandemic

In our world of providing nourishing home-delivered meals to those in need, the pandemic has certainly taught us one very important lesson: there are many more people living on the margins in San Francisco than we could have ever imagined. **Last year we delivered home delivered meals and groceries to 3x the number of people in need compared to 2019. This is the largest influx of need in one year that we've seen in our 50-year history.**

Our home-delivered meals program, of which you're probably most familiar with, saw an extra **1,000 older adults** over the previous year for a **total of 5,226 people**. In addition to serving our older adult community, during the summer, we partnered with San Francisco's COVID Command Center to operate and administer the Isolation and Quarantine Food Helpline. We, in effect, became the source for San Franciscans impacted by COVID-19 to turn to, no matter what age, for food when they needed to isolate and quarantine and could not go out to get meals or groceries for themselves or for their families.

In all, during the year, we produced and delivered 2.4 million meals to the doorsteps of more than 16,000 people of all ages who were in need of food. And the work continues today!

In November, we officially opened The Sangiacomo Flynn Building, home to the Teri and Andy Goodman Nourishing Kitchen. This **new industrial kitchen and food distribution center** in Bayview will have the capability

of producing **up to 30,000 meals a day**. You may recall that our old kitchen was stretched producing 8,000 meals daily. During the pandemic, we stretched it like a rubber band even further to 10,000 meals daily. Needless to say, we are thrilled the new kitchen is now opened and that we don't have to worry if we'll be able to produce the sheer volume of meals needed — our new kitchen, with its special restaurant grade equipment, is built to last for many decades to come! During Thanksgiving week, many of you received fresh turkey and ham meals made by staff in that kitchen, and packaged in festive boxes. I'm also happy to announce that our capital campaign to raise money for this new kitchen is officially completed thanks to some very generous end-of-year gifts.

We are beginning to see the light at the end of the pandemic tunnel and that means we are also thinking ahead about the services and needs many of you have. We are looking forward, as you are I'm sure, to resuming daily meal deliveries and in-person visits. We're not there yet, but we look forward to the day when we can again greet you at your door with a smile and a "how are you doing" while delivering freshly made meals to you.

Gratefully yours,



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.

Contact Meals on Wheels
San Francisco:

Office Phone: (415) 920-1111
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Web Site: www.mowsf.org
Email: info@mowsf.org

AROUND MEALS ON WHEELS

MEET NEW FACES



Isabel is our Sr. Manager of Home-Delivered Meals Client Waitlist & Communications. Prior to MOWSF, Isabel spent eight years providing support for residents of San Francisco in positions with the American Red Cross and the San Francisco-Marin Food Bank. She has a BA in Criminology and Criminal Justice and a Masters in International Law. Isabel has lived in six countries and three continents and speaks Spanish fluently as well as intermediate German and French. Some of her hobbies include running, hiking, traveling, and cooking.



Nancy is our new Director of Nutrition. Nancy recently comes to us from Fairmont Rehab and Wellness Center of San Leandro where she worked as the Sr. Director of Food and Nutrition Services. Her family consists of her partner, Stacy, two dogs, Keelan and Zoe, and a cat named Venus. She and her partner love to cook and experiment with food. When Nancy is not cleaning up after Zoe the puppy, she likes to kayak and hike in her spare time.



Tanya is our HDM Safety Board Lead. She is responsible for making sure you're contacted should you miss a meal delivery and she supports drivers in the delivery process. For the past year, she has been our Pantry Lead where she led a team in our kitchen; has done product ordering, pulls and submissions, and has been responsible for training new staff. Tanya speaks English and Spanish fluently, is passionate about our mission, and enjoys interacting with clients and supporting her colleagues. When she is not working, Tanya enjoys dancing, listening to music, and photography.

AROUND MEALS ON WHEELS

MEET NEW FACES



Prior to joining the MOWSF Human Resource team as a HRIS Administrator, **Angelina** worked as an Operations Manager for The Service Companies. She believes in helping the people of the community obtain jobs that can help them to better afford the rising cost of living in the San Francisco Bay Area. Angelina began working with non-profits as a volunteer for Under One Roof in San Francisco's Castro District when she was in 7th grade. Her family has deep ties to the Eureka Valley and Castro neighborhoods, which fueled her desire to choose an empowering HIV/AIDS organization to volunteer with. In her free time, Angelina enjoys spending time with her elderly grandfather, traveling, and helping animals in need.



