

NOURISH NEWS

NOURISHING THE WHOLE PERSON

SPRING/SUMMER 2022



HURRICANE SURVIVOR KEEPS HER FAITH

It wasn't that long ago. **Hurricane Ida** hit New Orleans on August 29, 2021. It was the second most damaging hurricane to hit the state of New Orleans. **Ida changed Rosemary's life forever.**

She lost everything — her home, her belongings, even her treasured collection of hats she wore to Sunday church services. Now, only memories remain. Memories and her faith.

"Hurricane Ida took the roof off the house and put it in the highway," she reflected.

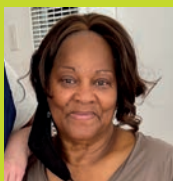
After a month's extended stay in the hospital, she permanently relocated across country to San Francisco to be closer to her grandchild and other family members.

Rosemary was in a new city, without her church family, and was unsure where her next meal was coming from. The biblical story of Job came to mind. "Job lost

everything he had," she said. **She knew this too was a challenge she had to face.**

"I was hurried. I was grieved. I was upset."

Rosemary relies on her deep and abiding faith to get her through difficult times. Food was an immediate concern as she settled into her new life and into an apartment in San Francisco's **Bayview neighborhood**. She is unable to stand for long, so shopping and preparing meals is difficult.



Scan to watch our video on how your support makes a difference for seniors like Rosemary.

A relative's Google search helped her find Meals on Wheels San Francisco, and she was quickly set up with **home-delivered meals.**

She says her favorite meals are "everything that comes with chicken. I like that!" She also loves the cheddar potato soup and all vegetables.

As for her delivery driver, "He is sweet. Kind as he can be."

Rosemary misses her church family and is starting to get to know people at a local church not far from her home. In the meantime, she continues reading her Bible and calls members of her church in New Orleans on occasion. "My telephone is set for prayer hour three times a day.

"My church is my life."

Read more stories at MOWSF.org/blog

OUR IMPACT IN 2021

OUR IMPACT IN 2021 THANKS TO YOUR SUPPORT

During the pandemic, we provided millions of meals to homebound seniors, ensuring no one missed a meal or was forgotten. This life-saving work would not have been possible without your continued support.

Thank you!



IMAGINE IF YOU HAD NO ONE.

That is the reality for thousands of older San Franciscans who may see no other person during the day other than their Meals on Wheels driver.



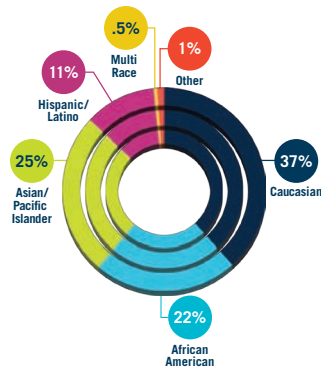
prepared and delivered to homes in 2021



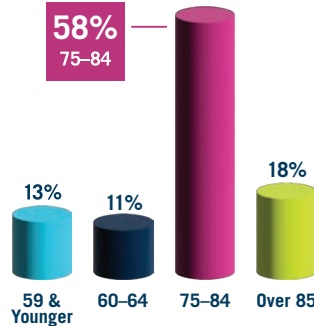
Home-delivered meals request from seniors aged 60+ increased 25% during the first two years of the pandemic.

WHO DO WE SERVE?

ETHNICITY



AGE



67% of our seniors LIVE ALONE

72% of seniors on our program LIVE BELOW the nationwide poverty level



TOTAL NUMBER OF PEOPLE SERVED IN 2021 | 18,314

12,977

Number of San Franciscans of all ages impacted by COVID who received Meals on Wheels

5,337

Number of San Franciscans aged 60+ who received home-delivered meals, groceries, and other services from Meals on Wheels



OUR MISSION: To provide a network of services that allow seniors to live in their homes with dignity and independence for as long as safely possible.

