



TOGETHER, WE MARCHED FOR MEALS

March for Meals is a month long campaign that recognizes the historic achievement of the Older Americans Act (OAA), enhanced by President Richard Nixon in March of 1972. The OAA paved the way for public funding for Meals on Wheels as we know it today. We dedicate this edition of *Nourish* to our advocates — young and old, near and far — who work tirelessly to share the stories of growing older in America.

CLIENT PROFILE: A CONVERSATION WITH DORAE



A LESSON IN BREAKING ALL THE RULES *Written by Karl Robillard*

I was warned not to call Dorae before noon. She's not a morning person. So I wasn't totally surprised when I got her answering machine the first time I called around 1pm.

Her scratchy Brooklyn accent crackled through the phone, "You paid a dollar, give me a holla."

A few minutes later, she called me back and we proceeded to have one of my favorite conversations of the year.

"Are you from New York?" I asked her.

"No," she answered, in her trademark staccato tone. "It's a south of market accent, where my grandmother was born. They all came from New York back then, and the accent just stuck."

Her scratchy Brooklyn accent crackled through the phone, "You paid a dollar, give me a holla."

"Where are you from?" I asked.

"12th Avenue. In the Richmond. 4th generation San Franciscan," she answered.

I responded with "What was San Francisco like when you were growing up in the 30s and 40s?"

"We had sunshine on Market Street all day long," she recalled fondly. "There were no buildings higher than 4 stories because of the '06 earthquake [as in 1906, not 2006]."

"Where did you go to high school?" I asked.

"I graduated from Star of the Sea Academy in 1954. I went back to my sixty-year reunion. I saw a bunch of the girls I haven't seen in a while. But everybody still sticks with the same crowd they used to run with. Nothing changes," she reminisced.

"What did you do for a living?" I asked.

"I was a full charge bookkeeper for a plumbing company," she replied. Sensing that I was not an expert in full charge booking, she went on to explain, "I did payroll taxes, sales taxes, we did everything by hand back then."

"What's your secret for living such a long and full life?" I asked.

She responded, "Doing everything I'm not supposed to. At 81, I still smoke, and I

drink coffee like crazy. I go to River Rock casino with a girlfriend a couple times a year, too."

I asked her about the meals we deliver and she said, "I appreciate Meals on Wheels greatly. Kristi, she's been my social worker for 8 years. Honey, nothing comes close to Kristi. She's outrageous. She's the best."

In closing the conversation, Dorae recalled one of her favorite memories of growing up in San Franciscan. "When I was in Kindergarten, in 1941, 42, or 43, somewhere around there, I was chosen to be a poster girl for the Police and Fireman's Ball." She explained that the event paid tribute to officers and firefighters who died in the line of duty. "It was a great honor to be part of it."

For Dorae — and 4,000 other seniors who receive Meals on Wheels — we are honored that you are a part of Meals on Wheels. Thank you for sharing your story with us.

**This senior profile was written by Karl Robillard, Meals on Wheels Director of Communications & Marketing. If you know a senior who would like to be featured in one of our profiles, please contact Karl: 415-343-1315 | krobillard@mowsf.org*

2017 IN REVIEW

As baby boomers age into retirement, we are seeing a dramatic increase in the demand for our services. In the past year, we've tallied record breaking growth in the number of meals we deliver.

2 MILLION MEALS

*Up 14% from previous year



Natisha, Back Line lead
for Kitchen Operations



Cleunir, MOWSF Driver

4,500 CLIENTS SERVED

*Up 20% from previous year

**1,539 HOURS OF
NUTRITION COUNSELING**

*Up 6% from previous year



Leah, MOWSF Registered Dietitian

Photos: Maren Caruso



Anna, MOWSF Social Worker

**20,200 HOURS
of social work
and case management**

*Up 15% from previous year



Fidel Lirio

IN MEMORIAM:

Mayor Edwin M. Lee was a champion for Meals on Wheels, and his legacy will be lived daily by 4,000 homebound seniors across San Francisco. We will remember him not only for his fierce legislative advocacy, but for his humble kindness and deep humanity. Thank you, Mayor Lee, from the bottom of our hearts.

Mayor Lee attends a press conference at Meals on Wheels to announce the City's two-year funding plan for home delivered meals.

Inside this issue of
Nourish

- Client Profile:
A Conversation with Dorae
- 2017 In Review
- In Memoriam: Mayor Ed Lee

TOGETHER, WE CAN DELIVER
mowsf.org

CONTACT CONGRESS

Meals on Wheels is powered by people just like you, all across the country. Together, we are more than 2.4 million seniors, 2 million volunteers, 100,000 dedicated staff, and tens of thousands of donors strong. And, we need your help to fund and protect the programs that support our seniors.



CALL



EMAIL



TWEET



POST

**1 in 6 seniors struggles with #hunger. Please protect
and increase federal funding for #MealsOnWheels.**

Visit SaveLunch.org for more information