



TOMORROW'S SENIORS STRUGGLE TODAY

Leia, a Meals on Wheels client, was on top of the world when she moved to San Francisco in the 80s. At 64, she has held a variety of careers including as a broadcast journalist, poetry teacher, as an information and cybersecurity consultant for a number of Silicon Valley startups including Napster and Stubhub, and working with the FBI to help architect security procedures for the 2002 Winter Olympics in Salt Lake City, Utah.

The Jackson, Michigan native took advantage of all San Francisco had to offer — the Symphony, fine dining, and people watching in Union Square. In 2000, that all changed with a blink of an eye when she fell and fractured four vertebrae in her neck.

with little-to-no ability to speak or move. She remained in a rehabilitation hospital for three years where she slowly regained her speech and some mobility.

Leia returned to her home in 2010 only to face a mountain of medical debt and the uncertainty of how she was going to take care of herself now that she could no longer work. She was bankrupt, suffering from chronic pain, seizures, and nausea.

Once all of her bills are paid each month, Leia has \$100 left for food and other necessities. Yet, she does not qualify for certain financial assistance programs like Supplemental Security Income (SSI) because her combined income sources put

Finding and asking for help is hard when you're struggling with health issues, and hunger. It's even harder knowing that the independent life you led earning a salary is now gone. For a time, Leia was resistant to seeking out help. She did eventually learn how to get help for daily chores through In-Home Supportive Services which provide her with weekly light housework, laundry, transportation to appointments, and some shopping.

"It took me a while to figure out what services could be available for someone like me," Leia explained. "I would go days without having enough food to eat, or any food in my refrigerator; I'd just drink water to feel full and keep my mind off of being hungry."

A recent report from the journal **Health Affairs** reports an alarming reality for middle-income seniors:

The aging baby-boomer generation will experience a significant increase in the
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74% of MOWSF recipients live at or below 100% of the federal poverty level (\$1,000 per month.)

Leia was able to return to work after the accident, but a few years later she suffered a pinched spinal nerve, a complication from the initial injuries, and became paralyzed

her at just above 100% of Federal Poverty Level (FPL). Too much for some assistance, but surely not enough to live on in one of the most expensive cities in the country.

AROUND MEALS ON WHEELS



Constanza Hevia H.

MARCH FOR MEALS

The 17th Annual March for Meals awareness campaign was a wonderful success and raised awareness around issues of hunger and isolation that older adults face every day. San Francisco Mayor London Breed along with many City leaders, delivered meals and gifts to our senior clients. Members of the tech-community also came out and delivered much-needed disaster emergency kits. **Read more about March for Meals at mowsf.org/march-for-meals.**



TURN SPARE CHANGE INTO MEALS FOR SENIORS

You can now round-up your purchases and help our senior clients. Your credit card purchases are rounded up to the nearest dollar and that spare change is then donated to Meals on Wheels San Francisco. Penny by penny, your shopping over time will make a world of difference for seniors in need. **Sign up and begin today at mowsf.org/roundup.**



CALL FOR VOLUNTEERS — HOME DELIVERED GROCERIES PROGRAM

In 2015, the Home Delivered Groceries program (HDG) began humbly serving just over 100 homebound seniors. As of today, our HDG volunteers assemble over 800 bags and deliver to 400+ seniors and adults with disabilities every Wednesday, rain or shine. This program, in partnership with the SF-Marín Food Bank, serves low-income seniors who have difficulty getting to food pantries and otherwise would not be able to afford fresh produce and proteins weekly. Come join us on Wednesday mornings to assemble grocery bags for our elderly clients. **Learn more at mowsf.org/volunteer.**



CENTENNIAL SENIOR

We wish John, a Meals on Wheels recipient, a Happy 100th Birthday! His daughter tells us he spent the day at the Bayview Senior Center where staff threw a party for him. Former SF Mayor Willie Brown even made a surprise appearance to celebrate with him.