SERVING THOSE IN NEED

HOW WE'RE SERVING THOSE IN NEED

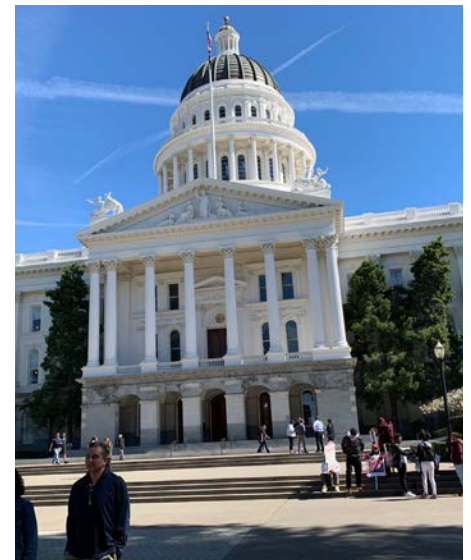
While our resources were tested in year two of the pandemic in 2021, our staff and volunteers remained resilient pivoting to the ever-changing landscape the pandemic threw our way. For example, when the statewide, federally funded emergency meals assistance program known as **Great Plates Delivered** ended in July of 2021, approximately **400 older San Franciscans** were suddenly without the meals they had relied upon throughout the crisis. Meals on Wheels was there for them and ensured they all received meals within days of the program ending. Today, almost all continue receiving meals, nutrition counseling and our social work services.



We are proud of our advocacy work on behalf of older adults across the state. During 2021, **Meals on Wheels California**, chaired by Meals on Wheels San Francisco CEO and Executive Director, Ashley C. McCumber, faithfully worked to secure an additional \$75 million for senior nutrition programs in the 2022 state budget. This increased funding improves food security for seniors across California.



While we continued to serve some of San Francisco's most vulnerable populations, we also made it a priority to curate **70 new entrees**, expanding upon our existing menu's variety. Our new industrial kitchen, which we opened in November 2020, allows us the capacity to maximize the quality and variety of our menu offerings to include ethnically diverse dishes that best match the tastes of the diverse populations and communities we serve in San Francisco. Additionally, we will advance our wraparound services to decrease isolation, improve nutrition and health outcomes for our clients, and ensure Meals on Wheels seniors are safe and not forgotten.



HOW OLDER SAN FRANCISCANS COMPARE TO MEALS ON WHEELS RECIPIENTS

DID YOU KNOW? **30%** of San Franciscans aged 60 and older live alone, according to SF Human Services Agency. Approximately **67%** of seniors who receive Meals on Wheels live alone.

DID YOU KNOW? **14%** of San Franciscans aged 60 and older live below the federal poverty level which is \$1,200 a month, according to SF Human Services Agency. Approximately **72%** of Meals on Wheels seniors in San Francisco live on less than \$40 a day for all their expenses.

THE PEOPLE BEHIND MEALS ON WHEELS

WHO ARE THE PEOPLE BEHIND MEALS ON WHEELS?

Meals on Wheels San Francisco has been providing meals and services to seniors for more than five decades. The “secret sauce” to our success lies within our people.



Cooking Meals with Heart

Meals on Wheels’ sous chef, Brett Niebergall brings a bit of his southwestern roots to his cooking. The Texas native grew up on a large ranch and has always been very connected to where his food came from. The family farm included a large vegetable garden and farm animals, and the idea of using processed foods was highly frowned upon.

“My cooking at Meals on Wheels has always reflected where I came from and been influenced by my childhood growing up on the ranch. Every morning I come to Meals on Wheels, I ask my team to remember to put their hearts into their work of preparing meals for others who may not have someone to share a meal with.”

— **Brett Niebergall**, Meals on Wheels Chef since 2020



The Voice Behind the Phone

For the past 22 years, thousands of our meals recipients have spoken with Harvi Brantley, the friendly Meals on Wheels voice on the phone who answers their questions about services or their meal delivery, or if they simply want to talk to someone. Harvi does it all with a smile.

“Sometimes, listening and offering a few words can make someone’s day better.”

Daily, she answers more than 100 calls and responds to at least 60 voicemails. When Harvi is not on the phone, she’s managing all the mail, office supplies, and ensuring visitors to our building are welcomed and directed to the person they’re here to see.

“I get the biggest joy at my job hearing back from our clients after they’ve received a cupcake for their birthday (a tradition started more than four years ago) or when I receive a call from a client who shows their appreciation for the meals and for the drivers delivering those meals.”

— **Harvi Brantley**,
Meals on Wheels San Francisco
staff since 2000

Read more: [MOWSF.org/harvi](https://mowfsf.org/harvi)



Home-Delivered Groceries Volunteer Michael

Michael Bereskin has been volunteering with Meals on Wheels’ Home-Delivered Groceries program for more than five years. The program, run in conjunction with the SF-Marin Food Bank, provides nearly 500 seniors with fresh bags of groceries weekly, rain or shine.

