

Meals on Wheels of Contra Costa, Inc

Tidbits



Spring 2008

Ann Fountain—a very crafty lady



Ann in 1968
Del Monte Magazine photo

Today, measuring “ones ecological foot print” may be fashionable, but it is just second nature to 92 year old Ann Fountain, aka, “The Tin Can Lady”, who has been on the “cutting edge” of recycling since the late 50s.

Ann's interest in arts and crafts began in her childhood days on a farm in No. Dakota. Crafts are just part of how “farm kids keep themselves entertained”. Her artistic gifts Ann has kept many others delighted and entertained ever since.



Miniature rocking chair and flower...both made from tin cans

She was first introduced to tin craft back in 1959, while attending a hobby show. “The work was so beautiful, and I was struck at the time by how inexpensive the materials were. Anyone involved with crafts knows how costly materials can be.”



In tin craft, most of the materials are included in the weekly grocery budget.”

Over the years Ann taught arts and crafts in a number of Bay Area communities. And, her book, 'A Tinsmith's Creation of Flowers', has sold hundreds of copies, and can be found in libraries across the country.

Ann's creative abilities range widely from beautiful tin-crafted flower arrangements to wall plaques made of natural recycled materials to striking oil paintings. There is no question that much of her work could have been sold, but Ann has never gone commercial. Instead she has given many of her creations to family, friends and neighbors.

Even at 92 and with a pacemaker, Ann keeps a pace few of us could emulate. She still loves to spend time in her art studio snipping, pasting and painting, and as she says, “I am just too busy to get old.”

Ann today showing one of her tin crafts.



Meals on Wheels delivers in record numbers

Meals on Wheels began the new year with a bang, serving record numbers of homebound elders and disabled during the first two months of 2008. Meals on Wheels delivered a whopping average 1,227 daily meals in January and February, more than a 10% increase over the same months in 2007.

When you factor in our new E-Pack program, which provides an emergency meals supply for each Meals on Wheels participant, the actual number of meals delivered to our homebound participants in Contra Costa County increased more than 20% during January and February.

“Meals on Wheels staff have made an extra effort this year to find those isolated homebound elders who might otherwise be overlooked,” according to Paul Krantz, Program Director. “This effort, along with the new E-Pack program, is only made possible thanks to the generous contributions we receive from the community,” Paul stated.

Inside this issue...

- Honoring our Major Donors
- Rotary Club honors MOW of Contra Costa
- Friends & Loved Ones Remembered
- Success with E-Packs
- Board members retire

THANK YOU to our Major Donors: January–December 2007

Every donation to Meals on Wheels makes a difference for our frail homebound elders who need Meals on Wheels to maintain their health and independence. Space limitations prevent us from acknowledging more than 6,000 annual donors individually on these pages, and many workplace donors may be omitted for lack of complete information. Please be assured that each and every donation to Meals on Wheels is most gratefully appreciated.

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Some information for our donors...

- ✓ We don't share donor names or information with any other organization.
- ✓ We try to respect donor wishes about how often you want to receive appeals from us.

Rotary Club honors Meals on Wheels of Contra Costa



The Rotary Club of Danville/Sycamore Valley recently honored Meals on Wheels during a brief ceremony during their regular weekly meeting, and presented Meals on Wheels Program Director, Paul Kraintz with a check for \$1,000 to help provide meals for our homebound elders in the surrounding communities.

Annual report now available

The Meals on Wheels of Contra Costa Annual Report is not available upon request. Please contact us through our Website email at www.mealsonwheelsofcontracosta.org or call 1-866-669-6697 to obtain a copy.

Friends and loved ones remembered!

Show how much you care with a tax-deductible gift to Meals on Wheels in tribute to a special person or organization, to commemorate a special event, or in memory of someone important in your life. Meals on Wheels will send an appropriate card per your wishes to whomever you specify, expressing your sentiments and announcing receipt of your gift (but never the gift amount) and you will receive an acknowledgement letter.

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Meals on Wheels of Contra Costa, Inc

Tidbits



is the newsletter of
Meals on Wheels
of Contra Costa, Inc.

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Christmas
Christmas
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E-Packs a Resounding Success

Our homebound Meals on Wheels participants and their families have responded overwhelmingly expressing their delight and relief, knowing that Meals on Wheels of Contra Costa is providing them or their loved ones with an emergency food supply in the event a major public emergency interrupts regular Meals on Wheels Delivery.

More than 2,400 E-Packs have been delivered so far to Meals on Wheels participants countywide. Each E-Pack contains six high quality meals that are shelf stable for at least one year, and each E-Pack is replaced every 6 months for maximum safety of our

participants. Meals on Wheels staff assist each participant individually to find a safe and accessible location for their E-Pack and provide detailed instructions in their use.

The entire cost of the E-Pack program is subsidized by your generous contributions to Meals on Wheels of Contra Costa. On behalf of our homebound participants, thank you for making E-Packs possible!



Remembering Meals on Wheels

Meals on Wheels Legacy Circle members are an exclusive group of caring individuals who have made a Planned Gift in their Will or Trust to ensure that Meals on Wheels will be here for all the frail homebound elders who will need us in the years to come. Your planned gift may be in stocks, bonds, mutual fund shares, real estate or cash. Such assets can be gifted immediately with many tax advantages, or as Planned gifts and bequests in the future.

Meals on Wheels of Contra Costa is partnered with the East Bay Community Foundation for their 75 years experience in assisting charitable nonprofit organizations such as ours in receiving a variety of gifts. To join the Meals on Wheels Legacy Circle simply let us know of your intention to make a Planned Gift to Meals on Wheels. Please contact Paul Krantz, Secretary/Treasurer of Meals on Wheels of Contra Costa at 925-646-9143 to discuss other planned giving options.

Board members will be missed

Robert Sessler, Co-Founder and founding Board Chair of Meals on Wheels of Contra Costa, Inc. recently retired as Director of the County's Adult and Aging Services Bureau in the Employment and Human Services Department, and has stepped down as Board Chair to accept a Board Member at Large position representing the community. We look forward to Bob's continuing contribution to Meals on Wheels and Aging services in Contra Costa County.



Robert Sessler

Board Member Mary Sherman was elected as the new Board chair.



Palmer Watson

Founding Board Member, **Reverend Palmer Watson** has also retired from our Board of Directors late last year. Reverend Watson founded West Contra Costa County Meals on Wheels Inc, in the 1970's, and has served as a member of the Meals on Wheels of Contra Costa, Inc. Board since its inception in 1990. Reverend Watson is succeeded on the Board by West County Meals on Wheels Program Coordinator, Marsha Griffin.

Health, independence and dignity for homebound elders



Meals on Wheels of Contra Costa, Inc.
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