



MOW Site Coordinator, Joseph, and Lillie



Lillie Hall & Joseph

When the landscape of your life changes, it can be difficult to adjust to your new view. Unfamiliarity can induce feelings of anxiety and sadness, and it can be especially difficult to explore these new territories by yourself. Lillie, 85, a recipient of Meals on Wheels, has dealt with significant changes in her life, specifically over the past few years. Although Lillie has only been our client for a short time, her quality of life has improved significantly, and much of this is attributed to her beloved delivery driver, Joseph Carson.

Joseph has been working at Meals on Wheels as a Site Coordinator for two years, delivering meals and building relationships with our downtown clients. We have had difficulty keeping volunteers on our downtown route, and Joseph has graciously taken over Lillie's deliveries. When asked what his first impression of his client Lillie was, he said, "I immediately fell in love. She opened the door with a smile, and I smiled back."

When asked if she likes visits from Joseph, Lillie beamed, "I certainly do! He's a wonderful person." Lillie shared that she was feeling "miserable" – and then Joseph came into her life. Joseph makes Lillie's bad days better. She expressed that, "At this age, with so many different things happening, you feel kinda bad." She describes how her life has changed over the years, including how her husband and friends have passed away. Without Meals on Wheels, Lillie said that, **"It would be a very lonesome life."** What Lillie expressed about her life is what thousands of seniors are experiencing in San Diego County: a lack of fruitful and fulfilling social connection.

Our mission at Meals on Wheels is to not only combat senior hunger, but also senior isolation. With the help of our dedicated employees and volunteers, we bring this mission to life. In this rapidly changing world, we want to be a source of consistency in our clients' lives. They get the satisfaction of looking forward to that knock on their door and a friendly face to greet them. When describing the impact Joseph has had on her mood, Lillie exclaims, "It's a pleasure for him to come by with his happy face. It makes me feel good."

Lillie reminds us that, although life transitions can be difficult, having the right support system can get us through. It can take some time to adjust to the new terrains in our life, but certain people can help us find the beauty in the unfamiliarity.

Our seniors are eager to see your happy faces at their door, and Lillie wants people who are interested in supporting seniors to know "how good it makes people feel." Read more about the joy of volunteering on the next page.

Volunteer Spotlight

“You will find it very rewarding!” says Lynette, an East County volunteer, about volunteering with Meals on Wheels. Born and raised in San Diego, Lynette has dedicated her life to serving her community. After retirement, Lynette decided to spend her time volunteering; she had heard about Meals on Wheels and recognized the importance of healthy eating. Lynette says the most important aspect of Meals on Wheels is making sure that healthy food is on the table for folks who may not be able to purchase or prepare it on their own. Her dedication to serving her community seems to be hereditary, as her daughter and granddaughter also volunteer for Meals on Wheels and continuously give back to the community through the SPRITES of East County.

Volunteers like Lynette are not just devoted to providing nutritious meals to our clients – they are also dedicated to our clients’ safety. Lynette recalls an instance where she was knocking on a client’s door, but no one was answering. She heard the client speaking and deciphered that the client had fallen and was unable to get up. With the help of neighbors, Lynette was able to get to the client in need and called 911.

When reflecting on this experience, Lynette states, “That was really a time that I felt it was important I was there.” Whether a delivery becomes a life-saving rescue or not, we believe that it is important every single time our volunteers are there for our clients. Our volunteers are the unsung heroes of our community and demonstrate every day that there is power in showing up for those in need. To some people, a knock on a door is not a heroic act, but we know that something so simple can mean so much to the safety of our clients.

To those considering becoming a Meals on Wheels volunteer, Lynette shares how easy the delivery process is, from the flexible scheduling to being able to select the routes that are most convenient for you. If a volunteer needs some support, Lynette reassures, “The office support staff is always available to help if a client is not home or if I have a concern along my route.” And if you don’t want to volunteer alone, you don’t have to! You can be accompanied by your friends and family.

To learn more about how to become a volunteer, visit our website: www.meals-on-wheels.org/volunteer



Volunteer, Lynette, smiling with one of her favorite clients

Our volunteers are
the unsung heroes of
our community



Lynette with her daughter, Chante, and granddaughter, Keilani

Calling All Volunteers!

Volunteer with us and make a real difference in the lives of seniors. You can bring nourishment and companionship to those who need it most.

Visit www.meals-on-wheels.org/volunteer



to sign up!