“I have a fixed route in the Tenderloin. I bring the groceries to my clients, and we look forward to seeing each other. It’s much more than just the food delivery — it’s talking with my clients, and respecting and empathizing with them.”

— **Michael Bereskin**,
Meals on Wheels San Francisco Volunteer since 2017



Meals on Wheels Driver Retires after 18 Years

Former Meals on Wheels delivery driver Daniel Chen says that 18 years on the job has taught him how to have compassion for other people in need. Daniel, who is 66 years old now, retired earlier this year. The Los Angeles native has delivered almost 50 meals daily to every neighborhood in San Francisco including the Outer Mission, Excelsior, Tenderloin, Chinatown, and the Sunset.

“Over the years, I’ve realized that, of course, everyone needs to eat and have food. But for a lot of the clients, just that little bit of human contact could be even more important than food.”

— **Daniel Chen**, retired Meals on Wheels driver

STAR CHEFS & VINTNERS GALA

STAR CHEFS & VINTNERS GALA — HUGE SUCCESS SUPPORTING HOMEBOUND SENIORS!



Star Chefs take the stage



Aubrey Arndt, Jarad Gallagher, Pujan Sarkar, David Yoshimura, Haley Garabato



Zaza Pachulia, Scott Wiener



Diana Pelliccione, Susan Sangiacomo, Debbie Pelliccione, Geoffrey Applegarth



Rosemary and Harry Wong



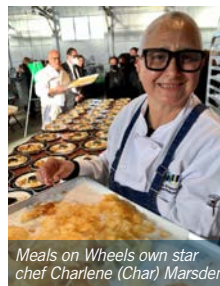
Tyler Florence, Lisa Zabelle



Umberto Gibin, Ismael Escobar



Star Chefs & Vintners Reception



Meals on Wheels own star chef Charlene (Char) Marsden



José Allen, Irvenia Waters

Our 35th Star Chefs & Vintners Gala was held on Sunday, May 15, at Fort Mason Center Festival Pavilion. It's the first time we've gathered in person for this epicurean fundraiser since 2019. Well-dressed guests, including former Warriors basketball player, Zaza Pachulia, Senator Scott Wiener, and well known chefs such as Tyler Florence, enjoyed an incredible reception complete with delectable bites, generously poured wines, and a four-course dinner provided by Northern California's top restaurants and wineries. We also welcomed our new Gala Hospitality Chair, Umberto Gibin, general manager and co-owner of Perbacco and barbacco.

During the evening, our wonderfully talented chefs and vintners, and generous gala guests and sponsors, helped raise more than **\$3.2 million** for **homebound seniors in San Francisco!** That will fund an amazing **645,000 nutritious meals** for those in need! Thank you to everyone who supported Meals on Wheels! **Read more at [MOWSF.org/gala](https://mowsf.org/gala)**

BY THE NUMBERS:

- 500 Gala guests
- 150 chefs
- 2,500 plated entrees
- 76 wineries represented
- 152 cases of wine
- More than **\$1.2 million** was raised during our Fund-A-Route program

