



NOURISHING SENIORS DURING A GLOBAL PANDEMIC

Without a doubt, the coronavirus pandemic has been one of the most challenging, if not scariest times in our country's history. While little was known about the virus in early March when significant numbers of people started becoming ill, Meals on Wheels San Francisco did know one thing: this was going to impact the lives of thousands of homebound seniors most of whom are at risk for contracting COVID-19 due to pre-existing medical conditions such as diabetes and heart disease. Now

more than ever, our work ensuring that meals were prepared and delivered was critical: too many lives depended on it.

Meals on Wheels, by its very nature, is positioned to produce meals (many that are medically tailored) and quickly distribute those meals to mass numbers of people, daily, even during emergencies such as natural disasters. **On a given day, including during COVID-19, approximately 3,600 older adults and adults with disabilities on our program receive meals.**

day, and we created a supply of shelf-stable meals to have at the ready in case we had to temporarily close down and quarantine. We also did something that had not been done in years — we overhauled our entire menu and delivery routing system which helped us be nimble and more responsive to the needs of clients.

All of that preparation paid off. Between March and July, we were able to **respond quickly to the needs of 1,716 new older adult clients** who were without food resources, primarily as a result of the need to shelter-in-place for safety or to quarantine. That is almost three times the number of new clients we normally take on.

In May, Meals on Wheels SF added a third meal option for some clients. Additionally, in July, Meals on Wheels **delivered 7,000 meals and 1,800 bags of groceries to families that needed to isolate and quarantine** as a result of testing positive or being in close contact with someone who has tested positive for



Iona lives alone and is blind. She relies on Meals on Wheels SF for nutritious meals. Read her story inside.

Operating at this capacity during a pandemic presented unique challenges for our operations. In order to take care of our senior clients and staff, we had to implement stringent safety and disinfecting protocols that went above what was already in place. Extensive cleaning and disinfecting of equipment, vehicles and workplace surfaces, mandatory enforcement of mask wearing and social distancing practices, and implementation of no contact deliveries. **In order to meet demand, we increased our meal production from 8,000 to 10,000 meals a**

MOWSF BY THE NUMBERS

THANK YOU!

Thanks to your support, in 2019, thousands of homebound seniors received nourishing meals, wellness checks and more!



Read more at: mowsf.org/about

Did you know? By the year 2030 — just 10 years from now — nearly 30% of San Francisco residents will be age 60 or older. During the past 13 years, Meals on Wheels SF has tripled the number of meals prepared and delivered in order to meet the need.



PAT AND IONA

PAT AND IONA SHARE THEIR STORIES

Jazzy Senior Still Performs in Her 90's



For the past eight decades, Pat Yankee (stage name) has wowed audiences, even as late as this past March before COVID-19 hit the world, shelter-in-place became the new norm, and live in-person performances came to a screeching halt. At 93-years young, the Lodi, California native's passion, creativity, and desire to keep New Orleans style jazz alive in the Bay Area is inspirational.

Today, **Meals on Wheels SF helps her live her best independent life** in San Francisco.

Read the rest of her story at mowsf.org/pat-yankee.

Iona Volunteers Her Time



Iona, a Meals on Wheels recipient, is 80 years old and legally blind. She was diagnosed with macular degeneration in her early 20s, though one gets the sense that she has fought hard throughout her life to see her limited vision as a restriction, not a barrier.

Prior to shelter-in-place, she volunteered weekly at a school near her home reading Braille books to youth. It was her social outlet allowing her the interaction with others she enjoyed.

She says reading the books to kids is a valuable way for her to spend her time as the books “always have a message, like about being courteous or how to live.”

Read the rest of her story at mowsf.org/iona.

MAKE A DIFFERENCE FOR SENIORS IN NEED



A report by the US Department of Health and Human Services shows that **loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day**. With more than 70% of Meals on Wheels SF clients living alone, we are looking for volunteer help to provide support for elderly clients, like Pat and Iona, who are in need of groceries and safety check-ins, and who may be feeling alone or isolated.

Make a Senior's Day — Give Them a Call.

Be matched with a senior to call and check in on them weekly



to help lessen isolation and create a meaningful friendship over the phone. Many of our clients would appreciate the same volunteer to call them regularly each week. Free online training required before being matched.

Grocery Shop for a Homebound Senior.

