

Board of Directors

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SOS Meals on Wheels
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Advisory Board

Roberta Cooper
Barbara Halliday
Shelia Young
Mary Louise Zernicke

Our Mission

The primary function of SOS Meals on Wheels is to deliver nutritious, balanced meals to homebound seniors. This service often allows seniors to live more independently and remain in their homes

New Volunteer Drivers

Start dates in 2017!

Lavella Allen	Judith McDonald
Martin Benvenuto	Catherine Mojica
Jill Breckenridge	Jessica Moorer
Larisa Brothers	Len Nathan
Barrie Bulmore-Ornstil	Ann Olson
Brandon Cardera	Alejandro Perez
Shirley Castaneda	Jamie Perry
Sharon Davidson	Debbie Reilley
Jim Dunn	Ruth Ritter
John Filson	Dianah Rodriguez
Dennis Flannery	Dale Ruiz
Caroline Floisand	Alejandro Sanchez
Elton Fong	Abhishek Sreenivasa
Jackie Gee	Christine Stahowski
William Harrison	Bruce Stephenson
Tracy Hughes	Janet Stephenson
Victoria Jones	Krista TerBush
Jeff Karlin	Margarita Turner
Naomi Karlin	Nicholas Vlahos
Kathy Kennedy-Sanchez	Denise Warren
Junghwa Kim	Richard Warren
Howard Kirsch	Sara Winter
Bar Levi	Susan Witcoff
Gloria Martinez	Maggi Wong
Joe Mastro	

2017 Group Volunteers in the Kitchen

Alameda County Sheriff's Department	Head-Royce School
Arroyo Key Club	Hormel Foods
Business Growth Network	Kaiser Permanente HR Finance
Blaisdell's Office Supplies	Kaiser Permanente MSSA Finance
Church of Latter Day Saints Relief Society	Liberty Mutual Insurance
California State Worker's Compensation Fund	MedAmerica
Chevron San Ramon	Pacific Farms
Church of Latter Day Saints Relief Society	Pandora
Coca-Cola San Leandro	San Leandro Police Department
Decus Biomedical	Target
Give Something Back	TriNet
Hayward Police Department	United Rentals



News From the Heart

"Feeding homebound seniors in Alameda County since 1966"

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From the Executive Director

The first year of the Trump Administration saw a significant change in attitude from the previous administration about funding social programs. Many of you may have heard or read Budget Director Mick Mulvaney's comments last March that "Meals on Wheels sounds great..." "...we're not going to spend [money] on programs that cannot show that they actually deliver the promises that we've made to people." Comments like these show a lack of understanding about the impact of Meals on Wheels in the daily lives of homebound seniors and require us to continue advocating on behalf of the seniors who need us.



This issue recognizes by name the many benefactors that contribute to our program. We would not be able to continue our mission without our loyal and generous supporters.

Foundations like the Stupski Foundation are enabling SOS Meals on Wheels to manage our program more effectively and better serve the seniors who depend on us. The Stupski Foundation is funding 3 new staff positions; a Case Manager so we can better serve meal recipients who are struggling with additional basic needs, a Volunteer Program Assistant to help us continue to expand our volunteer program and a Development and Marketing Specialist to help us continue to grow our private funding base. SOS Meals on Wheels is committed to serving each and every senior who needs us with care.

One meal recipient you will hopefully see more of in the near future is 86 year old Ms. Barbara Fuller, who was filmed in January along with volunteers Niquelle and Jareau Wadé for the next phase of the Meals on Wheels America "Let's Do Lunch" campaign. This phase features seniors who have developed a close relationship with

a volunteer(s). We can expect to see billboards, print and digital ads and TV Public Service Announcements featuring the trio beginning in early March!

Come See How SOS Makes 1200 Meals a Day!

The tireless SOS Meals on Wheels kitchen crew ensures that 1,200 daily meals leave our kitchen on time 5 days a week. How do they do it? SOS invites you to join a kitchen tour in 2018 and find out!

