

NOURISH NEWS

NOURISHING THE WHOLE PERSON

SPRING 2023



WHEN IRISH EYES ARE SMILING!

At 90 years young, Michael, who receives Meals on Wheels delivered to his home in San Francisco, has a twinkle in his eyes as he recounts how he began his adult life in America.

Born in Ireland, Michael was raised on a 50-acre dairy and agricultural farm. He

came to the U.S. in the early 1950s and served in the U.S. Army stationed in South Korea. When his tour was done, he became a U.S. citizen, went back to Ireland, and married the love of his life, Sheila.

Michael brought his new bride back with him to America and to San Francisco to start a family, a new job in construction, and overall, a new life. They shared a life together for more than 60 years until her passing in 2020.

Today, Michael credits Meals on Wheels for giving him a new lease on life

by connecting him to services like Paratransit which helps him get to his medical appointments, and by delivering meals that he can easily pop in the microwave and that keep him nourished, and healthy and safe in his home.

"You people (Meals on Wheels) are so dedicated; it's really inspiring," says Michael. "It gives you such a great feeling that there are very compassionate people out there."

Read Michael's story here:
[MOWFS.org/michael-smiles](https://mowfs.org/michael-smiles)



Scan to watch how
your support makes
a difference.

DAVID LINNELL, ACTING CHIEF EXECUTIVE OFFICER

A YEAR OF ACCOMPLISHMENTS SUPPORTING SENIORS IN NEED

Dear Friends,

My name is David Linnell and I am the Acting Chief Executive Officer at Meals on Wheels San Francisco as well as the Chief Operating Officer. You may recall in October 2022, our CEO, Ashley McCumber, moved to the East Coast to be closer to his family and take on a challenging new professional opportunity at a similar organization. Ashley truly advanced our organization during his 15 years of leadership which has allowed us to serve even more homebound older adults in need of food. We wish Ashley the best in his new endeavors and take comfort knowing that he'll always be part of our "MOW" family.

I cannot express how proud I am of each and every person who works or volunteers at our organization to make sure the meals are made and delivered daily, who educate and counsel older adults about nutritional choices that make them healthier, and who provide valuable connections to community resources that help them live independently in their homes. I am also grateful to each of you who support our mission through your donations that pave the way for this life-saving work to be possible.

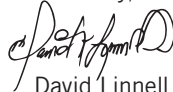
In this newsletter, you will read some wonderful stories about Roslyn and Michael, two seniors who receive Meals on Wheels, find out

ways you can get involved with us, and learn what we've been up to last year. Spoiler: **in 2022, with your support, we prepared and delivered 2.6 million meals feeding 5,433 older adults!** That's an increase of approximately 27% compared to 2019, a pre-pandemic year, and shows that the numbers of older people in need of home-delivered meals continues to grow. See our full impact in the community made possible by you on page four.

Additionally, for the first time in our 50+ year history of providing meals to older San Franciscans, we've expanded our geographic reach to begin home-delivered meals to seniors living in Northern San Mateo County! You can read about our work in the community there on page three.

What we all do every day to help people in the community comes from a place of passion. It's what brings me to work every day. Thank you for allowing us the privilege to serve nourishing meals and more to seniors in need.

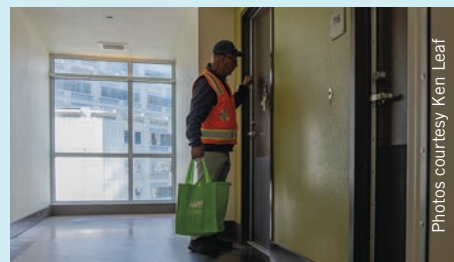
Sincerely,



David Linnell
Acting CEO and Chief Operations Officer



MAKING A DIFFERENCE, ONE MEAL DELIVERY AT A TIME



Photos courtesy Ken Leaf

Many of the Meals on Wheels staff that deliver our prepared meals to homebound seniors in San Francisco will tell you that it's no easy feat. But they'll also tell you how satisfying a job it is to help someone else in need. Meals on Wheels driver, Ken Leaf, is no exception.

