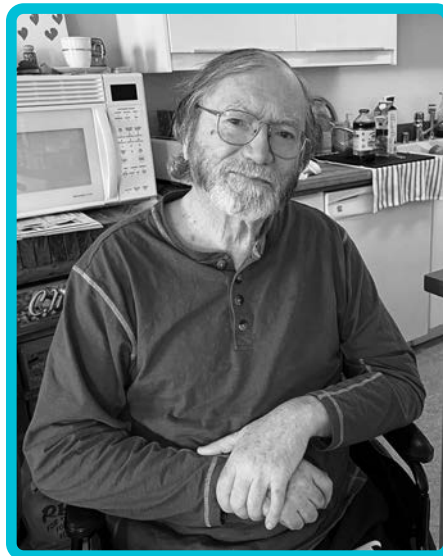


MEALS ON WHEELS KEEPS BILL SAFE

You find yourself in Bill's shoes, facing the challenges of navigating your home in a wheelchair or walker. It's not the first time you've fallen from your wheelchair, but you've learned to adapt. One day, as you lie on the floor, you don't panic. Instead, you wait calmly, knowing your Meals on Wheels delivery is imminent. You've left the door unlocked for this very reason.

Sure enough when the knock comes, and you can't answer, your driver enters and finds you. They stay with you until help arrives, a testament to the importance of planning ahead.

Bill, who is 75, shared this experience with us when we first met him early last year. He was working at his real estate office in San Francisco when he suffered a stroke that left him incapacitated. He was paralyzed on his left side from his shoulder down to his leg. He spent a year at an assisted living center undergoing rehabilitation. Afterwards, his friends helped him move from San Francisco to a roomier place in San Mateo County to start over.



Many older adults who live alone and have disabilities have the extra challenge of learning how to navigate inside their home and figuring out other ways to do the simplest tasks, like putting on a sock and shoe or to pick up something off the floor.

Bill says cooking can be hazardous for him, too, which is why he signed up for Meals on Wheels. He shared that one time, a friend smelled gas while he was making a pizza in the oven. He couldn't smell the gas

due to his wheelchair height because the odor travels up and not down. Fortunately, his friend did and acted quickly, averting a potential disaster.

The thought of not having Meals on Wheels is just not an option, Bill tells us.

"It's a lot more than the food, it's the consequences of what happens if I had to cook for myself," says Bill. "This occurred to me after I dropped a hot frying pan onto the kitchen floor; I drop things all the time."

Bill says that along with his diabetes medication, a sensible diet and regular knock on the door provided by Meals on Wheels, he is able to manage his health.

His story is a reminder that support comes in many forms, and sometimes, it's the simple act of a meal delivery that makes all the difference.

Read Bill's story:
[MOWSF.org/san-mateo-bill](https://www.mowfsf.org/san-mateo-bill)

If someone you know would like to start Meals on Wheels and lives in Northern San Mateo County, they may call us at: (415) 920-1111 to see if they qualify.

MEET YOUR NUTRITION TEAM

Did you know Meals on Wheels San Francisco has a team of Registered Dietitian Nutritionists? Each member brings their own unique experience in nutrition. The team ensures the nutritional quality of your meals, oversees food safety, and offers free nutrition counseling to help you eat healthier. Proper nutrition is essential for healthy aging, helping to manage chronic conditions, boost energy levels, and enhance the overall quality of life. Our dedicated dietitians are here to support you on this journey.

Meet our team:



Hannah Grant, RDN

Director of Nutrition Services



Kasey Cacace, RDN




Kristin Rose, MFCS, RDN



Christina Vang, RDN

We are proud to provide free personalized nutrition counseling to support your dietary needs and improve your health. **Please call (415) 920-1111 and ask for your nutritionist.**



1,598 seniors
seniors received nutrition
counseling in 2023



Distributed 14,000
nutrition education handouts

Contact Meals on Wheels San Francisco:
Office Phone: (415) 920-1111 | **Fax:** (415) 920-2718
Web Site: www.mowsf.org | **Email:** info@mowsf.org

OUR MISSION: Meals on Wheels provides a network of services that allow seniors to live in their homes with dignity and independence for as long as possible.

