



1 IN 6 SENIORS IN THE U.S. IS THREATENED BY HUNGER

By supporting Meals on Wheels, you are part of the solution

In honor of Veterans Day, we dedicate this edition of *Nourish* to seniors and their spouses who have served in the military. We invite you to read about Carol and her late husband Roy, an Army Veteran and acclaimed artist in San Francisco. We also invite you to read about Yolanda and Alcide. They moved to California over 40 years ago for Alcide's first post in the Navy and decided to stay so their children could receive the best education possible.

CAROL AND ROY

DRAWING OUTSIDE THE LINES

A Tribute to Carol and Her Late Husband Roy

“In my feeling, a lot of family legacy is unconscious,” explained Carol. “My whole family comes from the Black Forest in Germany. My ancestors were wood workers. And I married a woodworker.”

For Carol, family legacy has been a defining hallmark of her adult life — a legacy that includes hundreds of brilliant works of art by her and her late husband, Roy. She has relied on Meals on Wheels for 16 years (and counting) to stay in her home, create art, and take care of Roy.

Roy was not just an ordinary woodworker. Kenneth Baker, the San Francisco Chronicle’s art critic, described him in an obituary as “a prodigious master of the woodcut medium.” Among his achievements, he was recognized three times with the James D. Phelan award, and his work was displayed at the Legion of Honor. Roy died in 2014 after a long illness.

“Walking in to Carol’s flat is like stumbling upon an undiscovered floor of the SF MOMA.”

Carol is 76 years old. She has lived in the inner Richmond since 1970 in a home that was built in 1920, when there were “nothing but sand dunes out here.” Carol’s extreme knee pain is a major limitation to her mobility. As the widow of an Army veteran, Meals on Wheels helped her benefit from a Home Depot Foundation’s Helping Homebound Heroes grant program. This program helps veterans and their spouses continue to live safely in their own homes. Through this program, the Home Depot Foundation provided the funds to paint Carol’s bathroom, replace her kitchen sink, and clean out old heating ducts and vents.

Walking in to Carol’s flat is like stumbling upon an undiscovered floor of the SF MOMA. It is adorned with beautiful



Photo by Maren Caruso

paintings, sculptures, and drawings that cover nearly every inch of wall space — a fitting tribute to 40 years of marriage between two incredibly talented artists.

Carol has a long list of accomplishments as an illustrator. Her work has been featured in countless publications, from surfing magazines to ads for the Bon Marche department store. Early mentors picked up on her bold artistic ability,

recognizing a unique style in her open and free-form sketches.

For Carol, drawing has been a salve to the challenges she’s faced in life, as an artist and a caretaker for her husband. She is grateful for assistance provided by Meals on Wheels. This gratitude is on full display in her countless works of art; beautiful, open, free form, and always outside the lines.

VOLUNTEER NEWS

YOLANDA AND ALCIDE RECEIVE A HELPING HAND, THANKS TO TEAM DEPOT

“We’ve been married 60 years,” crooned Yolanda with a laugh, reminiscing about the early days with her husband, Alcide. “I liked him. Then he started coming by the house. He’d given me a ring. Then he joined the service, and didn’t tell me. I gave him back his ring. In the next few days, I changed my mind, and I took it back.”

Yolanda and Alcide met as teenagers in the small city of Lafayette, Louisiana, along the banks of the Vermilion River. After getting married, Alcide joined the Navy. Together, they moved to his first post at the Alameda Naval Base.

Like many Southerners who came before them, Yolanda and Alcide decided to stay in California after he left the Navy. When their first son was born, they moved into the house where they still live 40 years later. For Yolanda, education was a big reason to stay in the Bay Area.

“I didn’t want my kids to have the kind of education I did. We believed in education a lot. So we struggled to put all our kids in Catholic school. I don’t know how we managed it when I look back.”

Their eldest son was accepted to study at Harvard University. Yolanda remembers the moment she knew she had to teach him some tough love. “He called and said, ‘Mama, I thought I was smart. But these people here are so smart. I’m comin’ home.’ And I said, ‘You’re comin’ home over my dead body.’ Then I hung up the phone. And he did not come back.”

After devoting so much of their lives to country and family, Yolanda and Alcide — who are both facing health challenges — finally got their chance to



Yolanda and Alcide, pictured with John Sheehan, Meals on Wheels Director of Fleet and Facilities.

be on the receiving end of a remarkable gift. This spring, they were the recipients of a generous grant from Home Depot Foundation’s Helping Homebound Heroes program. This program funds Team Depot projects, led by locally-organized Home Depot employees, to help veterans continue to live safely in their homes.

Over the course of three spring days, a team of 11 employees from the Home Depot stores in Colma and San Carlos joined forces to tackle a punch list of jobs at Yolanda and Alcide’s home.

They installed a handrail on the indoor staircase, replaced a toilet, removed weeds, landscaped the yard, stabilized an outdoor fence, and put a fresh coat of paint on an outdoor area that stores the garbage, recycling, and compost containers.

For Yolanda and Alcide the work came right on time. Despite taking immaculate care of their own home for decades, they can no longer keep up with the day-to-day maintenance. The projects completed by Team Depot allow them to remain in their own home, where they want to be. Thank you to Yolanda and Alcide for sharing your story, and to the Home Depot Foundation for being such a great partner in fulfilling our mission to support seniors as they age with dignity and independence.

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COMING UP AT MEALS ON WHEELS:



- Volunteer for one of many opportunities throughout the holiday season. Find out more at mowsf.org/volunteer
- Deliver gifts to seniors in the Tenderloin and SoMa on December 13 from 10am–2pm: rsvp to Kathy at kstirling@mowsf.org for more info.
- Join us for a kitchen tour and lunch on January 18: rsvp to Karl at kroillard@mowsf.org