"Some of the older adults that I deliver to regularly don't have a lot of contact with many people," says Leaf, who has been delivering meals throughout the City for almost a year now.

"I see how happy and excited some of them are when I arrive with their meals. When I am able to, I will spend a few minutes with them and chat. I can see that a little human contact can make a big difference in their day."

Read the rest of his story and see his day-in-a-life photo essay! [MOWSF.org/ken-leaf](https://mowsf.org/ken-leaf)



OUR MISSION: To provide isolated homebound seniors with nutritious meals, daily human contact, and supportive services that help them live with dignity and independence, safely in their homes.

WE'RE IN NORTHERN SAN MATEO COUNTY NOW!

NOW SERVING NORTHERN SAN MATEO COUNTY



We have expanded our home-delivered meals for seniors in need into **Northern San Mateo County!**

Last summer we began partnering with Northern San Mateo County to provide home-delivered meals to 202 older adults living in the cities of South San Francisco, Colma, Daly City, Brisbane, and San Bruno. Starting in February of 2023, as part of that contract, we became the main provider of meals to all older adults living in those cities and in need of meals. To date, 324 people aged 60 and older receive one meal a day from us, wellness checks from our drivers, and social work services from our team.

Here's a look at the people we are serving in Northern San Mateo County and how they differ from seniors we serve in San Francisco County.

SERVING MEALS TO THOSE LIVING IN SF NAVIGATION CENTERS

Homelessness is at a critical state in San Francisco. According to the 2019 Point-in-Time Count, there are over 8,000 unhoused individuals — including over 5,000 living unsheltered — on any given night.

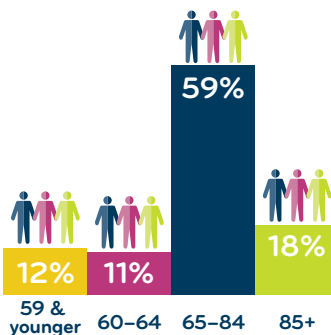
In response, the city developed **Navigation Centers**. First opened in March 2015, the Centers serve San Francisco's highly vulnerable and long-term unhoused neighbors who are often fearful of accessing traditional shelter and services. People aged 18+ receive meals, shelter, individualized services, and more.

How do you feed all of those people every day? In 2015, Meals on Wheels San Francisco stepped up to the challenge by partnering with the City to serve healthy, nutritious meals to one Navigation Center.

The concept worked well that first year, and a year later we began testing a meal delivery solution at two of the program's centers. In those early days, we provided about 7,000 meals a month.

Since then, the need has grown and in 2022, Meals on Wheels San Francisco delivered more than 389,000 meals (more than 32,000 a month) to 12 Navigation Centers ensuring everyone had a nutritious meal to eat daily.

SAN FRANCISCO

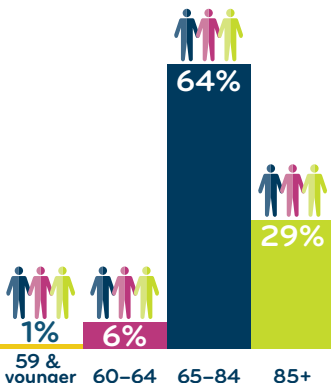


29% rely on walkers/wheelchairs



14% poor mobility/bedbound

NORTHERN SAN MATEO COUNTY



42% rely on walkers/wheelchairs



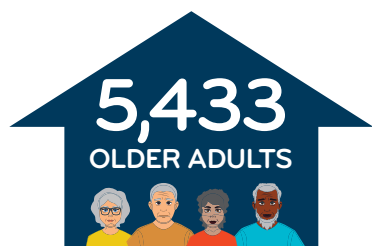
31% poor mobility/bedbound

If you or someone you know are looking for services and live in South San Francisco, Colma, Daly City, Brisbane, or San Bruno, you may qualify for meals! Find out by giving us a call at **415-920-1111**.