Bella is a Client Support Specialist for the Home-Delivered Meals (HDM) program. This is a new role that focuses on the day-to-day management of our client files within our database and will provide additional support as needed including direct client support over the phones, and back-up for client intake and the safety board. Previously, Bella was an Intern at MOWSF and assisted both the volunteer and social work departments. She recently graduated with a B.A. in Criminology, Law and Society as well as a B.A. in Psychological Sciences. When Bella isn't studying, you will find her reading or playing video games with her younger brother online.



Charles is a recent addition to our Nutrition department. He graduated from California State University, Fresno with a B.S. in Food and Nutritional Science and has just successfully completed his dietetic internship at San Francisco State University. Charles has a broad experience in food service having worked at a retirement community and at Fresno Community Regional Medical Center. Oreos and white chocolate are his guilty pleasure.

SHELTERING IN SPACE

SHELTERING IN PLACE AS AN OLDER ADULT

Sheltering-in-place during a global pandemic can be challenging for anyone, but it is particularly hard for older adults with limited mobility and resources.

Leia likes to start her day early. Like, 5:00 am early. The 65-year-old Meals on Wheels recipient laces up her shoes, dons a jacket, and with the assistance of a walker, takes her early morning stroll around the block by 6:00 am. There are fewer people to contend with at that hour of the morning and, even more critical, less chance of encountering someone who may have COVID-19.

Nearly 20 years ago, Leia suffered a debilitating accident — a fall that injured her spine and left her paralyzed for three years, unable to walk. After many years of physical therapy, she walks slowly and uses a cane or sometimes a walker. She must keep her physical therapy up, but she also must weigh the risks of being outside and coming into contact with the disease that, worldwide, has taken the lives of more than 2.3 million people — 553,000 right here in the U.S. to date.

Leia, an IT security professional for some of the country's biggest firms prior to her accident in 2000, says she has been handling shelter-in-place as best as possible.



Leia has always been pretty tech-savvy and “connected,” so she has been communicating with a few people online. She says she’s seen some elders a little apprehensive of technology, but “we’re all being thrown into it” mostly by necessity, whether it be for work or to connect in some way with family and friends personally.

Even though she is connected online, Leia says she still feels alone. While a driver doesn’t come into her apartment anymore to store the meals in her refrigerator or chat with her, part of pandemic safety protocols, he, instead, leaves the meals at her door, knocks, steps back down the long hallway and waits for her to open her door. They talk briefly from a distance.

“It’s not very easy for us to get around if we’re disabled or for elders, who also have

some problems getting around,” Leia explains. “And if we are disabled or older, it’s probably smart to protect our immune systems a little bit more and do that shelter in place. That is what’s great about Meals on Wheels, your essential workers deliver meals in their PPE, making sure our nutritional needs are taken care of.”

Leia’s eyes brighten as she hears news that we’re opening a bigger kitchen.

“I am excited about the new kitchen for Meals on Wheels because it’s going to make wonderful nutritious food, accessible to more people like myself, and those of us who are isolated and need the proper nutrition. I’m sure it’s saving lives. It’s not hyperbole to say that good nutrition during this pandemic is saving lives.”

VITAMIN D-RICH DIET

VITAMIN D-RICH DIET FOR THE ELDERLY

by Nancy Wong, MS, RD

Why is vitamin D important?

Vitamin D plays a major role in having healthy and strong bones by helping the body absorb Calcium. Vitamin D is also important in having strong muscles. Studies show that vitamin D deficiency is associated with muscle weakness and the most common muscles this effects is the weight bearing muscles of the legs that are used for postural balance and walking. As a result, this puts elderly people at risk for falls and

fractures. Adequate vitamin D intake can improve muscle strength, walking distance, body sway, and performance of activities of daily living.

Why are the elderly at risk for Vitamin D deficiency?

One of the causes for vitamin D deficiency in the elderly is related to the decrease in the skin's ability to convert vitamin D from sunlight to the form that can be absorbed by the body. Even in healthy aging people there is a natural reduction

in muscle mass and strength. Therefore, adequate vitamin D intake from food is essential for seniors for the preservation of muscle strength and function. For the elderly over the age of 70, the RDA (Recommended Dietary Allowances) is 800 IU. Vitamin D is most often found in the flesh of fatty fish, such as salmon, tuna, and mackerel, and milk fortified with vitamin D (proving approximately 100 IU per cup) and in fish liver oil. See below chart for sources of vitamin D in food.

