

SCAN TO
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HEAR WHAT ANN
HAS TO SAY
ABOUT OUR
VOLUNTEERS!



HAPPY
HOLIDAYS

FROM MEALS ON WHEELS SAN DIEGO COUNTY

WISHING YOU

Joy, comfort, and peace

Our heartfelt thanks to our caring volunteers, our generous donors, our tireless staff, and the wonderful seniors we serve.

*Wishing you and yours a
Happy Holiday and
a Joyous New Year*

If you choose to support the independence of San Diego seniors once again, thank you! To make your donation online, visit www.meals-on-wheels.org or scan the QR code on the back

Ann welcomed us into her quaint apartment, decorated with hand-crafted tissue boxes and delicate doilies, with a warm and easy smile. At 105-years-old, Ann has outlived her husband and both children and lives on her own, attributing a bit of that strength to her Sicilian heritage. While Ann is partially blind and very hard of hearing, she is able to stay happily in her home with the help of Meals on Wheels. Ann now spends most of her days crocheting blankets for foster children in need. Her advice to living a long life is to eat healthy foods (mostly veggies!), which is the main reason she is with Meals on Wheels. She says, “I seem to be feeling better since I started with Meals on Wheels this year, and my doctor agrees.” Not only is she enjoying our nutritious meals, she also adores seeing our volunteers! When asked what her favorite thing about our volunteers is, she says, “They are kind and they like what they are doing. They make you feel like it is not a chore.”



Ann, 105

We hope this message finds you and your loved ones well and that you have the zest for life that so many of our seniors, like Ann, do.

Scan the QR code on the back to see a video of Ann!