

# THE MEALS ON WHEELS *Family*

88-year-old Meals on Wheels client, Wayne, was eagerly waiting for us at his door. He welcomed us into his tiny studio apartment excited to eat his only hot meal of the day. Meals on Wheels volunteer, Kathy, placed his fresh lunch in the minifridge before setting up his hot entree for him to eat. Since Wayne is legally blind and is an amputee who needs to use a wheelchair, Kathy carefully opens the meal and places it in front of him, directing him on where to find his drink and silverware. Wayne came to Meals on Wheels a little over a year and a half ago after his caseworker referred him to our services. Since then, volunteers like Kathy have gone above and beyond to help take care of Wayne. Kathy tells us she takes out his garbage, cleans his apartment, helps him with transportation, and makes sure he feels cared for and connected to others.

In 1974, Wayne tragically lost his left leg in a car accident while living on Vashon Island in Washington State. Since then, he has utilized prosthetics most of his life. Unfortunately, for the last few months, he has not been able to use his prosthetic leg and has been dependent upon using a wheelchair, which makes Meals on Wheels all the more vital to his daily survival and independent living.

***"Meals on Wheels is my primary interaction with the outside world right now."***



*Wayne and Volunteer, Kathy*



*Wayne*

While waiting for his prosthetic leg to be fixed, he is not able to leave his home. He relies on Meals on Wheels not only to provide him with lunches and dinners but also to connect him to additional services. Our staff work with other agencies to ensure Wayne is safe in his home.

Wayne has no family to look after him so volunteers like Kathy have become the closest thing he has to family since his brother passed in 1964. Life has not always been easy for Wayne, but about hitting tough times he says "I have always had a very strong will to win." This will to win has allowed Wayne to be where he is today, living independently in his apartment after months of not having a stable home. "Meals on Wheels is my primary interaction with the outside world right now," explains Wayne. The loneliness seniors like Wayne can experience, especially with no family, is something Meals on Wheels never wants our clients to feel. Volunteers like Kathy ensure that no senior feels abandoned and alone in the world. "Your volunteers are really supportive and the food comes in really handy," says Wayne. Our pleasure, Wayne!

## MESSAGE FROM OUR *President and CEO*

### *Variety Is the Spice of Life*

Here at Meals on Wheels San Diego County, we are spicing things up with new menu offerings that will be rolled out this fall. Our objective is to create enthusiasm and anticipation around the meals that our clients are receiving and to serve a more diverse group of older adults. Food is medicine because it nourishes the body and breaking bread with others is also breaking the feeling of isolation. Although our volunteers aren't necessarily sitting down and eating with our clients, they are nonetheless part of that meal.

Here's what's coming: Southern Comfort, Vietnamese, and Mediterranean menus. We are also developing a Vegetarian menu for lunches. Moreover, we will be offering several Medically Tailored menus. These will meet the needs of clients with specific medical conditions: including Gluten Free, Lactose Intolerant, Renal, and more.

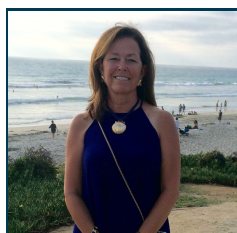
Scan the QR Code to see our Monthly Menus with pictures and nutritional info!



*President and CEO, Brent Wakefield*

## MEET OUR NEW *Board Chair*

Leading with human compassion and respect makes a difference in the world. Reaching out a hand and offering the basic components of health and well-being is the least we should do as community leaders. I have a great passion for addressing not only hunger but the overall necessities of wellness to function in a healthy and balanced way. The importance of offering this balance, assessing the success of the program, continuing to evaluate our work, and improving the program are the tenets that will strengthen the longevity and success at Meals on Wheels, and I am proud to take on the role as board chair.



*Board Chair, Nancy Lazarski*

## NEWS AROUND *Town*

### HELLO FROM...

#### *Meal Center*

We are busy at the Meal Center analyzing and designing methods to reduce any food waste. We are also determining how to reduce the amount of paper we use. Moreover, we are examining how to implement compostable and recyclable containers for our lunches and dinners.

#### *East County*

East County Service Center is excited to celebrate our volunteers with a drive-through Appreciation Event on October 5th. They really have gone above and beyond!