Dear Meals on Wheels Family,

We at Meals on Wheels are proud to be Breaking Ground, once again. Not only are we about to launch a capital campaign that will providing a new home for our volunteers, kitchen, and staff, we are “breaking ground” in how we work with our clients to improve their health and sense of well-being. This year, we’ve been part of a vast Brown University and Meals on Wheels America research study to show the wellness outcomes of seniors who receive daily deliveries and visits versus those who get a week’s supply of meals drop-shipped to them. We instinctively have known our hot meals always have more impact when accompanied by a warm smile, and this study will prove that. Our wraparound services, a.k.a. “More than a Meal” model, will be boosted by the dynamics of our new home and we cannot wait to invite you to our opening early next year.

In the meantime, thank you for being there for the amazing seniors we serve and for giving us the boost to always do more. You inspire us!



Brent Wakefield

Brent Wakefield | PRESIDENT & CEO



Take a minute to read Brent's opinion article in The San Diego Union Tribune on why seniors still need our help.



Welcome Our New COO, Keith Fisher!

Keith is a seasoned leader with 25 years of experience in non-profit, service, and technology sectors in San Diego. He most recently served as Deputy and Interim Executive Director at the San Diego County Bar Association. Keith's expertise spans successful business development, partnership building, and operational oversight. He holds an Executive MBA from San Diego State University and a Bachelor's in Administration from Northeastern University. Keith has always had a passion for helping seniors and says, ***“I am thrilled to take on this role in such an important time of growth for Meals on Wheels. The work we do is essential and I am proud to be a member of this team.”***

Going Green!

We extend our thanks to Citizen's Energy Corporation for their generous donation of six electric vans to Meals on Wheels San Diego County. Their commitment to sustainable transportation enhances our mission of delivering meals and support to seniors in the most efficient and environmentally friendly way.



Our brand new electric vans donated by Citizens Energy

SDG&E Supporting our Seniors!

Thanks to SDGE for their contribution of a \$500,000 grant, which will make a significant difference in the lives of seniors. Their support empowers Meals on Wheels San Diego County to continue providing essential services and care to our senior community.



Gala Save the Date

We look forward to seeing you all at our 2024 gala, Rio Carnival: A Samba Soiree, on April 20th, 2024 at The Prado at Balboa Park!

Thank you to everyone who supported our Jungle Jamboree this past June! A special shout-out to our sponsors for allowing this event to be the biggest success in Meals on Wheels history.



Thank you to our 2023 sponsors:

Cohn Restaurant Group
Norinne McKinney
Sycuan Resort and Casino
Langlois Fancy Frozen Foods
SDG&E
Barona Band of Mission Indians
Scatena Daniels Communications



Holiday Concert

Save the date for our 28th Annual Holiday Concert presented by Coastal Communities Concert Band!

Saturday, December 9th, 2023

2 PM to 4 PM

Carlsbad Community Church
3175 Harding St.
Carlsbad, CA 92008

Scan to see last year's concert!



To purchase tickets, visit our website at www.meals-on-wheels.org/event

Share the Love

Come "Share the Love" with Meals on Wheels and Kearny Mesa Subaru on **December 8th, 2023** for our Annual Food Truck Competition. Every year, Kearny Mesa Subaru chooses Meals on Wheels San Diego County as one of the recipients of the Share the Love funds. For every vehicle purchased or leased during the holiday season, \$250 goes to Meals on Wheels San Diego County. From 11 AM to 2 PM, stop by the dealership to get a chance to try a variety of delicious food trucks, see Santa, and support San Diego Seniors!



Giving Tuesday

Mark your calendars for Giving Tuesday 2023! On **November 28th** join us for a global day of giving to support Meals on Wheels San Diego County.

Our goal is to raise over \$30,000 in ONE day for our incredible seniors!

GIVING TUESDAY

News Around Town

Metro:

We recently said “goodbye” to our long-time employee, Roy. Roy has been a vital part of our team and he will be dearly missed during his retirement. Thank you for your commitment to our seniors and disabled veterans. We will miss you!



East County:

Thank you, La Mesa Lions Club, La Mesa/El Cajon/ Santee Lakeside Rotary Clubs, NARFE Chapter 0669, and SPRITES of East County for your generous monetary donations. We rely heavily on donations in order to provide affordable meals to our homebound seniors and disabled veterans. You're simply the best!!!



South County:

Join us in planning a memorable event! We're seeking dedicated volunteers to join our planning committee for the 50th Annual Volunteer Appreciation Luncheon on January 27, 2024. Let's work together to create an elegant and meaningful celebration, complete with a formal luncheon and engaging program.



