



Happy Holidays

FROM MEALS ON WHEELS SAN DIEGO COUNTY

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 Season 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

Doris McCowan, 84, is the oldest of 8 children and comes from a family of sharecroppers in South Carolina. She remembers working with her family picking cotton, wearing down their hands, just to survive. In 1960, Doris moved to San Diego so her husband could find work. Today she is retired, has been twice widowed, and lives all alone in her home. Diagnosed with Multiple Sclerosis in 2004, it is extremely difficult for her to prepare food for herself. Unable to drive, she has relied on Meals on Wheels San Diego County since 2019 to provide her with nutrient-rich meals and check-ins from her favorite volunteers. Meals on Wheels provides her with the independence she needs to stay in her home of more than 60 years. Reflecting on her life, she explains how she values hard work. She goes on to explain that after her husband passed, she started her own cleaning service just to get by. Proud of her accomplishments, she emphasizes the importance of serving others and being a good neighbor – which is why she used to deliver meals to seniors! She says “I used to deliver meals never knowing I would need it for myself one day.” Coming full circle, she is grateful for the selflessness our volunteers show daily. “Sometimes I am not feeling so jolly but when I see the volunteers they make me feel so much better,” says Doris. The friendships our seniors like Doris have with our volunteers is part of what makes Meals on Wheels so special...especially around the holidays. She joins us in our gratitude for the generosity of supporters like you. From Doris, and from all of us at Meals on Wheels, we wish you a year of good health and connection with the ones you love.