Many of our seniors are unable to go to a nearby grocery store in their neighborhood to shop for food and household items. In this program, you will be paired with a senior to assist them on a weekly or bi-weekly basis to



shop for essential items they need. Free online training required before being matched.

Emergency Kits Delivery:

Now through end of the year, volunteers are needed to help complete no contact deliveries of thousands of Emergency Kits to seniors in need. These kits are designed to give individuals the minimum needed to survive in the event of a disaster. Each drawstring bag includes a two-day supply of shelf stable food, water, emergency supplies and more.

Details on how to sign up for these volunteer opportunities that truly make a difference can be found at: mowsf.org/volunteer.

BUILDING A KITCHEN TO FEED SF SENIORS FOR DECADES TO COME



It's amazing how much has been accomplished in a year since we broke ground to build our new kitchen and food production facility. Despite the coronavirus-induced recession, we've been able to keep the construction progress on track and through the generosity of so many supporters like you, we are closing the fundraising gap on the project as well. **To date, we have raised 91 percent of the funds for the \$41 million project.** Even more exciting — we plan on operating and producing meals out of the new kitchen as early as this Fall!

“The way in which people have gravitated and supported this project from the get-go has given me hope for the future care of adults who are aging in place in the City,” said Meals on Wheels San Francisco CEO and Executive Director, Ashley McCumber.

“It showed me that this mission is universally valued and understood; people, even if they haven't had a direct experience with someone who's homebound, get that we as a community need to take care of our aging parents, grandparents, neighbors, and friends. If we didn't expand our current capabilities we would quickly be unable to help homebound seniors in need of solid meals, nutrition counseling and so much more.”



A key feature of this new kitchen, includes the installation of state-of-the-art industrial kitchen equipment and the ability to produce 10,000 meals in two different shifts daily for a total of 20,000 meals. **That's double our current capacity!** The scalability of the kitchen and food production facility opens up the possibility that in time, Meals on Wheels may also be able to help other organizations fulfill their missions through food, while continuing to serve the growing population of older adults in San Francisco who will be in need of nutritious meals.

Learn more at: mowfsf.org/kitchen.



NO SENIOR DESERVES TO BE FORGOTTEN, HUNGRY, OR LEFT BEHIND

50TH ANNIVERSARY PAVERS

Your gift of \$1,000 or more includes a paver that will not only support the critically needed work of producing and delivering nutritious meals to the doorsteps of thousands of seniors in need, but it will also carry your name, honor a loved one, or offer a message of caring and hope.



HELP US ENSURE 50 MILLION MEALS FOR HOMEBOUND SENIORS IN SAN FRANCISCO OVER THE NEXT 25 YEARS!

Now is your opportunity to lay down a marker for the future.



6" x 9"
\$1,000
3 Engraving Lines



9" x 12"
\$2,500
4 Engraving Lines



12" x 12"
\$5,000
5 Engraving Lines

Make Your Gift Today!

For more details and to make your gift securely online visit: mowsf.org/pavers.
OR... if you'd like start a team Pavers Fundraiser for your office, school, or community group, go to mowsf.org/paverp2p to get started!

NOURISHING SENIORS DURING A GLOBAL PANDEMIC (Continued from page 1)

COVID-19. At the current rate of need, those numbers of meal and grocery deliveries are expected to more than double by the beginning of September.

Before shelter-in-place went into effect in San Francisco, our senior clients, primarily aged 65 and older, were already grappling with poverty, food insecurity, and loneliness and isolation. For some, the Meals on Wheels driver was and still remains the only person they see each day — the only person that checks in on them to make sure they're O.K.

"I'm happy to have Meals on Wheels because we have the lockdown now and you can't just wander around; it's not safe in any event and it's nice to have food delivered right to your door," explained Erle who is 96 and started on Meals on Wheels in April.

The insidiousness of the virus and its ability to be carried by unknowing asymptomatic individuals and passed on to others with weakened immune systems was cause for many seniors to stay indoors.

"I haven't been to stores in months," explained Meals on Wheels recipient, Victoria. She says it's really scary for someone like her with medical conditions to see so many people out and about in her neighborhood not wearing masks and getting too close to her on sidewalks.

The coronavirus pandemic revealed stark socioeconomic inequalities among the population of black and brown people.



