

Inside this issue of  
*Nourish*

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**NOURISHING THE WHOLE PERSON**  
[mowsf.org](http://mowsf.org)

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## COMING UP AT MEALS ON WHEELS



- **JUNE 28**  
Attend our monthly Volunteer Orientation. Visit [mowsf.org/signup](http://mowsf.org/signup) to reserve your spot.
- **JULY 12**  
Attend *Best of San Francisco* party hosted by *San Francisco Magazine*, to benefit MOWSF. Visit [bestof.modernluxury.com](http://bestof.modernluxury.com) for more info.
- **JULY 18**  
Join us for a kitchen tour and lunch with Ashley McCumber, CEO and Executive Director. RSVP to Karl Robillard to reserve your spot. Karl Robillard | [krobillard@mowsf.org](mailto:krobillard@mowsf.org) | 415-343-1315  
\*Limited to the first 25 guests who RSVP
- **AUGUST 19**  
Attend *Help Is On The Way*, a Concert and Gala benefitting Meals on Wheels. Visit [real-sf.org](http://real-sf.org) for more information.
- **WEDNESDAYS FROM 7AM-9AM**  
Volunteer with us on any Wednesday this summer to assemble grocery bags for over 300 low-income seniors in San Francisco. RSVP to Sherine Elamad to confirm your date as a volunteer. Sherine Elamad | [selamad@mowsf.org](mailto:selamad@mowsf.org) | 415-343-1289

JUNE 2018



## SERVING THOSE WHO HAVE SERVED

This Memorial Day, and every day, we are proud to serve Lawrence and many of the 21.8 million veterans in America who are seniors. It is our honor to give back to a generation who has given so much to this country.



CLIENT PROFILE: LAWRENCE, A PROUD VETERAN OF THE MERCHANT MARINES

ON BEING AN AMERICAN

For Lawrence, a jovial nonagenarian and a proud veteran of the Merchant Marines, life has taught him to appreciate what you have, and to approach every day with love, humility and forgiveness. He radiates resilience and gratitude; qualities he has embraced since his first trip overseas as a Merchant Marine at the ripe age of 16. “My Dad signed me up for the Merchant Marines. I went down to the Union Hall. They needed men. A lot of the ships in the South Pacific got sunk,” he explained. Lawrence received his first tour-of-duty with the Merchant Marines in June of 1944. This was the same month and year allied forces invaded Nazi-occupied beaches along the coast of Normandy, France. For historians, these events signaled the waning months of World War II. For Lawrence, it marked the beginning of a life of service.

Despite the risk of going to war at such a young age (in the summer between his Junior and Senior year of high school), he never questioned his commitment to serve his country. “I wanted to be there. I just wanted to be there. It’s hard to explain. We were at War. That was the thing to do. My brother went to serve his country when he was 17. So did my cousin Johnny. I saw things a 16-year-old shouldn’t see, but I knew I had to go.”

His journey began at the Port of San Francisco. “First, we sailed up to Longview, WA, in the straits up there. We loaded the ship with trucks, deck cargo, a whole lot of stuff. Then we headed out to the South Pacific,” he recalled. “It was a 5-day trip to Longview and another week and a half to Guam and the Mariana Islands.”

He started as a messman on a C2 boat in the South pacific, serving food to the sailors at the very bottom of the ship.

*“What’s important for people to know is that we were a mixed race of men. We had Latinos, Irish, everyone. I never considered myself anything but an American.”*



Lawrence and two of his 6 dogs.

Then he moved to the Pantry Mess, a few floors up, where he prepared meals for the officers. “They’d send the food up the elevator and I’d get it ready for them to eat. Roast beef, mashed potatoes, corned beef.”

Lawrence speaks with unequivocal pride about being a veteran and being an American, harkening back to a golden

age in our country. “What’s important for people to know is that we were a mixed race of men. We had Latinos, Irish, everyone. I never considered myself anything but an American.”

This Memorial Day, and every day, we are proud to serve Lawrence and many of the 21.8 million veterans in America who are seniors. It is our honor to give back to a generation who has given so much to this country.

Visit [mowssf.org/annual-report](http://mowssf.org/annual-report) to find out more about Lawrence and other seniors served by Meals on Wheels San Francisco.

Photo by Maren Caruso

HOMeward BOUND

HOMeward BOUND

Over a year has gone by since Dan was bouncing between shelters and the street, but he remembers the stress all too vividly. He recalls, as if it were yesterday, the panicky feeling he would get when the sun began to creep towards the horizon. It was in those waning moments of daylight that the reality of his life hit him the hardest; he had nowhere to go and no one to turn to. Complications that stemmed from a series of difficult years left him completely homeless, without a penny to his name.

That life is almost unrecognizable to Dan now. This past April, he celebrated his one year anniversary in his new home at the Curry Senior Center. Because of his incredible perseverance and the great work of the San Francisco Department of Homelessness & Supportive Housing, Dan has been thriving in his new home, regaining physical strength, reconnecting with family and friends, and enjoying the simple pleasures in life, among them a daily delivery by Meals on Wheels.

Nearly three quarters of Meals on Wheels clients live on less than \$1,000 a month. Like Dan, many are formerly homeless or exist on the brink of homelessness. They are one medical bill or unexpected expense away from eviction, and they are seniors. For many, they have worked most of their lives and saved what they could. The only thing they did not prepare for was the skyrocketing cost of living in San



Mayor Mark Farrell delivers a meal to Maurice, a formerly homeless client of Meals on Wheels.

Francisco; a trend that has ranked our city as the most expensive in the country.

For Meals on Wheels, our response to the urgent rise in senior poverty has been a top priority. We have worked with the Department of Aging & Adult Services to expedite home delivered meals for seniors, like Dan, who have been lucky enough to acquire stable housing. In the past year, we have invested in a 30% increase in emergency start meals. This means recently housed seniors will not have to choose between paying rent or paying for food.

We have launched our Adopt-a-Building program to match employees who work for companies like Zendesk, Twitter,

Dolby, and Salesforce with seniors in the Tenderloin and SoMa neighborhoods. These volunteers deliver meals to nearly a quarter of the 900 seniors who live in exceedingly crowded single-room occupancy hotels. This has proved to be a welcome relief for drivers struggling to serve these areas. It has also been eye-opening for a new generation of business leaders who come face to face with the reality of San Francisco’s poorest homebound seniors.

It is essential for Meals on Wheels to focus on programs that alleviate the growing social and economic isolation many seniors experience. For more information on how you can help, visit [mowssf.org/aab](http://mowssf.org/aab).

Photo by Constanza Hevia H.



Chefs prepare the main course at the 31st Annual Star Chefs & Vintners Gala.

STAR CHEFS & VINTNERS GALA IS A SMASHING SUCCESS

Hats off to the chefs, vintners, sponsors, and patrons who came together, under one roof, to raise an astounding \$3.3 million for Meals on Wheels at the Star Chefs & Vintners Gala — enough to deliver 660,000 meals. While it is critical for us to continue fundraising for the rest of the year (we will deliver over 2 million meals this year), we want to express our heartfelt gratitude for everyone who made this event such a smashing success. Bravo to an incredible evening for Meals on Wheels!