

PRESS RELEASE

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He Did It Again! East Bay Tennis Player Continues to Fight Food Insecurity



Contra Costa County, August 26, 2022 – For the third year in a row, Lafayette teen Jake Hammerman spent his summer vacation helping fight hunger faced by older adults by teaching young children how to play tennis.

When Covid-19 hit in 2020 and upended everyone’s summer, Jake created Impactful Tennis – an initiative that met two needs. He knew that Meals on Wheels Diablo Region helped deliver meals to elders who are food insecure and he recognized there would be an increasing demand from seniors who were affected by the pandemic. Also, with most youth activities closed, he saw a way to use his skills as a varsity tennis player to get young children outdoors, learning how to play tennis.

Impactful Tennis gave lessons for free, and in turn, parents made a donation in any amount to Jake’s GoFundMe campaign to benefit Meals on Wheels Diablo Region. The first summer, with just three teen instructors, he surpassed his \$10,000 goal raising \$15,000 in the first four days of lessons! In the summer of 2021, he increased the number of instructors from his varsity tennis team at Campolindo High School and again met with tremendous success.

Jake just completed his third summer of Impactful Tennis, with twice as many instructors giving 268 lessons and raising \$11,125. In total, Jake has given 808 lessons and raised [\\$34,725!](#) “I’m so glad this money is going to a terrific cause and am grateful that I found a way to contribute,” says Jake.



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Jake's efforts earned him an interview on Good Morning America, and he was awarded the Contra Costa County Board of Supervisors 2022 Youth Hall of Fame Volunteerism Award, which recognizes young people who have a commitment to service and community.

"The demand for meals remains high as the senior population continues to increase," says Caitlin Sly, Executive Director of Meals on Wheels Diablo Region. "The funds that Jake has raised from Impactful Tennis has had a significant impact, allowing us to deliver more meals to more elders. He's an amazing young man."

About Meals on Wheels Diablo Region: *Helping over 6,700 seniors each year, our mission is to enhance the lives of older adults in Contra Costa County by providing coordinated care that enables them to live independently and with dignity. Our dedicated staff of experts connects seniors with essential services in Contra Costa County. We work to keep our elderly neighbors nourished, healthy, safe, and independent because we provide more than a meal. As our list of seniors in need grows, so does our need for more volunteers. Help us support more seniors in the county! If you would like to get involved, [please visit our website](#). We have several open positions for employment, [click here to join the team](#). Stay in the loop with our updates and announcements, ["LIKE" and connect with us on Facebook!](#)*