Count	Meal	Actual	Variance	Daily staples	Supplement
3000	BREADED PORKCHOP	3000 / 0		Milk (1)	Milk (5)
3000	CHICKEN PASTO	2950 / 50		Muffin (1)	Cranbars (5)
3000	CHICKEN ENVIOLI	3000 / 0		Margarine (2)	Margarine (2)
3000	CHICKEN BREAST	2950 / 50		Hard cooked egg	Breakfast Syrup
3000	Baked fish	930 / 2070		Oil meal	Fruit (5)
				Fruit (1)	Apple Sauce (5)
				Oil fruit (1)	Fruit cap (5)
				Juice (2)	
3000	California Patty	2900 / 100			

Cherry Rains

According to the SF Department of Public Health, approximately 50% of confirmed COVID-19 cases in San Francisco are within the Latino community which makes up just 15% of the population living in the City.

Meals on Wheels SF CEO, Ashley McCumber, says this is not new news to our drivers who are on the frontlines daily delivering meals to some of the city's most vulnerable.

"One thing that COVID-19 taught me is that the virus uncovers for all to see the incredible disparities that have always been there for people of color, the homeless, and those who have limited finances to properly protect themselves."

Stay up-to-date on the latest news about our efforts during the pandemic at mowfsf.org/coronavirus.

COMPANIES DOING GOOD TO HELP OUR COMMUNITY DURING THE PANDEMIC



We want to thank all of the companies and businesses who are supporting Meals on Wheels San Francisco during the COVID-19 pandemic through donations of in-kind services and supplies, as well as volunteer support, and cash donations and fundraisers. The kindness and generosity coming from so many is truly incredible and highlights how our community can come together in times of crisis. Thank you.

- Bloomberg • Bonrisu • City and County of San Francisco • Delta Dental • Dolby • Dropbox
- First Republic Bank • Fiverr • Gemstone Vineyards • Golden State Warriors • Hooptopia and Fanatics
- Half Moon Bay Distillery • iHeartMedia • Kate Farms • Katie Sowers — San Francisco 49ers
- Knight's Catering • Max Lau/Mask for Life • Newport Meat Company • OKCoin • Planet Labs
- San Francisco Giants • SF Dept. of Disability and Aging • SFO • Shake Shack • Snake River Farm
- Subaru • Sunnytize.me • The Seamsters Union • The Social Distance Network • Traveler Surf Club
- Vicolo Pizza • Wells Fargo • Z. Cioccolato • Zendesk

AROUND MEALS ON WHEELS



SENATOR SCOTT WIENER LENDS A HAND

In April, California state Senator, Scott Wiener, joined our volunteers to help bag 6,000 pounds of groceries provided by the San Francisco-Marin Food Bank. The groceries were delivered to nearly 500 homebound seniors as part of **Meals on Wheels SF Home-Delivered Groceries** program.



TWO WAYS YOUR VOICE COUNTS FOR ALL!

Complete Your 2020 Census by Sept. 30

The data collected from the census informs the allocation of more than \$675 billion in federal funds for states and communities and ensures older adults get their fair share of federal funding for healthcare, food assistance, public transportation, funds for senior centers, and so much more! More at: my2020census.gov.

Vote in the Upcoming Presidential Election

If you haven't done so already, now is the perfect time to register to vote in the upcoming November 3 election and make your voice heard! Due to COVID-19, all voters will receive ballots in the mail prior to November 3, but the only way you'll receive that ballot is if your registered. Find out your voter status at: registertovote.ca.gov. **All ballots must be submitted by November 20 in order to be counted.**



LEAVE A LEGACY OF NOURISHMENT AND COMPASSION

In a perfect world, every older adult would have nearby relatives or neighbors to turn to for help — either getting groceries, help around the home, and companionship. Unfortunately, this is just not the case for many seniors who live alone. For them, a visit by a Meals on Wheels driver may be the only person they see that day. Members of our Legacy Society know the importance of bringing nourishing meals and companionship to thousands of older adults in need. Planned gifts truly ensure that no senior will go hungry or be forgotten in the future. **If you would like to make a planned gift, contact Salena Bailey, 415.920.1111 or sbailey@mowsf.org.**



DID YOU KNOW?