YOUR NUTRITION

BREAKING DOWN YOUR MEAL: HOW OUR FOOD SUPPORTS SENIOR HEALTH

As we age, good nutrition becomes increasingly crucial for health and well-being. Proper nutrition can manage chronic conditions, boost energy, and enhance quality of life. Meals on Wheels San Francisco meticulously designs meals for seniors, ensuring they're balanced and nutrient rich. Here are key nutrition factors we consider when planning your meals:



1. **Prioritize Protein:** Vital for maintaining muscle and strength. Include lean meats, poultry, fish, eggs, beans, and nuts in your diet.
2. **Focus on Fiber:** Aids digestion and prevents constipation. Choose whole grains, fruits, vegetables, and legumes like oats, brown rice, apples, and leafy greens.
3. **Include Healthy Fats:** Essential for brain health and reducing inflammation. You should opt for unsaturated fats found in avocados, nut-butters, olive oil, and fatty fish.
4. **Ensure Adequate Vitamins and Minerals:** Seniors need more of certain nutrients:
 - **Calcium and Vitamin D:** Crucial for bone health, found in dairy, leafy greens, and fortified foods.
 - **Vitamin B12:** Essential for nerve function, in animal products and fortified cereals.
 - **Potassium:** Maintains cell function and heart health, in fruits, vegetables, and legumes.
5. **Limit Salt and Sugar:** Excess salt raises blood pressure, while too much sugar can lead to weight gain and diabetes. Use herbs, spices, and citrus for flavor, and choose natural sweeteners like fruits over sugary snacks.

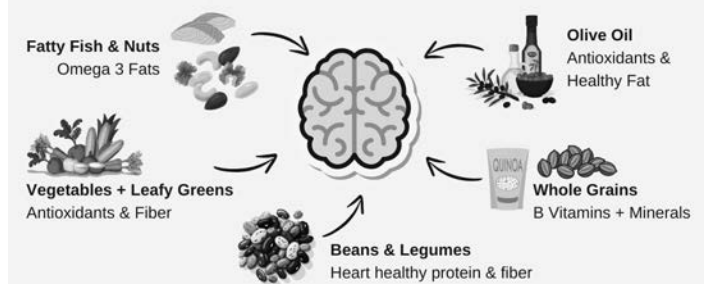
Good nutrition is a cornerstone of healthy aging. For more information, **visit: [MOWSF.org/nutrition-services](https://www.mowsof.org/nutrition-services)**

THE MIND DIET

The MIND Diet promotes brain health and may prevent cognitive decline by emphasizing foods rich in fiber, healthy fats, and antioxidants from colorful fruits and vegetables. Key recommendations include:

- Daily servings of whole grains, such as brown rice and quinoa.
- Regular consumption of beans and legumes.
- Daily intake of vegetables, especially leafy greens like spinach and kale.
- Weekly servings of poultry and fish, while limiting red meat.

5 Components of the MIND Diet



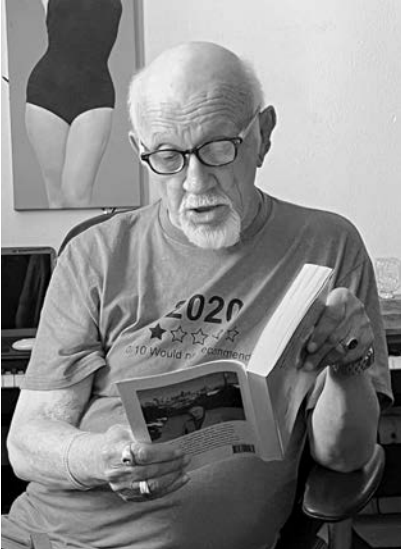
- Incorporating olive oil for added nutritional benefit.

Research indicates adhering to the MIND Diet can reduce Alzheimer's disease risk by up to 53%.

Read more at: [MOWSF.org/mind-diet](https://www.mowsof.org/mind-diet)

OUR IMPACT AT A GLANCE

LGBTQ SENIOR SPOTLIGHT



According to Alfred, being a gay man was much more difficult 30 years ago. Back then, the Jackson, Tennessee native faced discrimination when he was in the U.S. Navy and from medical professionals. He discovered a better life for himself when he moved to San Francisco's Castro district almost 20 years ago.

In 2008, Alfred's health started to decline. Multiple hip replacement surgeries and long-term lung disease made it difficult for him to prepare meals safely and his nutrition was declining. Alfred says he started Meals on Wheels that year and today the service continues to keep him healthy.

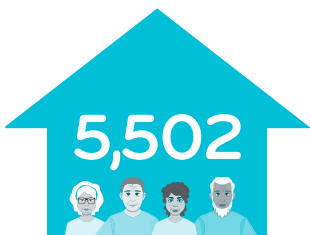
Today, he enjoys tickling the keyboards of his synthesizer, and he has recently published a book about his pursuit of happiness called *Alfred in Wonderland*.



