



PRESS RELEASE

Contact: Zoe Broussard
zbroussard@mowdr.org
(925) 482-2624

Lafayette Teen Jake Hammerman Receives Award for Volunteerism with Meals on Wheels Diablo Region

Lafayette teen Jake Hammerman has been awarded the Contra Costa County Board of Supervisors 2022 Youth Hall of Fame Volunteerism Award. Presented at the 28th Annual Cesar E. Chavez Commemorative Celebration on March 29, 2022, the award recognizes young people who demonstrate a commitment to service and community.

The Campolindo High Schooler and his varsity teammates started Impactful Tennis during the Covid-19 pandemic. The goal was to give young children, who were home because of stay-at-home orders, an opportunity to be outdoors and learn how to play tennis. Rather than charge for the tennis lessons, parents were asked to donate to Impactful Tennis' GoFundMe page. All donations were given to Meals on Wheels Diablo Region. During the summer of 2020 and 2021, Hammerman raised over \$23,000 that helped Meals on Wheels Diablo Region deliver meals to hungry seniors.

"I wanted to make a difference in my community," explains Jake. "Impactful Tennis benefitted everyone who took part, from the players who were doing a new sport, improving their skills, and getting outside, to the seniors who benefitted from the donations made. I have grandparents, and I know how scary and dangerous the pandemic has been for people their age."

Sherry Nadworny, Director of Development & Community Relations at Meals on Wheels Diablo Region, described her experience working with Jake stating, "Jake's motivation to give back was inspirational. He wanted to provide something healthy and useful to young people during the pandemic and he understood the challenges seniors face and how Covid-19 made the problem of food insecurity even more profound for the elderly throughout the County."

"Jake's efforts to start Impactful Tennis truly made an impact on Meals on Wheels Diablo Region and the County's vulnerable seniors who are often the hidden hungry in our society," says Caitlin Sly, Executive Director of Meals on Wheels Diablo Region. "It was so amazing to see someone as young as Jake come up with the idea that gave back to young people and our seniors. We can't express our gratitude enough to him and look forward to a third successful year of Impactful Tennis."

Visit www.impactfultennis.org for more information about the fantastic work of Jake Hammerman and his teammates. Visit <https://www.mowdiablregion.org/> for more information about Meals on Wheels Diablo Region.

Meals on Wheels Diablo Region is an independent non-profit and the only meals on wheels in the county to deliver both meals and life-improving services that include, Fall Prevention, Care Management, Health & Wellness, Friendly Visitors, and Friendly Callers.