As you read earlier, we've increased our meal production during the pandemic from 8,000 to 10,000 meals daily to keep up with the requests for meals. To give an example of how much food is needed to fulfill our menus during the month of June we served:

- 3,195 pounds of onions
- 3,680 pounds of broccoli
- 5,624 cups of yogurt
- 10,100 pounds of chicken



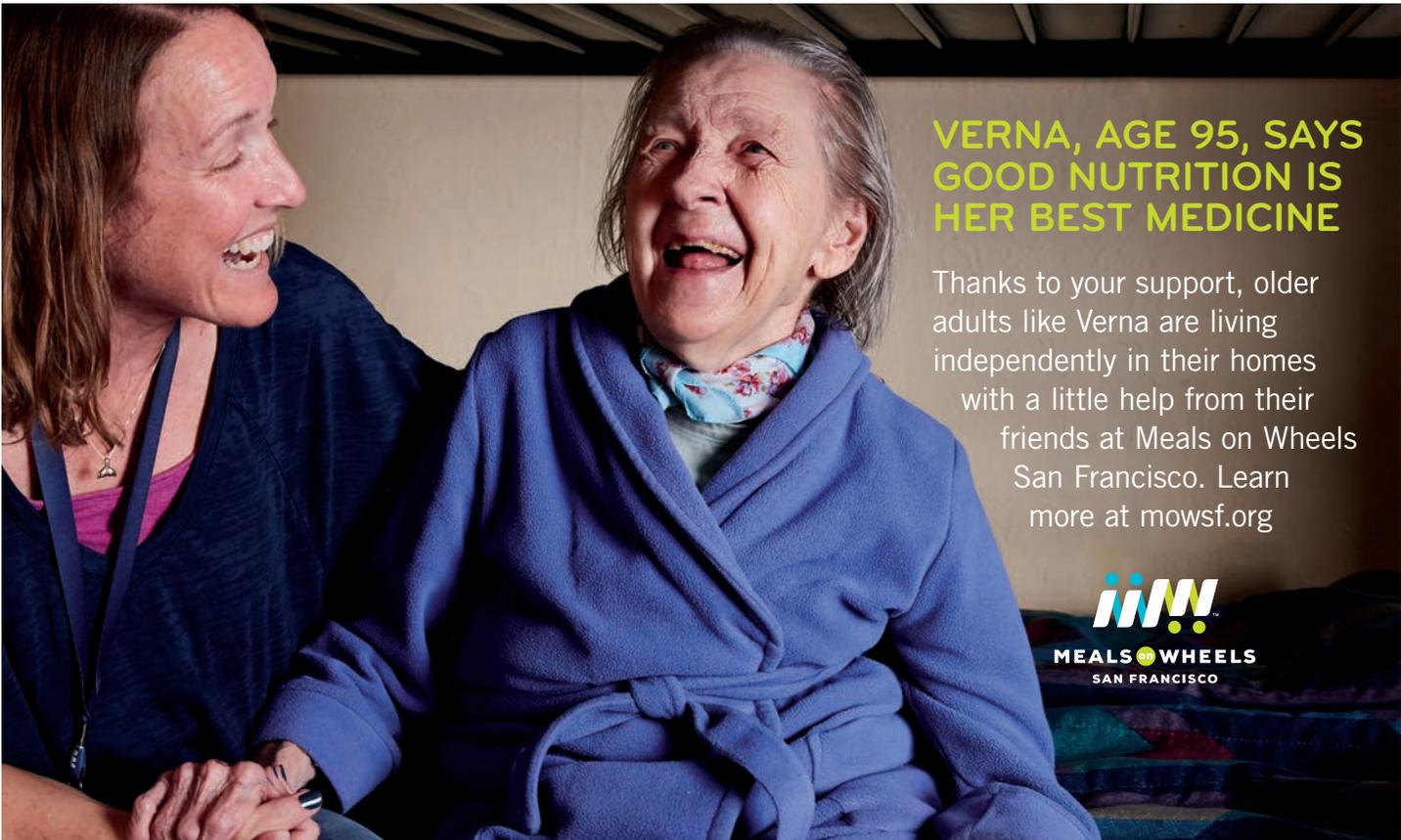
MEALS on WHEELS
SAN FRANCISCO

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NOURISHING THE WHOLE PERSON
mowsf.org



**VERNA, AGE 95, SAYS
GOOD NUTRITION IS
HER BEST MEDICINE**

Thanks to your support, older adults like Verna are living independently in their homes with a little help from their friends at Meals on Wheels San Francisco. Learn more at mowsf.org