Tours are 10:30AM-11:00AM, the first Thursday of every month. All tours begin at 2235 Polvorosa Ave. Suite 280, San Leandro, CA 94577.

2018 tour dates are:

March 1st, April 5th, May 3rd, June 7th, July 5th, August 2nd, September 6th, October 4th, November 1st, and December 6th.

Please RSVP to Mary Gregory (510) 582-1263 or mary@sosmealsonwheels.org

Name Our New Subaru and Win a \$100.00 Southwest Airlines Gift Card!

SOS won 1 of 50 2018 Subaru Outback cars donated by Subaru America to Meals on Wheels America! The car was delivered in November and now it needs a name!



The car will be used to promote SOS Meals on Wheels at community events and fundraisers as well as bringing meals to our new delivery hub in Central Alameda County. Submit as many names as you come up with! The winning name will be decided by a panel of judges.

Submit your entries by March 23, 2018 to Mary Gregory by e-mail, mary@sosmealsonwheels.org or mail to 2235 Polvorosa Ave. Suite 280, San Leandro, CA 94577.

The SOS Meals on Wheels Volunteer Program Continues to Grow!

The SOS Meals on Wheels program plays a critical role in helping us serve the high number of vulnerable seniors who need our program. The volunteer program continues to grow with each year's contribution surpassing previous years! In 2017, volunteer delivery drivers contributed an amazing 7,530 hours which is a 50% increase over 2016—all this with a staff of 1! Volunteer drivers also donated 67,000 miles to make sure that seniors receive their meals and a friendly hello.

Kitchen volunteers donated 4,000 hours of time packaging meals for delivery and assisting with simple meal prep. SOS also counts on office volunteers who help us with administrative tasks such as mailings, data entry and phone calls. Each and every volunteer helps us fulfill our mission. If you would like to volunteer or know someone who might, contact Carrie Mason, Volunteer Coordinator, at (510) 582-1263 or carrie@sosmealsonwheels.org.

Featured Volunteers!

Originally from Baton Rouge, Louisiana, Beverly moved with her family out West around the age of 4. After her father secured a position as a ship builder in the Richmond shipyard, the family was forced to live in public housing because that was the norm for people of color at that time.



Many military housing units were vacated after the war and since only Caucasians were allowed to rent or purchase property in the area, former military housing became the places where people of African American, Asian, and Hispanic descent were allowed to move. As time went on and things eventually started to change the family was able to move and settle long term in Berkeley.

Beverly's father always stressed the importance of a good education. Beverly and her siblings took her father's words to heart and each worked hard and obtained many degrees among them.

Beverly received several degrees, one in Accounting,

then as a Registered Health Information Technician and continued on to obtain a Registered Health Information Administrator. This led to many interesting and fulfilling positions at Mt. Zion Hospital, East Bay Activity Center, Cetus Clinical Research, Planned Parenthood, Gynecology and Obstetrics Medical Group, the California Medical Association, and finally the Masonic Home in Union City, from where she retired for good (almost) in 2013. They asked her to come back and prepare the agency for their Medi-Cal/Medicare License Review, which she did.

In addition to her professional career, Beverly has always made time to volunteer, which she says enriches her life. She discovered this as a young woman, volunteering as a Candy Striper, which led her to Lifeguard for the Red Cross "Summer Learn to Swim" Program, California's Nursing Home Ombudsman Program, and Hospice. For over two years now, Beverly has been a volunteer driver on route 19 in Hayward for SOS Meals on Wheels and also volunteered until recently as a hospice worker.

In addition to gifting SOS Meals on Wheels with her time, she has also been very generous in donating money to help support our mission of providing nutritious meals and a friendly moment of human connection that allows our seniors to remain independent in their homes for as long as safely possible.

