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THE PROPOSED FEDERAL BUDGET: *How this may impact Meals on Wheels San Francisco*

Earlier this spring, Mayor Lee delivered a meal to Charles, a 90-year-old widower who lives by himself in the outer Sunset. While Charles is doing amazingly well for a nonagenarian, he struggles to keep up with the day-to-day responsibilities of managing a household by himself. Meals on Wheels fills much of that void for him, and as a result, he can stay in his home, where he wants to be.

In delivering a meal to Charles, Mayor Lee kicked off March for Meals; a month-long campaign that celebrates President Nixon's signing of the Older Americans act in March of 1972. Locally, we received incredible support not just from Mayor Lee but also from the San Francisco Board of Supervisors, the Police and Fire Chiefs, former Senator Mark Leno, Mikkel Svane (CEO of Mid-Market tech firm Zendesk), and Kara's Cupcakes — to name a few.



Mayor Lee delivers a meal to Charles, a 90-year-old resident of the Sunset for annual March for Meals campaign.

Days after Mayor Lee kicked off our campaign, news of the President's potentially devastating cuts to Meals on Wheels saturated the news cycle, bifurcating support at the local and federal level. For nearly 45 years, Meals on Wheels San Francisco, along with



MOWSF CEO Ashley McCumber on CNN's 'Tonight with Don Lemon' show to discuss the "Skinny Budget."

5,000 programs around the country, has enjoyed bi-partisan support for aging Americans. The proposed budget at the federal level reverses this well-established priority, threatening resources that are already stretched to the bone.

The "skinny budget," released on March 16, calls for an 18% cut to the Department of Health and Human Services, which — through the Older Americans Act — funds Meals on Wheels programs nationwide. Roughly 25% of MOWSF funding comes from federal sources, 25% from local tax payers, and 50% from private donations from individuals, foundations, and business. The real threat to us is the 25% of federal funds we receive.

We remain hopeful that these proposed cuts will be blocked during the lengthy

budget process. However, we can no longer assume that federal support is a sure thing. It's more important than ever for us to speak out for seniors and the services they depend on — every single day — to survive.

You can speak out by visiting the website, mealsonwheelsamerica.org/advocacycenter. This site includes the most up-to-date information on the budget process as well as easy ways to get involved. Your response to these proposed cuts will make a critical difference to the 3,600 homebound seniors we serve, and to a generation of baby boomers who are just now aging into retirement. Together, we will ensure that San Francisco's seniors are not hungry, forgotten, or left behind — today, tomorrow, and for generations to come.

Your response to these proposed cuts will make a critical difference to 3,600 homebound seniors we serve every day.

You Shop.  **We Give Back.**

We donate 5% of our sales to community groups.



Keep 3,600 San Francisco homebound seniors nourished and living securely and independently in their own homes. Shop May 24th and 5% of your purchase at Whole Foods Market locations in San Francisco will go to supporting Meals on Wheels San Francisco.



FROM OUR EXECUTIVE DIRECTOR

Dear Friend,

In March, Meals on Wheels was swept up in the crosshairs of a national debate on funding services for homebound seniors. I am guessing many of you watched or read some of the news coverage we received. While the pace of the coverage was dizzying, it did afford us the opportunity to showcase our outcomes on a national stage; outcomes that keep 3,600 seniors across San Francisco in their homes, where they want to be.

As loyal friends of Meals on Wheels, I wanted to say 'Thank You' for standing up for us. Even without a reduction in funding levels, we are already stretched to meet the current and future needs of homebound seniors in San Francisco. The health and wellbeing of this vulnerable population hangs in the balance of maintaining and growing our public and private support, not cutting it.

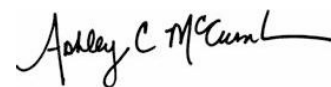
Secondly, I want you to know that I will keep you informed of any major changes that may impact Meals on Wheels as the proposed budget moves from the White House to Congress. It is still very early in the process, and there are far more questions than answers at this point. I am working very closely with our teams in San Francisco and in Washington to ensure we communicate as clearly as possible the moral and economic imperative to keep seniors in their own homes for as long as it is safely possible.

Lastly, I invite you to join me in strengthening our collective resolve to honor the independence and dignity of homebound seniors. My commitment to this cause has never been greater. It moves me to think about the seniors we serve and the sacrifices they have made over the course of a lifetime to ensure we have the opportunities afforded to us today.