YOUR IMPACT IN 2022

YOU MADE AN IMPACT IN THE LIVES OF BAY AREA SENIORS IN 2022

Here's a snapshot of who relies on Meal on Wheels for meals, services and more.



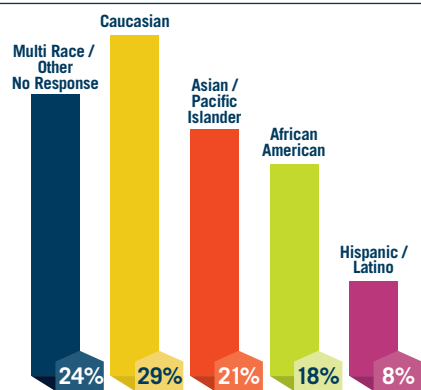
in all programs and regions,
a **2% increase** from 2021



Served 2,007 new seniors to our program
— a **27% increase** from 2019



2.6 million meals
a **12% increase** from 2021



San Francisco ethnicity



67%
of San Francisco seniors
LIVE ALONE



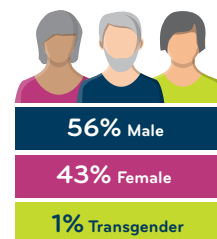
35%
of San Mateo County seniors
LIVE ALONE



64%
of San Francisco seniors live on
LESS THAN \$37 A DAY



31%
of San Mateo County seniors live on
LESS THAN \$37 A DAY



San Francisco demographics



7,175

San Franciscans impacted by COVID who received Meals on Wheels through August 2022



344,163 pounds
Groceries bagged and delivered by volunteers



284,884
daily wellness visits in 2022

PLANNING YOUR GIFT TO MOWSF



PLANNING YOUR GIFT TO MEALS ON WHEELS SAN FRANCISCO

Your planned gift to Meals on Wheels San Francisco is an investment in the continued care and nourishment of vulnerable homebound seniors and ensures we will always be here.

To learn more, please contact Berkley Summerlin at bsummerlin@mowsf.org or 415-343-1269 or you can attend one of our planned giving information sessions this spring. (RSVP required.)

If you have already included Meals on Wheels San Francisco in your giving plans, please accept our immense gratitude and let us know so we may thank you properly.

Learn more about legacy giving:
MOWSF.org/legacy-giving



"Designating Meals on Wheels San Francisco as a beneficiary is a way for us to make a future impact and to inspire others to give."

Pictured above are Silver Legacy Circle members Kay Rousseau and Stuart Montgomery.

We asked donors why they chose to include Meals on Wheels San Francisco in their giving plans. Here's what some of them said:

"I researched all the nonprofits I give to — and I continue to give to Meals on Wheels San Francisco because I know they are a good organization and I trust them to use my gift wisely."

"I give to Meals on Wheels San Francisco because it's food and it's local."

"I know how important the work you do is. I see the value."

"As someone who lives alone now, I can better understand how important the visits and check-ins you provide are to ensuring seniors are safe and healthy."

Special thanks to our current Silver Legacy Circle members for your dedication to our mission and those we serve.

Susan Blomberg
Lorraine Cantor
John C. Carrillo
Shirley and Stephen Cookston
Beverly Cramer
Tom de Rose and Karl Sopke
Karin Diesner
John Ferrara and Charles Zukow
Linda Forssman and Mick Grant
Thomas Fumarelli
Teri and Andy Goodman
Joseph Granese
Dorothy Harkavy
Maury Harkins

Mary Lou Hely
Thomas Huebner
Mari Iki and Martin Maguss
Pauline Kendall
Paula Key and John Murphy
Hannah and James Kim
Nancy Larson
Janice Levy
Michele Mandell
Ibrahim Mansi
Connie Tompkins McCole
Craig Davini and
Ashley McCumber
Avril McHugh and Charles Barry

Donna Gibbs and Dennis Minor
Kate and Wes Mitchell
Thomas Nicoll
Marilyn O'Connor
Diane Ososke
Rebecca Perez
Debbie and Andy Rachleff
Sreeram Ramraj
John Ricchebono
Shannon Rogers and
Rohan Kalbag
Kay Rousseau and
Stuart Montgomery
Celia Daniella Siroskey

