

ABOVE AND BEYOND A Warm Meal

Walking into 92-year-old Arthur's home was like walking into an old library. The client's dark wooden walls, furniture, and bookshelves were covered in eclectic art and hundreds of old books. Arthur dedicated most of his life to literature, writing, and teaching. Arthur, who goes by Art, made his way to San Diego in 1979 to teach literature at Point Loma Nazarene University. Not only was Art a beloved professor, but he is also a veteran of the United States Army, having served in the Honor Guard. Although he is legally blind and can no longer read or write on his own, he has found ways to listen to his favorite books and write poetry with the help of technology.

Art was never married and has no children to visit him, nor does he have other family members who live nearby. A few years back, he had knee replacement surgery. Soon after, he experienced a fall that resulted in a broken hip and now relies on a walker to get around the house. Art also relies on his neighbors and Meals on Wheels to keep him socialized and healthy in his home, where he has been for 40 years. Art was grateful that our services were so easy for him to access and has been with us ever since 2020.

Because he is unable to cook, go to the store, or go to a restaurant on his own, Meals on Wheels quickly became his primary source of nutrition. Having a warm meal delivered to his doorstep means the world to him. **"I don't know of any agencies that are more useful and practical than Meals on Wheels. They really deliver the goods!"** Art exclaimed.

Over the years, Art has grown close to many of our volunteers. He always likes to ask the new volunteers to tell him one thing about themselves no one else knows. One volunteer, Don, loves his visits with Art, and vice versa. Don was also a teacher and the two love to chat about their experiences teaching. Art also loves to share cookies that his neighbors give him each week every time Don visits to express his gratitude. When talking about our volunteers, Art gave us a special sentiment, **"You can't spread happiness to other people without having some of it rub off on yourself. That's the way of the volunteers. You just see that they are really proud and happy about what they are doing."**

Art explained the "ABCs" of aging: Autonomy, Bonding, and Creativity. He says, "I am proud that I do all three, I just wish I could do more bonding." He talked about how he misses teaching, socializing, and being around people but is grateful that Meals on Wheels has given him a sense of connection and companionship. When asked what his favorite part about Meals on Wheels is he says, "Honestly? The warm meals. I love the people who bring them but having a warm meal is my favorite part." That is exactly what Meals on Wheels is all about, a nice warm meal.

***Volunteer, Don,
with his cookie!***

Client, Arthur



**Scan to see Arthur talk
about Meals on Wheels!**



MESSAGE FROM OUR President and CEO

For over 60 years, our volunteers and staff have been going "above and beyond" for our wonderful senior friends we serve across our county.

I would like to take this time to extend my heartfelt congratulations to two of Meals on Wheels' own who have gone "above and beyond" for decades. Chequita Falls and Charlotte Fan were both recognized by the San Diego Business Journal for their leadership. These awards are a testament to the hard work and dedication to supporting seniors across San Diego, and I feel honored to be working alongside them.



Brent Wakefield

**CHARLOTTE FAN,
NORTH COUNTY
SERVICE CENTER
DIRECTOR,
RECOGNIZED AS A
2023 WOMEN OF
INFLUENCE - TOP 50
OVER 50!**

**CHEQUITA FALLS,
SOUTH COUNTY
SERVICE CENTER
DIRECTOR,
RECOGNIZED AS A
2023 TOP 50 BLACK
LEADERS OF
INFLUENCE!**



NEWS AROUND TOWN Meals on Wheels

HELLO FROM...

MEAL CENTER

We strive to practice the 3 R's: Reduce, Reuse, and Recycle. We reduce the amount of leftover food by calculating and preparing the exact servings we need. We reuse any possible extra food items by freezing them for future use. And we recycle food items by converting them into different types of meals. For example, we save all the broth used for cooking our poultry and turkey and use it for the broth in our soups. Our Black Bean Soup recycles our chicken broth!!

EAST COUNTY

Join East County's Advisory Committee to develop outreach and fundraising strategies to grow our services from La Mesa to Boulevard. To find out more information about how you can have a direct impact on the lives of our homebound seniors and disabled veterans, please contact Tim Ray at 619-447-8782.

METRO

Metro Service Center was honored to host our Champions Week Kick-Off event on March 6th with Kaleigh Riehl from the San Diego Wave! Thank you, Kaleigh!!

NORTH COUNTY

North County Service Center was happy to celebrate and honor our volunteers at the 45th Annual Volunteer Appreciation "Drive-Through" Event on Saturday, April 22!

SOUTH COUNTY

This spring we are focused on offering presentations showcasing MOW services to organizations, businesses, and groups in the community. We want to educate older adults and disabled veterans about the fact that we are much more than a meal!

VOLUNTEER SPOTLIGHT

Operation Doorbell

It all started a few months back when Meals on Wheels volunteer, Nancy, noticed a note written by a senior on her usual route. “The doorbell does not work. Please knock loudly as I am hard of hearing!” Nancy knocked loudly, eventually got the client’s attention and delivered the meal, then delivered the rest of her route. When she noticed not one, but two more seniors had left notes asking their Meals on Wheels volunteers to knock loudly as they would be slow to answer due to hearing loss, she had an idea: “Operation Doorbell.” She wanted Meals on Wheels clients to have access to a portable doorbell, one that can be near them at all times so they could move freely around their homes and not worry about missing their meal delivery. Months later, Operation Doorbell came to fruition, thanks to El Cajon Rotary Club, and we began installing these special doorbells for the hearing impaired in our clients’ homes.