Food	IU Per Serving
Cod Liver Oil, 1 tablespoon	1,360
Salmon (Sockeye), cooked, 3 ounces	794
Mackerel, cooked, 3 ounces	388
Tuna, canned in water, drained, 3 ounces	154
Milk, vitamin D-fortified, 1 cup, 8 ounces	115-124
Orange Juice, vitamin D-fortified with vitamin D, 1 cup, 8 ounces (Check product label, as amount of vitamin D added may vary)	100
Yogurt, fortified with 20% of the DV* for vitamin D, 6 ounces (Some yogurts may be fortified with more vitamin D)	80
Margarine, fortified, 1 tablespoon (Check product label)	60
Sardines, canned in oil, drained, 2 sardines	46
Liver, beef, cooked, 3.5 ounces	46
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 2/3 – 1 cup (Some cereals may be fortified with more vitamin D)	40
Eggs, 1 whole (vitamin D found in yolk)	25
Cheese, Swiss, 1 ounce	6

*DV = Daily Value- DVs were developed by the USDA to help consumers compare nutrients contents among products within the context of a total daily diet. Food labels are not required to list vitamin D content unless a food product has been fortified with this nutrient.
Reference: <http://ods.od.nih.gov/factsheets/vitamind/>; Jansen, H. CJP, Samson, M. M, Verharr, H. JJ. Vitamin D deficiency, muscle function, and falls in elderly people. Am J Clin Nutr 2002; 75:611-5; Venning, G. Recent developments in vitamin D deficiency and muscle weakness among elderly people. BMJ 2005; 330:524-6.

STAY STRONG WITH CALCIUM

STAY STRONG WITH CALCIUM by Charles Quintal

Did you know that calcium is the most abundant mineral in our body? Our bodies use calcium to build and maintain strong bones and teeth. By eating high-calcium foods and doing weight-bearing exercise regularly, we can help slow bone loss as we age. Bone loss can

lead to osteoporosis, a disorder characterized by porous and fragile bones. Osteoporosis is most often associated with fractures of the hip, vertebrae, wrist, pelvis, ribs, and other bones. In addition to bone health, calcium plays a role in blood clotting and keeps

muscles and nerves working properly. It may help prevent high blood pressure too. Older adults need more calcium because bones lose calcium as we age. After age 50, healthy adults should get 1,200 mg calcium per day.

Calcium Per Serving	Foods
300 mg	<ul style="list-style-type: none">• 1 cup milk (fat free, low fat, chocolate, and buttermilk)• 1 cup nonfat or low-fat yogurt• 1 cup calcium-fortified soy milk or rice milk• 1 cup calcium-fortified orange juice• 1½ oz. low-fat natural cheese (such as cheddar, mozzarella, or Swiss)• 2 oz. processed cheese (such as American)• 1 cup ready-to-eat pudding• 1 cup macaroni and cheese
200 mg	<ul style="list-style-type: none">• 3 oz canned salmon (with soft bones)• 3 oz. sardines (with soft bones)• 1 cup calcium-fortified cereal• 1 oz. feta cheese
150 mg	<ul style="list-style-type: none">• 1 cup cottage cheese• ½ cup tofu (made with calcium)• 1 slice calcium-fortified bread
100 mg	<ul style="list-style-type: none">• ½ cup frozen yogurt or ice cream• ¼ cup almonds• ½ cup cooked greens (beet greens, turnip greens, kale, collards, spinach)• 1 English muffin• ½ cup soybeans
50 mg	<ul style="list-style-type: none">• 1 medium orange• ½ cup cooked broccoli• ½ cup canned white beans• 1 medium baked sweet potato

Tips for adding more calcium rich foods to your diet

- Meals on Wheels Enriched Beverage Mix contains 25% (250 mg) of Calcium
- Make oatmeal with milk instead of water.
- Make a vegetable dip by blending plain low-fat or fat-free yogurt with herbs.
- Toss pasta and vegetables with a sauce made with ricotta cheese, low-fat milk, and fresh herbs.

How about vegan or vegetarian?

- Calcium-fortified cereal
- Calcium-fortified juice
- Dark leafy greens like kale, collard greens, and turnip greens
- Dried beans
- Soy products such as tofu (calcium-fortified) or soy milk

1. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/#en87>. Accessed January 25, 2021.
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3. Nutrition Care Manual. <https://www.nutritioncaremanual.org/>. Accessed January 18, 2021.
4. Fruit Flavored Beverage Mix: 5 x 5 Sugar-Aspartame Beverage Mix. <http://www.bernardfoods.com/foodservice/beverages/fruitflavoredbeveragemix5x5sugaraspbvmix.htm>. Accessed January 18, 2021.