AROUND MEALS ON WHEELS



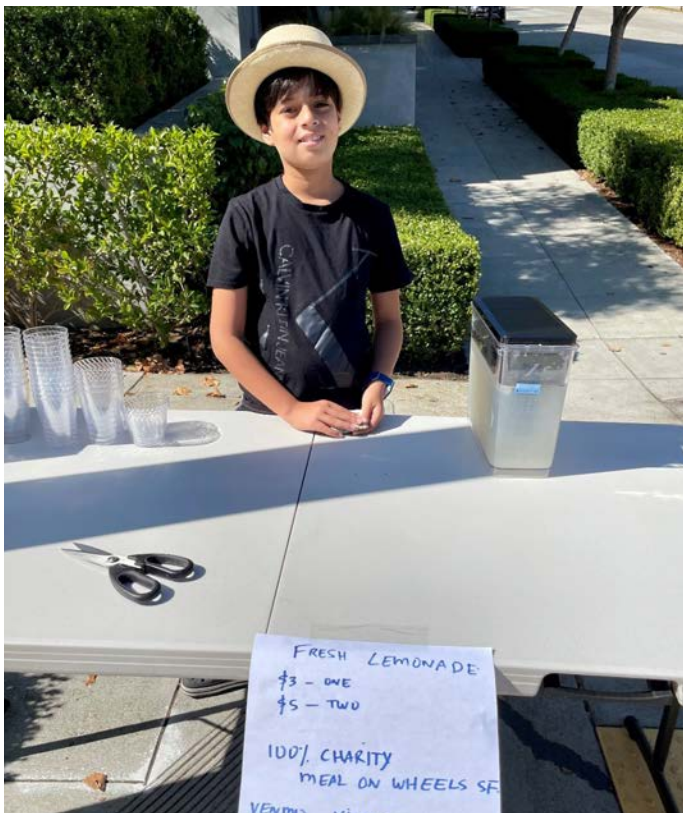
MARCH FOR MEALS

This year, **March for Meals** celebrates five decades of advocacy for older Americans through the **Older Americans Act (OAA)** Senior Nutrition Program which has become an effective example of how key public-private partnerships through thousands of community-based programs, like ours, are addressing the issues of senior hunger and isolation. This year, we continued our virtual meetings with elected City leaders to discuss senior nutrition needs in their specific districts. Locally, we also held a **Get Fit for Seniors** virtual fitness challenge in which participants did activities from running, walking, swimming, and even yardwork that equaled more than 7 million footsteps and raised thousands of dollars for homebound seniors. **Read more about March for Meals at: [MOWSF.org/march-for-meals-22](https://mowfsf.org/march-for-meals-22)**



MEALS ON WHEELS CALIFORNIA CONVENTION

Meals on Wheels San Francisco participated in the Meals on Wheels California state convention which was held in person in Glendale, CA on May 10. Meals on Wheels and other senior nutrition program representatives and vendors discussed topics of importance to the **health and well-being** of older Californians including nutrition, providing mental health services to decrease isolation, and strategic planning to ensure funding continues to advance critical meal programs that seniors rely on to thrive in their homes.



LEMONADE STAND BENEFITS SENIORS

Recently, **9-year-old Yash Grover** of San Francisco wanted to follow in his brother's philanthropic footsteps by creating a lemonade stand fundraiser and donating the proceeds of whatever he made to our Meals on Wheels program.

The idea was influenced by his older brother Shaan who, in 2017, started his own lemonade stand with the goal of raising money for people impacted by Hurricane Harvey. At the time, Yash was only 5 years old, but the experience of helping his brother with the stand and knowing they were helping people in need, left a lasting impression.

Yash set up shop right on the sidewalk in front of his family home. He estimates that approximately 50 people stopped by — mostly neighbors, family, and friends, to purchase glasses of freshly made lemonade at \$3 a pop, which by San Francisco standards, is a bargain! In all, Yash and his family raised a total of \$400. Thank you!

THE MEALS ON WHEELS SILVER LEGACY CIRCLE



MEALS **on** WHEELS
SAN FRANCISCO

PLANNING TODAY • FEEDING TOMORROW

No matter your age or wealth, planning a charitable legacy with Meals on Wheels San Francisco allows you to support an organization you believe in and enables us to feed future generations of seniors.

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“Designating Meals on Wheels San Francisco as a beneficiary is a way for us to have a role in its continuity and to inspire others to give.”

— **Kay Rousseau and Stuart Montgomery,**
longtime donors, volunteers, and friends

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WHAT LEGACY WILL YOU LEAVE?





MEALS on WHEELS
SAN FRANCISCO

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Inside this issue of *Nourish News*

- Hurricane Survivor Keeps Her Faith
- Our Impact in 2021
- Serving Those in Need
- The People Behind Meals on Wheels
- Star Chefs & Vintners Gala
- Around Meals on Wheels
- They Care About Me

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THEY CARE ABOUT ME



Jerry is grateful to Meals on Wheels. The **Navy veteran** suffered from serious back injuries that left him unable to leave his third-story apartment for three years. During that time, he was isolated and unable to fully interact with the outside world other than the doctors who would visit him in his home, and his Meals on Wheels delivery driver.

“Meals on Wheels has enhanced and elevated the quality of my life on many levels,” he says. “They take the time to acknowledge me as a person, not just with their food, but with their attitude when they greet me each week. I look forward to them coming every week. **They care about me.**”

Read Jerry's full story at MOWSF.org/Jerry