Dennis has received home-delivered meals from Meals on Wheels since 2009 and credits the service as a lifeline. He is unable to stand or cook for long and he says Meals on Wheels provides him with nourishment and the independence to stay connected with the gay community as a Sister of Perpetual Indulgence.

Affectionately known as Sister Dana Van Iquity, Dennis expresses his love and appreciation for the LGBTQ+ community in San Francisco. Dennis says he's grateful to continue supporting the LGBTQ+ community through his writing, events, and ongoing work with the Sisters.

Meals on Wheels San Francisco is able to support thousands of older homebound adults aged 60 and older thanks to public and private supporters, contracts and grants.



*Number of older adults served in SF & SMC in 2023

* Total unduplicated



2.5 million meals
prepared in our kitchen in 2023



295,724
Wellness visits made by
our drivers in 2023



**3,394 seniors in SF
and SMC** assessed
by our Social Work team

MAXINE INSPIRES POSITIVITY

When we first met Maxine in 2019, her perspective on aging and resilience left a lasting impression.

“To me, aging is all about mindset,” she shared. “As we grow older, our bodies may present challenges, but it’s how we choose to face them that’s important.”

Recently, we visited her, and her unwavering positivity, resilience, and commitment to helping others continue to inspire us.

During our conversation, she glowed while recounting the special Thanksgiving meal she received from Meals on Wheels, complete with a heartfelt card from a volunteer.

Despite the passing years, Maxine remains as busy as ever, overseeing Hickman Homes for Children, a program aiding families in fostering vulnerable youth. Additionally, she dedicates her time to the National Coalition of 100 Black Women, contributing to the planning of its upcoming fundraising event.

Throughout her busy schedule, one constant remains — Meals on Wheels, which she deeply appreciates.



However, amidst her activities, Maxine received sobering news on her 80th birthday. Diagnosed with stage 4 chronic kidney disease, she faced a new challenge.

“It [kidney disease] is not a death sentence,” she tells us. “It’s a ‘lifestyle change.’”

She and her doctor’s focus right now is preventing the disease from advancing to stage 5 which she’s told would require dialysis.

She diligently follows a special diet to slow the disease’s progression, relying on Meals on Wheels to meet her nutritional needs.

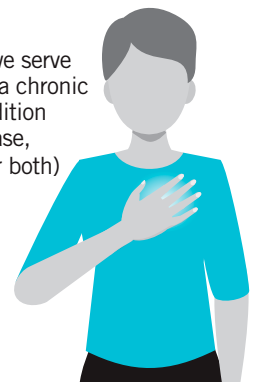
Though navigating this new reality isn’t easy, she says she feels good and has energy for most of the day.

“Things are working for me — I got Meals on Wheels checking on me periodically — always remembering the holidays.”

DID YOU KNOW?

29%

of seniors we serve in SF have a chronic health condition (heart disease, diabetes, or both)

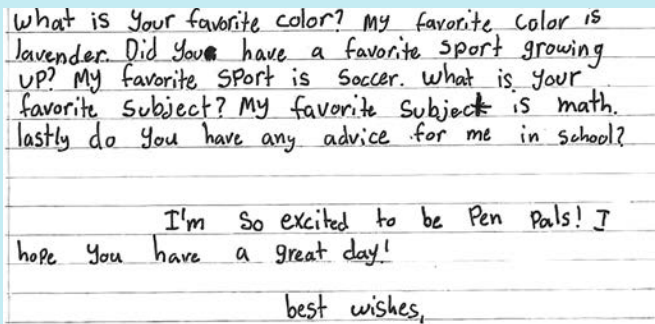


AROUND MEALS ON WHEELS

SENIOR PEN PALS PROGRAM

Recently, we partnered with a local elementary school to launch a pilot Pen Pals program. Twenty-two students were paired with 12 Meals on Wheels recipients and the first letters have been exchanged. The responses have been heartwarming and one senior Pen Pal named Dorae, has already written a second letter to another student!

If you're interested in participating in our Meals on Wheels Pen Pals program, please call: (415) 343-1317.



Dorae, 87, with Meals on Wheels since 2004.

THE RESULTS ARE IN!