#### *North County*

North County Service Center recently joined with other community organizations to serve victims of abuse at "One Safe Place". To learn more, visit [onesafeplacenorth.org](http://onesafeplacenorth.org).

#### *Metro*

Metro Service Center would like to thank all elected officials and community leaders who dedicated time to deliver meals and resources to seniors in their respective districts this summer.

#### *South County*

South County Service Center is excited to finally be able to move into our newly renovated offices! We can't wait to share this space with our fantastic volunteers!

## YOU'RE INVITED TO OUR *Holiday Concert*

### Coastal Communities Concert Band

Performing under the auspices of MiraCosta College

Saturday, December 10, 2022 at 2 pm



**General Admission: \$25**  
**Seniors, Students, & Military: \$20**

Tickets: Call (800) 5-SENIOR  
or (760) 736-9900 or

Scan the QR Code to Purchase Tickets!

# VOLUNTEER SPOTLIGHT

## Gold Star Volunteers

Mary Jo started delivering meals in February of 2019. Mary Jo wanted to continue serving her community after her retirement from 40 years of nursing. To her delight, she met Lois on her very first day at Meals on Wheels and has looked forward to her visits ever since. "She is easy to like and love," Mary Jo smiles.

Lois, an 85-year-old widow, moved to San Diego from Albuquerque in 2009. Soon after, she had open heart surgery and joined the Meals on Wheels family for temporary help with her recovery. However, she has stayed with us because her endocrinologist told her he recommended she stick with our nutritious meal plan specially designed for senior health. Over the years, Lois has met many Meals on Wheels volunteers saying,

***"I have been through a lot of volunteers and let me tell you, I give gold stars to every one of them!"***

She continues to explain how former volunteers still call her to check in and even come and visit her from time to time. Lois had a stroke 2 years ago and really appreciates the extra eyes on her.

*Volunteer, Mary Jo, and Client, Lois*



Explaining how the volunteers really care, Lois says, "There were a few days where I just wasn't feeling myself and the volunteer reported it – and all of a sudden I was getting calls and messages from Meals on Wheels making sure I was okay and referring me to various services. I really appreciated that!" she says. Her absolute favorite thing a volunteer can do for her? Bring their dog! "It's my therapy!" she beams.

It is volunteers like Mary Jo who make Meals on Wheels so important to our seniors. "Most of the clients I deliver to love to talk. This is why the new program for calling clients is so important," she says about our Companionship Call program, implemented during the pandemic. "We are their consistent visitors. We are their eyes and ears," says Mary Jo. The interaction each volunteer has with the seniors is the main reason they can still live independently in their homes. The meals keep them healthy but the volunteers keep them safe and happy. Our Care Navigation team ensures that our clients are taken care of well beyond their meals. "I have also reported more than once when I notice there is something wrong and Meals on Wheels will quickly come to check on the client," says Mary Jo. "I'd like to think that our involvement with Meals on Wheels helps keep these clients independent longer. With the help of volunteers, good nutrition, and good forms of communication, independent living is the goal." Thanks for you all you do for us and our seniors, Mary Jo!



*Scan the QR Code to Volunteer!*

**INTERESTED IN VOLUNTEERING? CONTACT  
VOLUNTEER@MEALS-ON-WHEELS.ORG.**



## A RECAP FROM

# Meals on Wheels

### VISIT OUR

## Galaxy Gala!

Thank you to everyone that made our 2022 Galaxy Gala a success. With the help of our supporters, we were able to make this year's gala the most successful one yet!

Scan the QR code to see our Gala video!



### OUR JUNE

## Fan Drive

Thanks to everyone who participated in our June fan drive! We called on San Diegans to donate fans and funds to help us keep our seniors cool during the hot summer months. Together, we delivered more than 250 fans! Thank you for caring about our seniors!



Happy client with her new fan!



Volunteer with donated fans.

## RIISING PRICES AND WHY WE ARE

## Thankful for you

2019

\$19.00 per package

\$37.15 per package

\$1.49 per pound

\$3.52 per pound

\$15.73 per package



2022

\$28.00 per package

\$54.07 per package

\$2.25 per pound

\$6.02 per pound

\$27.80 per package

**47% INCREASE**

**46% INCREASE**

**51% INCREASE**

**71% INCREASE**

**77% INCREASE**