People like Beverly strengthen communities, touching lives along the way and restoring our faith in humanity. Beverly Parks, SOS Meals on Wheels is so fortunate to have you in our fold. Thank you!

Changes to Our Board of Directors

SOS Meals on Wheels is thrilled to bring on two new members of the Board of Directors, Donna Boyer and Jim Dunn and a new member to the Advisory Committee, Mary Louise Zernicke.

Donna comes to SOS with a long history of involvement with SOS Meals on Wheels. Donna's career was in Human Resources Management with the Alameda County Sheriff's Department and she is currently the President of the Hayward Area Parks and Recreation District Foundation.

Jim Dunn became involved with Meals on Wheels as a volunteer when he lived in San Francisco after moving to the West Coast from Boston. Jim came to SOS Meals on Wheels as a volunteer after he moved to the East Bay. Jim is a Sales Manager at Graybar in Dublin and looks forward to helping SOS Meals on Wheels grow our fundraising program, particularly in Corporate Donations.

Mary Louise Zernicke brings a wealth of experience to the Advisory Board and has been involved with Meals on Wheels for over 30 years. Mary Louise is the Senior Nutritionist for Alameda County, the Department Chair and Program Director for the Dietary Manager Program at Merritt College and was on the Board of Directors for Meals on Wheels of Alameda County for many years.

SOS Meals on Wheels has to sadly say goodbye to two long time Board members, Brenda Silva and Sharon Marchetti. Both Brenda and Sharon volunteered their time tirelessly to assist SOS Meals on Wheels with special event planning and implementation. We will miss them both!

Seniors We Serve: An Interview with Ms. Harriet Nixon

"Meals on Wheels is my hero!" exclaimed Harriet Nixon, 71-years-old.



Her situation is a perfect example of the way SOS Meals on Wheels can fill a need created by life's twists and turns.

Harriet grew up mostly in California. Her father was a reporter who dabbled in politics. Harriet met several politicians as a child and actually sat on Eleanor Roosevelt's lap! With three young daughters, Harriet became a single mom and worked as a counselor in several settings and a job developer for many years. Happily, she met and married Gary over twenty-five years ago. They moved to the Bay Area where Harriet's mom lives—still active at 94!

Unfortunately, in recent years health issues developed for Harriet including joint replacements, serious back surgery, and a brain tumor. Worst of all, after being in ill-health for several years, her husband Gary died last August. Harriet is coping with her grief in a support group and is especially grateful for Meals on Wheels which both provides delicious food and reduces demand on her now much more limited budget.

Despite the many setbacks, Harriet remains a positive person, enjoying her charming home and beautiful cats. She is even thinking about getting back into making stained glass, a hobby she previously enjoyed.

Enjoy an Evening of Hungarian Food and Help SOS Meals on Wheels



The Castro Valley Women's Club is celebrating their 70 year Anniversary this year! As part of the celebration, they are fundraising on behalf of SOS Meals on Wheels.

The next fun event is a Hungarian dinner which will be held on Thursday, February 22, 2018 at the Castro Valley Women's Club on 18330 Redwood Road, Castro Valley, CA 94546. Social hour begins at 6:00 PM, dinner will be served at 7:00 PM. The menu features homemade Hungarian specialties such as goulash, dumplings, and Hungarian sausage.

Come enjoy an authentic Hungarian dinner to help keep the meals rolling for seniors!

Save the Date for the 10th Annual Spring Fundraising Luncheon!



SOS Meals on Wheels proudly hosts the 10th Annual Spring Fundraising Luncheon on Saturday, May 19!

This annual tradition is a fun way to support SOS Meals on Wheels and features a delicious lunch prepared by our own SOS staff, great items to bid on at silent auction, and a pick your own prize raffle.

The luncheon will be held at Eden United Church of Christ in Hayward, 11:30am-2:00pm. Look for your invitation by mail in early April and help us achieve our goal of raising \$25,000.00 to support vulnerable seniors.