Ian Sobieski
Jessica Sweedler and
Chris Colwick
Marie Tafoya
Laurel Schaefer-Trent and
Thomas Trent
Barbara Walkowski
Atsuko Watanabe and David Sovie
Regula and David L. Weill
Peter and Maria Wenner
Rosemary and Harry Wong
Darlene Woodson
Anders Yang
Sharron Zakus

IN OTHER NEWS



MEET ROSLYN: A PILLAR IN HER COMMUNITY

Roslyn is 71 years young and has lived in Bayview for 70 years. She has dedicated her life to being a mother to her two children, now all grown up, as well as 15 grandchildren, and as she says with a smile, “a whole bunch of nieces and nephews.”

She also has helped shape young lives as a Peer Mentoring Tutor for the Southeast Community Center in Bayview. Affectionately known as Ms. Roz to her students, she has helped hundreds of young adults who had a difficult time in High School learn subjects and skills that they can use in their adult lives.

While Roslyn has been busy caring for others, she's also been navigating her own health battles. She has pulmonary sarcoidosis — a lung disease and as a result, takes extra precautions to insulate herself from possibly contracting COVID, which means she can no longer go into the classroom.

Her students have always been a part of her life — both in and out of the classroom. Matter of fact, seven years ago, one student noticed that Ms. Roz was struggling with her nutrition and health, so she helped Roslyn apply for our home-delivered meals program.

Roslyn says this has helped her out in so many ways as she can't prepare meals anymore and she appreciates the regular check-ins with her Meals on Wheels driver, Raymond.

“They include you just like a family member,” beams Roslyn. “That’s outstanding — you don’t get that everywhere.”

Read more: [MOWSF.org/roslyn-story](https://mowsf.org/roslyn-story)

HISTORIC FEDERAL FUNDING FOR OAA

Congress recently passed H.R. 2617, the Consolidated Appropriations Act of 2023. The final bill contains a **\$100 million increase for the Older Americans Act (OAA) Nutrition Program** — the largest annual appropriations increase in the program's history.

In a press release, **Meals on Wheels America (MOWA)** viewed the increase as an “important step forward” but warned “**local senior nutrition programs will continue to face difficult challenges** in the coming year, including increased need for meals, phasing out of emergency COVID funding, waning philanthropic support, and soaring food and fuel costs. As such, we ultimately view this increase as a transitional funding level and know that considerably more will be needed in FY 2024.”



PANDEMIC RELIEF FUNDING FOR CALFRESH RECIPIENTS ENDS IN MARCH



Kristi Hirsch meets with Meals on Wheels meals recipient, Harry.

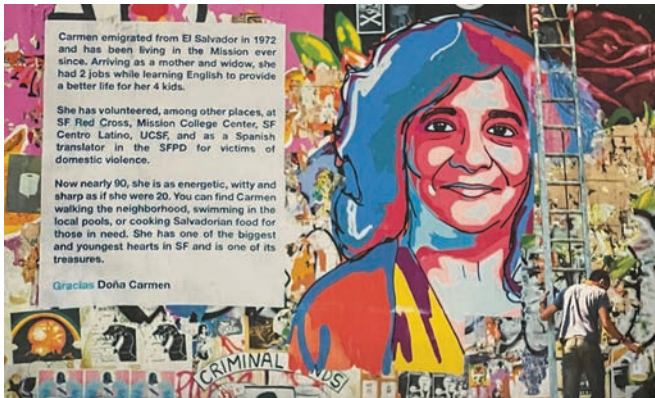
Meanwhile, **supplemental emergency pandemic funding for people receiving CalFresh benefits will end in March putting many older adults at risk of becoming food insecure.** According to the California Association of Food Banks, the average household will lose about \$200 a month starting in April.

Kristi Hirsch, Director of Social Work at Meals on Wheels San Francisco, says this will be a huge adjustment for older adults who relied on this funding.

