



Zoe Broussard
(925) 482-2624
ZBroussard@mowdr.org

FOR IMMEDIATE RELEASE

MEALS ON WHEELS DIABLO REGION CELEBRATES INTERNATIONAL WOMEN'S DAY

[Contra Costa County] (March 8, 2023) – As a woman-led nonprofit organization, Meals on Wheels Diablo Region (MOW Diablo Region) is proud to celebrate both Women's History Month and International Women's Day.

MOW Diablo Region delivers meals and supportive services to vulnerable seniors, most of whom are women. "Our mission is to keep older adults nourished, safe and independent at home," says Executive Director, Caitlin Sly. "Because we are a women-led organization, we know we provide a vital service to the women who came before us. They built our community, and thanks to our donors, volunteers, and dedicated staff, we are there for them when they need us."

Last year, MOW Diablo Region delivered over 600,000 meals, representing a 50% increase since the onset of the pandemic. The organization also started new programs to meet the needs of a growing aging population. This was all accomplished under the leadership of Caitlin Sly. Last year, she was honored as Assembly District 14's 2022 Woman of the Year. "Caitlin has spent her career fighting hunger in Contra Costa County," said Assemblymember Grayson. "After guiding the MOW Diablo Region through the COVID-19 pandemic, she was able to expand programs and create new initiatives that help provide more food to low-income seniors in our community."

MOW Diablo Region is pleased to be able to celebrate this momentous day and month.

About Meals on Wheels Diablo Region:

For more than 50 years, Meals on Wheels Diablo Region has improved the lives of vulnerable seniors in Contra Costa County by delivering nutritious meals and supportive services that allow seniors to remain in their homes safely and with dignity. Programs include home-delivered meals, Breakfast Bags, Grocery Bags, Fall Prevention, Cafés, Care Management, Friendly Visitors, Health and Wellness, and more.