INTERESTED IN VOLUNTEERING?

CONTACT VOLUNTEER@MEALS-ON-WHEELS.ORG.

Nancy has been a dedicated volunteer for over 8 years, following in her mother’s footsteps. Her mom was a Meals on Wheels volunteer for 32 amazing years! Over those 8 years, Nancy has developed beautiful friendships with the clients on her routes. She goes above and beyond for her new friends, opening their meals when they cannot, spending extra time with them when they are down, and of course, making sure they can hear when she arrives. Thank you, Nancy, for always putting our seniors first and bringing us “Operation Doorbell”! About volunteering for Meals on Wheels, Nancy leaves us with some encouragement for others to follow her lead, **“The joy you will get out of volunteering matches the joy you bring the seniors. You can help seniors keep their independence and for that, they are incredibly grateful.”**

Nancy and Client David at the first doorbell install!



Scan to see our first doorbell install!



BUILDING CONNECTIONS

Companionship Calls

Glen Citerony has been a volunteer for Meals on Wheels for over 20 years. In 2021, he decided to join our Companionship Calls program. He was paired with client, Larry, and they've been speaking on the phone weekly ever since. The program started in early 2020 when MOW was trying to figure out how to help seniors who may be more isolated than normal due to the pandemic. Our Companionship Calls program works to combat loneliness and social isolation to help our seniors remain healthy and happy in their homes. Its goal has been to provide seniors with a means to have conversations with caring volunteers, giving them a place to tell stories, spread their wisdom, talk about their lives, and foster meaningful relationships. Our seniors and volunteers take time out of their week to speak over the phone, forming connections that can benefit both the senior and the volunteer; connections like Glen and Larry's.

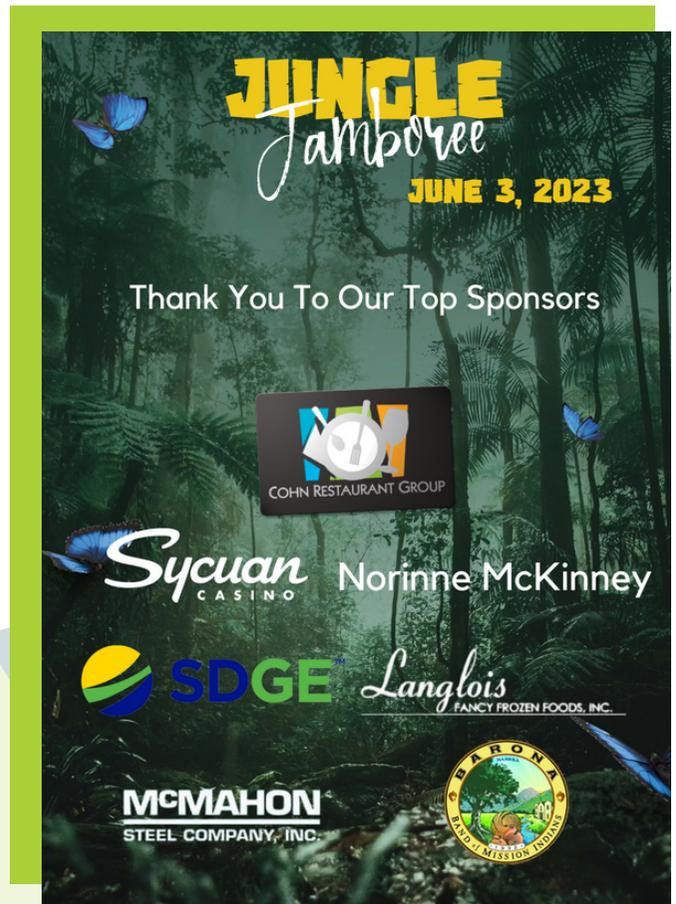
According to NASEM (National Academies of Sciences, Engineering, and Medicine), more than one-third of adults 45 years of age and older feel lonely, and nearly one-fourth of adults 65 and older are considered socially isolated. According to the CDC, social isolation can increase the risk of death from all causes, can cause a 50% increase in the risk of dementia, and causes an increased risk of depression, anxiety, and suicide.

Volunteer, Glen, delivering on his usual route



Glen has grown to love these calls just as much as Larry, "They (the seniors) are like living legends. Larry has given me a greater appreciation and understanding of the circumstances of being a senior." Glen and Larry chat about history, philosophy, agriculture, and much more. Glen encourages all of us to follow in his footsteps, "Loneliness can be just as harmful as physical ailments and can be avoided by a simple phone call."

**INTERESTED IN BECOMING A COMPANION?
CONTACT VOLUNTEER@MEALS-ON-WHEELS.ORG.**



WE ARE SO EXCITED TO CELEBRATE AT OUR JUNGLE JAMBOREE ON JUNE 3RD. IF YOU WANT TO BE A PART OF THE FUN, VISIT: [MEALS-ON-WHEELS.ORG/EVENT/](https://meals-on-wheels.org/event/)