North County :

North County Service Center welcomed Brown University PCORI Deliver-EE Research Team to our service center in June. North County Service Center is part of a study with 8 additional Meals on Wheels Programs in the United States. The research is looking at various outcomes for seniors receiving deliveries versus drop-shipped frozen meals. MOWSDC North County has reached 53% of our project goal. Through Brown University, we have assisted 50 clients to receive daily deliveries and 55 clients with weekly frozen meals.



Meal Center:

We have exciting happenings here at the Meal Center! We are currently converting 80% of our vans to electric vehicles. We are revising and improving our 6-week-cycle vegetarian menu. We are also incorporating dishes from our Southern comfort menu into our regular lunch menu. The clients are truly enjoying these new dishes! We also celebrated MOW employee, Gina, on 25 years at Meals on Wheels! Happy work anniversary, Gina!



Gina posing with her anniversary cake!

Fan Drive:

Thanks to our incredible supporters, we were able to keep seniors cool this summer! Over 200 fans were delivered to our clients, to help them beat the summer heat!



Ann Turns 106!

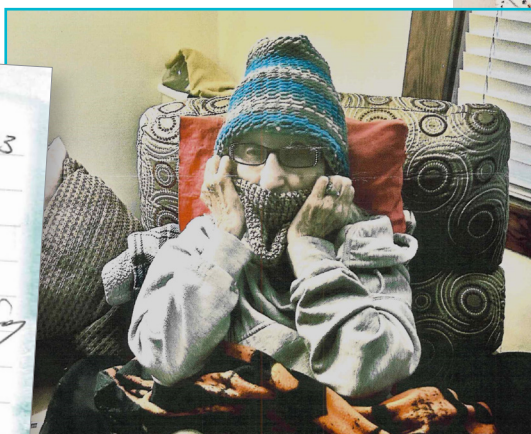
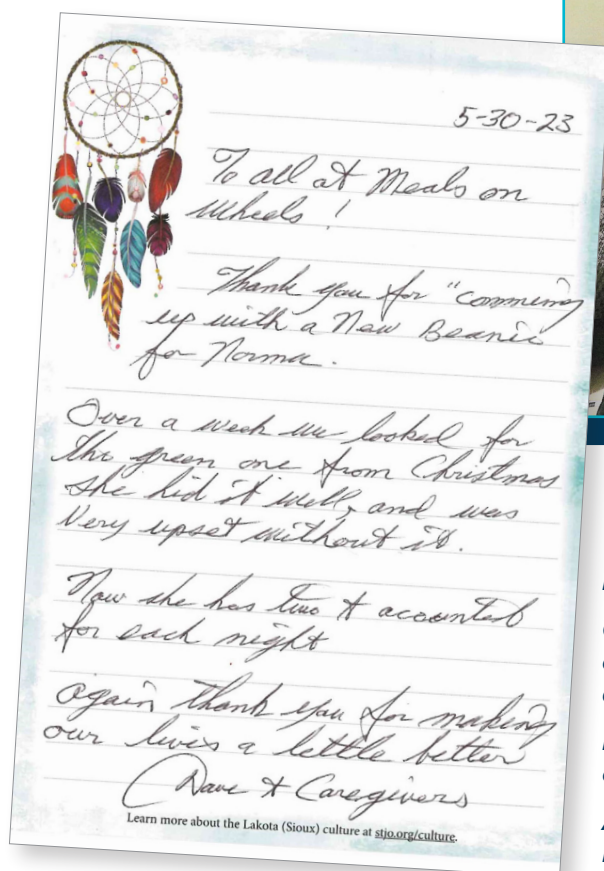
You may remember this familiar face from last year's holiday card! We celebrated our East County client's 106th birthday in August! With 106 trips around the sun, Ann is still spreading joy and wisdom to everyone she meets. Happy Birthday, Ann!



Scan the QR Code to see Ann on her special day!

Client Spotlight

Last Christmas, one of our volunteer groups donated knitted caps for us to deliver to our seniors. Norma, our 93-year-old client, absolutely loved hers but unfortunately lost it. We jumped into action to get her a new cap, having eventually found her missing one, she now has two and couldn't be happier! Many thanks to so many San Diegans who go the extra mile to put a smile on our seniors' faces!



To all at Meals on Wheels!

Thank you for "coming up" with a new Beanie for Norma.

Over a week we looked for the green one from Christmas. She hid it well, and was very upset without it.

Now she has two to account for each night.

Again, thank you for making our lives a little better.

-Dave & Caregivers