“Most of the seniors we serve have been receiving the maximum allotment during the pandemic and now they will be returning to the allotment amount using the traditional formula for food stamps,” says Hirsch. “This means that many of our low-income seniors could be going from close to \$200 per month on their EBT card to as low as \$15 per month, particularly if they are living in subsidized housing.”

In 2022, approximately 64% of the older adults who received Meals on Wheels in San Francisco lived on less than \$37 a day.

AROUND MEALS ON WHEELS SAN FRANCISCO



MISSION RESIDENT HONORED WITH MURAL

Carmen, who is now 91 and receives Meals on Wheels at her home in the Mission, is a local legend! Recently, two of our volunteers discovered this posting about a mural painted in her honor. Underneath years of graffiti is a beautiful mural capturing Carmen's love of her neighborhood and community.

Carmen has lived in the Mission since 1972 and has helped her community in many ways including volunteering with the Red Cross. If you live in SF, you may spot her walking around her neighborhood or taking a swim at one of the local pools! You can check out the mural on Valencia Street between 23rd and 24th.



NEW YEAR, NEW HEALTHY YOU!

So, you made a new year's resolution to get fit and healthy, but have no idea where to begin. You're not alone. An estimated 45 million people in the U.S. will go on diets and vow to get fit in the new year. They'll also spend billions annually on diet products.

Maintaining your health is a balance of many things — exercise, eating healthy, and even managing your mental health and well-being. Our nutrition team has five recommendations for people aged 60+ on how to adjust their diets to stay healthy. Bonus — these tips aren't just for older adults — everyone can benefit from them! **Read: [MOWSF.org/health-tips-2023](https://mowsf.org/health-tips-2023)**



CLEAN OUT YOUR CLOSETS — HELP PROVIDE FOOD FOR SENIORS

Winter is the perfect time to purge your closets and Support Meals on Wheels San Francisco at the same time!

Drop your unwanted treasures off at Community Thrift located at 623 Valencia Street in the Mission and allocate your goods to MOWSF (#131).

Community Thrift will sell your goods and give a hearty portion of the sales to us. This is the easiest and quickest way to turn your unwanted possessions into meals for homebound seniors!



NEWEST (AND LITTLEST) VOLUNTEER!

Check out our newest volunteer in the making! Little Cece was born last year to Katherine and Tony who are volunteers for our Home-Delivered Groceries program. Baby Cece watched from a safe distance in her mom's arms while dad and a small army of volunteers bagged more than 6,000 pounds of groceries.

Mom, dad, and Cece hit the road shortly after and delivered the bounty of food provided by the SF-Marin Food Bank to seniors in need. Thank you, Cece, Katherine, and Tony! Learn how you can volunteer with us: **[MOWSF.org/volunteer](https://mowsf.org/volunteer)**



MEALS on WHEELS
SAN FRANCISCO

Headquarters

1375 Fairfax Ave.
San Francisco, CA 94124
(415) 920-1111

The Sangiacomo Flynn Building

2230 Jerrold Ave.
San Francisco, CA 94124

NON PROFIT ORG.
US POSTAGE
PAID
SAN FRANCISCO, CA
PERMIT NO. 719

Inside this issue of
Nourish News

- When Irish Eyes are Smiling!
- A Year of Accomplishments
- We're in Northern San Mateo County Now!
- Serving SF Navigation Centers
- Your Impact in 2022
- Planning Your Gift to MOWSF
- Around Meals on Wheels

NOURISHING THE WHOLE PERSON
mowsf.org

MAKING A DIFFERENCE, ONE MEAL DELIVERY AT A TIME



MEALS on WHEELS
SAN FRANCISCO

"The work is not always smooth sailing but I take comfort in knowing that my work is helping seniors," says Meals on Wheels driver Ken Leaf.

Have you ever wondered what it's like to deliver meals to those in need? Inside this edition of *Nourish News*, Meals on Wheels driver Ken Leaf shares with us his day-in-a life on the road making sure seniors in SF have a meal to eat each day.