Thank you to all who participated in this year's annual Nutrition Survey. Your involvement, along with Meals on Wheels and our partners at the San Francisco Department of Disability Aging Services, was greatly valued. Together, we gathered valuable insights that will allow us to improve and tailor our nutrition program and services to better meet your needs and preferences. Your contribution is invaluable in strengthening and promoting health in our community. Here are some of the key findings many of you reported:

Key results:



INFORMATION AT YOUR FINGERTIPS

RESOURCES

- Friendship Line for the Elderly:** (888) 670-1360
24-Hour Telephone Support & Counseling Program
- Aging and Disability Resource Centers** (415) 750-4111
Information on a Wide Variety of Services
- Grief & Suicide Line** (415) 781-0500
24-Hour Crisis Line
- Main Referral Line for Services** (415) 355-6700
Help for Issues of Abuse or Neglect (APS),
In Home Help, Home-Delivered meals in SF
- Well Connected** (877) 797-7299
Phone and Online Groups and Classes



OLDER ADULTS AND EXTREME HEAT

Summer heatwaves can affect us all physically and mentally. However, for older adults, such heatwaves, like those seen in June and July this year, can pose a significant risk of life-threatening heat-related illnesses. As we age, our ability to tolerate heat diminishes. Additionally, many seniors have underlying health conditions or take medications that can exacerbate dehydration.

Here are some tips to help you stay safe during heatwaves:

Finding a Cool Place

Avoid being outdoors between 10 AM and 4 PM. If possible, use an air

conditioner or fans to keep your home cool and pull down the shades or curtains.

If you need a cool place to go during the day, libraries, shopping malls, community centers, and museums with air conditioning will be open to the public.

Check the website: SF72.org or call 3-1-1 to find a cool space to spend the day close to your home!

Drink Plenty of Water!

High summer temperatures increase your risk of heat stroke. Staying hydrated is important for your health and helps keep you cool during warm summer months. All adults should get at least 64oz of water daily.

Make a Plan

Make sure you have family, friends, neighbors, or care providers who can check in on you during an extreme heat event.





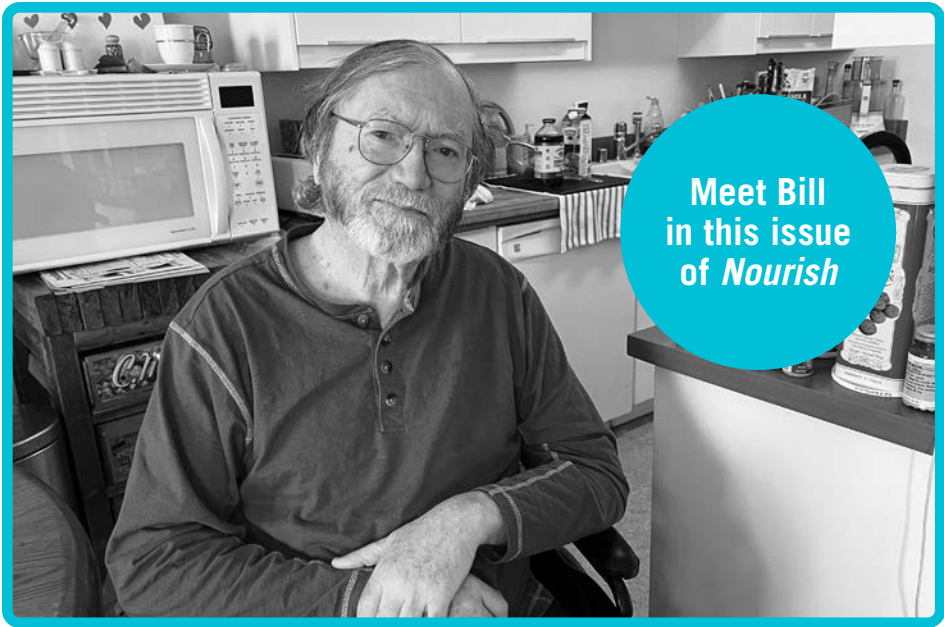
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NOURISHING THE WHOLE PERSON
mowsf.org



LEAVE A LEGACY

Are you aware that you have the option to include Meals on Wheels San Francisco in your will? Your legacy gift today can ensure that no seniors go hungry or are forgotten tomorrow.

Call us for more details, 707-694-8185 or **visit: MOWSF.org/legacy-giving**



The City of San Francisco's Department of Disability and Aging Services is a leading partner and primary funder of nutrition and supportive services for homebound seniors and adults with disabilities.