



Join Us

for the 24th Annual

FIVE STAR NIGHT

a benefit for Alameda County Meals on Wheels



From top left: Charlie Parker of *Plum*, Rick Hackett of *Bocanova*, Haig Krikorian of *Lalime's*, Alan Carlson of *Italian Colors*, Seated: Jim Maser of *Picante*, Ellen Tussman, Event Coordinator, Narsai David, Emcee, John Mardikian of *Nex*

This Five Star Night will be a night to remember! Our team is hard at work putting together really fun auction items and great entertainment for the evening, not to mention the excellent restaurants who will be serving their special creations just for Five Star guests. Tickets are available on our website, and we hope to celebrate the 24th Annual Five Star Night gala with you.

Here is this year's amazing line-up of participating restaurants:

Adesso - Bay Wolf - **Bocanova** - Grace Street Catering - **Hudson** - Italian Colors - **La Farine**
Lalime's - **Market Hall Bakery** - mua/Nex - **Pizzaiole** - Picante - **Plum** - Ozumo

Be sure to save the date - May 6, 2011

For more information on the event, please visit us at
www.feedingseniors.org/fivestar2011

Bequest

Alameda County Meals on Wheels receives over \$100,000 from donor

ACMOW was the lucky recipient of a bequest from the estate of Bill Stephens, a native Oaklander who spent much of his time volunteering at various local theater companies, as well as the San Francisco Symphony, Ballet, and Opera. An avid traveler with a big heart, he charmed people across the world. His assets were divided among several organizations, and ACMOW to date has received \$105,000 to help feed homebound seniors in Alameda County.

We are extremely grateful for this unexpected gift which increases the amount we are able to give to our programs across the county to underwrite food and delivery costs.

Fund the future of ACMOW through your estate planning or special legacy giving

You can join supporters like Bill who have made the thoughtful decision to support ACMOW through their estate plans. Making these plans means that the services and programs that you have supported in your lifetime will continue to touch the thousands of seniors for years to come. It means you have a choice as to how your assets will be used, well into the future. Thank you for your consideration.

MENU - FIVE STAR 2011

Hors d'oeuvres

Duck Scatola:
Duck Liver Mousse Crostini with Vin Santo and Sage
Adesso

Rock Shrimp Fritters
with Meyer Lemon Aioli
Bay Wolf

Warm Fava Bean Arancini
Filled with Braised Beef Cheeks and Spring Onion
Hudson

★ Assorted Filo Pastries:
Spanakopeta, Mini Beurek and Mini B'stilla
Lalime's

Pressed Watermelon "Salad",
with Feta Cheese, Basil, Olive Oil and Cracked Pepper
mua/Nex

Ceviche "Veracruzana" on Jicama Discs
Mini Masa "Boats"
Filled with Black Beans, Rajas, Guacamole
Picante

★ First Course
Grilled Asparagus
with Bellweather Farm Fresh Ricotta,
Kumquat, Spring Onion, Toasted Almonds and Herbs
Pizzaiole

Second Course
Brown Butter-Poached Sable Fish
with Peas, Carrots, Quinoa and Mint
Plum ★

Third Course
Kakuni:
Red Wine and Miso-Braised Short Ribs
Served with Roasted Root Vegetables
and Sugar Snap Peas
Ozumo

Assorted Breads from Semifreddi's

Family-Style Dessert Platters
Strawberry-Crème Fraîche Profiteroles
Grace Street Catering

Chocolate Gianduja Cookies
Italian Colors

★ Mini-Fresh Fruit "Boats"
Filled with Custard
La Farine

Mini-Banana Cream Tarts
and
Chocolate, Coconut and Pistachio "Brigadeiros"
Market Hall Bakery

Guest Gift Boxes
Assorted Housemade Chocolates
Bocanova/Bocadulce

Program Spotlight

Featuring: LIFE ElderCare

Article by Rachael Vander Martin,
Communications Specialist
LIFE ElderCare

For the past thirty-five years, the Meals On Wheels Program at LIFE ElderCare has delivered meals to frail, hungry seniors through an all-volunteer staff of drivers. During 2009-2010 we delivered 95,472 meals, a 2,200 increase over the previous year. One of our clients, Violet, is 96 years old and has been receiving meals for the past ten years. Another client, Enis, 93, received meals for a few months after she broke her wrist, but stopped when she felt strong enough to cook again.

Monie, an 87-year-old woman who lives alone, signed up for Meals On Wheels because a severe electrolyte imbalance landed her in the hospital. Even though she was eating everyday, the meals she prepared for herself did not contain the right balance of nutrients to keep her healthy. Every time a volunteer delivers a meal, Monie greets them with a smile, talks to them, and tells them how much she appreciates our services. There are nine different volunteers that deliver meals to her during the week so she sees plenty of friendly faces.

When I called her recently she said, "If it wasn't for Meals On Wheels I don't know how I would function. It is too hard for me to cook meals anymore, and I know how important it is to have at least one nutritious meal a day."

Born and raised in North Hollywood, Bob, 85, and his wife Virginia, 84, are long-time Fremont residents who rely on LIFE ElderCare's programs to live independently in their own home. Bob has been receiving hot nutritious meals from Meals On Wheels for two years. "I signed up to get at least one good meal a day," he says. He especially loves the soups and salads and looks forward to meeting all the good people who volunteer. "It takes something special to be a volunteer. Everyone I have met has been just great."

Good nutrition plays an essential role in successful aging by lowering the risk of disease and disease-related disabilities and increasing mental and physical function. Seniors who are unable to prepare nutritionally balanced meals every day are more likely to have lower



intakes of calories and major vitamins, more likely to be in poor health, and more likely to have limitations in activities of daily living. This problem crosses all income and demographic groups.