In this newsletter, you will read about what is happening on the ground level at Meals on Wheels. We will introduce you to Steve, one of many committed volunteers whose Herculean efforts make life easier for seniors across our city. You will see a list of prominent companies and sponsors of the 30th anniversary of our upcoming Star Chefs and Vintners Gala. Lastly, you will notice a unique opportunity to support Meals on Wheels in what is a routine part of your week: grocery shopping.

This spring has been a whirlwind of activity. Through all of the ups and downs, I am incredibly grateful to count you as one of our most loyal supporters. We couldn't do this work without you!

Sincerely,




Ashley C. McCumber
CEO/Executive Director



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Nourish is the official newsletter of Meals on Wheels San Francisco.

Meals on Wheels Core Services

- Delivery of 14 Meals a Week per Senior
- Safety Checks by Delivery Drivers
- Nutrition Education and Counseling
- Social Work and Case Management
- Support for Client Household Needs
- Volunteers to Assist Clients

30th Annual
STAR CHEFS & VINTNERS GALA
MEALS ON WHEELS
SAN FRANCISCO
Sunday, May 21, 2017

DIAMOND SPONSORS



PLATINUM-STAR SPONSORS



GOLD-STAR SPONSORS



For a complete list of sponsors, visit mowsf.org/gala

A ONE-MAN GEEK SQUAD, AND MUCH MORE

Steve Bell first remembers Meals on Wheels from growing up in a little town in Pennsylvania. "My mom was a driver in the late '70s. At that time, it was a bunch of older ladies that made meals in somebody's kitchen. My mom was one of five or six people that drove around and delivered them to about 25 people total."

That memory — along with being a recent retiree — provided the perfect motivation for Steve to follow in his mother's footsteps (and tire tracks). In June of 2016, after a year 'puttering around,' he decided, "I needed something to get me off the sofa."

It is difficult to imagine Steve ever lounging on the sofa. On most Wednesday mornings, he is one of a core group of 8 to 10 volunteers who lead our Home Delivered Grocery program. Long before the sun rises, he and his cohort are well on their way to assembling over 500 bags of groceries for low-income seniors.

Steve explained, "The hour doesn't bother me. I get home a little after 9am and I still have the whole day to do what I want." After a brief pause, he emphasized, "And I do." Those last three words punctuate a freedom he feels after an ambitious 35-year career at AT&T. He finally has time to do the things he enjoys in life, at his own pace. For Steve, much of that enjoyment comes from helping other people.

In the year he has volunteered with Meals on Wheels, Steve has become a pillar of our program. In addition to assembling home delivered groceries, he leads corporate groups in distributing Disaster Preparedness Kits and coordinates deliveries of microwaves and refrigerators to seniors around the city.

He is also a one-man geek squad, arranging home visits to trouble-shoot pesky computer problems. His very first visit was to Estella, an 84-year-old woman from El Salvador. "I'm getting



Caption

ready to set her up on Skype. She wants to be able to see her family in Central America." Through all of these visits, Steve becomes a de facto member of the family; a trusted confidante who can help ease some of the daily struggles many seniors face. "We've set up Estella so that all the basic computer stuff is accessible with one click of a button; Spanish newspapers, TV, and her health plan with her doctor."

For Steve, the conviction to take care of homebound seniors stems from his own experience taking care of his parents, along with the help of his four siblings. "We managed to keep my parents in their own home until the end. That was something that was very important to them." He added, "Once you go through that, you understand from a senior's point of view what aging gracefully with dignity is."

Kathy Stirling, one of our Volunteer Program Managers, thanks her lucky stars Steve made his way to Meals on Wheels. "When volunteers like Steve enter our world, it's like a gift from above. He is intelligent, kind, fun, and willing to take on any number of projects. He is simply the best!"

Steve is as pragmatic as he is compassionate. More than anything, he wants to make the lives of homebound seniors as uncomplicated as possible. When the list of requests from clients starts to stack up, he'll jump right in and say, "Just give 'em to me. Don't put them on a list. Just tell me they need something and I'll make it happen."

Lucky for us and all of the seniors we serve, it always happens; usually before the sun rises.

"When volunteers like Steve enter our world, it's like a gift from above. He is intelligent, kind, fun, and willing to take on any number of projects. He is simply the best!"