2018 IN REVIEW

TOMORROW'S SENIORS STRUGGLE TODAY

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number of middle-income seniors ages seventy-five and older by 2029. This group will face a very different set of challenges relative to today's middle-income seniors (defined using 2014 data). Future seniors have lower overall savings and are less likely to have pensions, as defined-contribution retirement plans have grown. This trend may increase pressure on the already decreasing number of familial caregivers per senior. Consequently, Medicaid, the dominant payer of long-term care in the US, could see ballooning demand as the number of seniors in need of such care increases. A key policy question is how future middle-income seniors, who do not qualify for Medicaid and may have fewer family caregivers, will access housing and care services.

Source: *Health Affairs*, April 24, 2019



San Francisco to get on the Home Delivered Meals program which helps individuals live independently in their homes by providing nutritious meals, a daily safety check, and friendly interaction. Leia made the call and soon after, was receiving meals daily. Leia says the warm and welcoming community of Meals on

seven days a week, made returning to the real world a reality and something she just could not envision after the accident.

“Meals on Wheels made it so terribly easy for me to ask for help. It felt like I was becoming a part of a bit of a community.” It was this strong community that helped Leia both nutritionally and socially. She loves the variety of foods that are prepared and the special care and attention to her dietary needs.

We hear stories from many Meals on Wheels recipients who struggle financially with balancing medical bills, housing and rent, and the overall high costs of living in San Francisco, with that of purchasing nutritious food. Seniors, many who live alone and have no supports, are expected to be able to navigate the system to find the services they need — healthcare, housing, and food security, all while managing their health. Sadly, it's not always possible to address all of these issues, but Meals on Wheels is poised to assure that older adults like Leia do not go hungry, do not feel isolated, and continue to live independent and dignified lives in their own homes.

A study in the journal *Health Affairs* projects that by 2029 there will be 14.4 million middle-income seniors, 60 percent of whom will have mobility limitations and 20 percent of whom will have high health care and functional needs.

In 2015, a social worker recommended to Leia that she contact Meals on Wheels

Wheels drivers, who always make sure to check up on her when delivering her meals

Read more stories at mowsf.org/blog

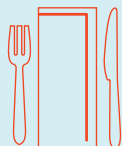


Constanza Hevia H.

2018 IN REVIEW

Your support of Meals on Wheels San Francisco in 2018 has allowed us to touch the lives of 1,609 seniors, new to our program (an increase of about 5 percent from 2017), and helped decrease the citywide waitlist for meals programs by 93 percent.

Read the full 2018 annual report at mowsf.org/annual-report



2.1 MILLION
Meals Delivered
(includes Home Delivered Meals and Home Delivered Groceries)



4,700 CLIENTS SERVED



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



326
Number of seniors and adults with disabilities who received groceries from our Home Delivered Groceries (HDG) program (a 16% increase from the previous year)

800

Number of homebound seniors served by our Adopt-a-Building program



MEALS on WHEELS
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TOGETHER, WE CAN DELIVER™
mowsf.org

COMING UP AT MEALS ON WHEELS



- JUNE 20 — KITCHEN TOUR**
Join Ashley McCumber, CEO and Executive Director of Meals on Wheels SF, for lunch and a behind-the-scenes look at our kitchen operations and how we're able to prepare thousands of meals daily. During this tour, you'll also get a sneak peek at our future plans. RSVP by June 17 required. **Marie Nedich | mnedich@mowsf.org | 415.343.1304**
- JUNE — OCTOBER — VOLUNTEER ORIENTATIONS**
Join our talented group of volunteers who make the world brighter for homebound seniors every day! Visit mowsf.org/volunteer-orientations to register for one of our monthly orientations to get started.
- WEDNESDAY GROCERIES WITH MOWSF 7AM-9AM**
Be a part of our weekly, Home Delivered Groceries team, by assembling bags of groceries for more than 400 low-income seniors in San Francisco. No training needed — orientation on site. **RSVP to Sherine Elamad | selamad@mowsf.org | 415.343.1289**
- JULY 11 — SF MAGAZINE BEST OF SAN FRANCISCO PARTY**
Attend the Best of San Francisco party hosted by San Francisco Magazine to benefit MOWSF. **Details at bestof.modernluxury.com**
- AUGUST 18 — HELP IS ON THE WAY BENEFIT**
Join us at the Richmond/Ermet Aid Foundation Help is on the Way concert and gala benefit for MOWSF. Tickets on sale at: reaf-sf.org/help-is-on-the-way-xxv--celebrating-broadway.html