As legendary rocker, John Mellencamp, sings in a recent song, "This getting older, ain't for cowards." Many of our seniors struggle everyday to cover the basic costs of food, housing, transportation and medical care. They are tough, brave, resilient Americans who, at the most vulnerable time in their life, are suffering quietly. We feel honored to help them.



Wells Fargo Grant

We were treated to a great surprise from Wells Fargo the other day. Dustin Dat Tank, VP of Community Banking District Manager and Daniel Lee, Store Manager, Oakland City Center Office brought a \$10,000 check from a grant we requested. It was our first time with a blown up check, and now it hangs on our wall. Thanks so much, Wells Fargo! This grant will feed over 2,000 seniors in Alameda County.



Welcome our Three New Board Members



Gabrielle Chow is the Director of Food and Nutrition Services for ValleyCare Health Systems. Previously she held a similar position at St. Luke's Hospital in San Francisco and has served as Clinical Dietitian at Harkness Hospital and Chinese Hospital, also in San Francisco. She served on the Board of Directors of San Francisco Meals on Wheels from 1994-1998. Welcome back, Gabrielle!




Meg-Monique Roe is the Director of Customer Experience in HR Operations for Kaiser Permanente. Ms. Roe has served on the board of directors of the Volunteer Center of Alameda County, and as regional board president for Canine Companions for Independence. She has been an active volunteer for the Volunteer Center of Contra Costa County, Project Open Hand and the San Francisco food bank. Welcome to the Board!



Supervisor Nate Miley has been a strong proponent of elder issues for his entire adult life. In 1986, he formed the United Seniors of Oakland and Alameda County to empower older adults in our community. He was elected to the Oakland City Council in 1990, has been an Alameda County Supervisor since 2001, and a supporter of ACMOW for many years. Thanks for coming on board, Supervisor Miley!

2nd ANNUAL WHEELS FOR MEALS RIDE A SUCCESS

With almost 600 riders signed up, and perfect weather, the 2nd annual Wheels for Meals Ride rode into the history books on October 16, 2010. We are so happy to have had many repeat riders come back again. We added an individual fundraising component to the event, and were thrilled with the response. \$35,000 was raised through riders and volunteers alone, who solicited pledges from their friends and family. A great big **Thank You** to our top ten fundraisers! Ali Kashani, Mike Clark, Charlene Scannell, Jules Kragen, Gary Walden, Cindy Houts, Siobhan King, Magen Solomon, Mark Hamilton, and Fayne Cohen. Your achievements really made the difference!

Our volunteers can't be beat, many arriving in the dark to help set up the event, and staying all day. We appreciate everyone who participated, and look forward to next year's ride, October 22, 2011! 

"You don't know me. I rode on Saturday and want to thank you for organizing such a well run event. It was a great ride in so many ways, from the excellent route markings and well stocked rest stop to the kind & energetic volunteers and fabulous end of ride meal. Plus, the 35 miles was a "sweet" ride for the newbie we brought with us."

- 35 Mile Rider

"This ride was great. It was my first one, and I would love to come back every year. It was SO well organized, great route signage, fantastic and fun rest stops, and an unbelievable lunch after. All for a great cause! I have participated in runs and triathlons that were expensive to do, and they were not nearly as well organized as this ride was."

-15 Mile Rider



Wheels for Meals Ride staff and volunteers - We couldn't have done it without you!

"The volunteers at the last rest stop were GREAT. Very friendly, gracious and SPIRITED! Just what we needed nearing the end of a challenging ride."

-70 Mile Rider



WHEELS FOR MEALS RIDE
OCTOBER 22, 2011

Registration opens June 1
www.wheelsformealsride.com



Can \$10 get you and a friend across the country and back?

Sure it can!

Alameda County Meals on Wheels is raffling off two tickets on Southwest Airlines for \$10 a ticket, or 6 tickets for \$50. The drawing will take place on May 11, and you do not need to be present to win. Cut out and mail the entry form to us, and we will mail you your ticket stub. We appreciate your participation!

Number of Tickets: _____ x \$10 per ticket (6 for \$50) = Total Amount: _____

Check enclosed – payable to Alameda County Meals on Wheels

Or, please charge my (check one): VISA MasterCard American Express

Card Number: _____ Security Code: _____ Expiration Date: _____

Signature: _____ Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Your numbered ticket stub(s) will be mailed to you after your check or credit card is processed. The raffle ticket(s) with matching number(s) will be used for the drawings. Must be 18 years or older to enter. Void where prohibited. Raffle subject to official rules & regulations. Per federal tax rules, raffle entry fees are not tax-deductible. 2 tickets good for roundtrip transportation only on Southwest-operated, published, scheduled service between any two cities within the Southwest Airlines system and will expire 6/1/2012. These tickets have no restrictions or blackout dates and have a total value of \$800.

More information available at
www.feedingseniors.org

**ALAMEDA COUNTY
MEALS ON WHEELS**

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Incorporated under the laws of the
State of California as a nonprofit,
tax exempt organization
Tax ID # 94-2651065



ALAMEDA COUNTY
Meals on Wheels

**MEALS ON WHEELS
PROGRAMS INFORMATION**

Bay Area Community Services
510-986-8916
Serving Oakland & Piedmont

**Service Opportunities
for Seniors (SOS)**
510-582-1263
Serving Hayward, San Leandro,
San Lorenzo & Castro Valley

Spectrum Community Services
510-881-0300
Serving Dublin, Livermore,
Pleasanton & Sunol

Tri-City Meals on Wheels
510-981-5250
Serving Berkeley, Albany & Emeryville

LIFE ElderCare
510-574-2092
Serving Fremont, Newark & Union City

Alameda Meals on Wheels
510-865-6131
Serving the City of Alameda

BOARD OF DIRECTORS

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Meals on Wheels

