



Special DELIVERY NEWSLETTER

WINTER 2025

FINDING JOY IN THE EVERYDAY

At 92, Jean knows the value of keeping her mind and body active. A lifelong crafter, she learned to knit from her grandmother and has turned to it throughout her life whenever she needed comfort or distraction. These days, she enjoys knitting scarves for family and friends and even sells them at the Pleasant Hill Senior Center's holiday craft fair.

Jean has lived in her Concord home for more than 35 years and says maintaining a daily routine and creative hobbies helps her stay positive while living alone. Each morning begins with gentle stretches and a warm cup of coffee as she listens to music and colors at her kitchen table. When it's time for her favorite game shows, she settles onto the couch and knits during the commercial breaks. "Over the years, knitting has become second nature to me. It is something I've always turned to whenever I feel down or lonely that helps get me out of my head," she says.

After experiencing a heart attack last spring, Jean is especially grateful for the support she receives from Meals on Wheels Diablo Region. "The deliveries are great—it means I don't have to worry about food and can focus on what brings me joy," she explains. "The portions are just what I need, and I always have something healthy to eat."

Through life's many changes and challenges, Jean's optimism continues to shine. Her advice for others who may be anxious about aging is simple but wise: "Find things to keep you busy. Build small habits. And lean on your people if you have them. **Just try to do one small thing every day to take care of yourself.**"



A MESSAGE FROM THE EXECUTIVE DIRECTOR

This has been a season of growth and resilience at Meals on Wheels Diablo Region. While external challenges have continued to impact the food-security sector, our commitment to providing exceptional service to our community's most vulnerable members has never wavered.



We're proud to share that since the Breakfast Bag program ended in October, every participant has now been enrolled in our core Home Delivered Meal program. This transition ensures that seniors continue to receive balanced, nutritious meals that support both healthy aging and continued independence. At the same time, we understand that many clients miss having those extra snacks and breakfast items, and our team is actively exploring sustainable ways to reintroduce supplemental nutrition in the future.

We are also working hard to reach as many seniors as possible while managing a growing waitlist and navigating funding constraints. It's a challenge we approach with determination and care. As part of this effort, we have joined Meals on Wheels America's **End the Wait™** campaign to bring national attention to the rising number of older adults experiencing food insecurity and waiting for meals due to funding cuts and the increasing cost of living.

No matter the circumstances, we remain deeply grateful for the unwavering support of our community. Your dedication—whether through volunteering, giving, or advocacy—truly makes our region a better place for older adults, and we see the impact every day.

To illustrate that impact, I'd like to share an update from our Nutrition team; Between July 1 and October 31, our team made **more than 50,000 deliveries**. This impressive milestone is possible only because of your compassion, generosity, and commitment.

As we look ahead, I am confident that we will carry this momentum into 2026 and beyond. I look forward to all that we will achieve together in the New Year. Wishing you and your loved ones a joyful holiday season and a healthy, prosperous 2026.



David Linnell
Executive Director



One of the simplest ways to support our mission is by joining our Monthly Giving Circle.

Monthly gifts provide the steady foundation we rely on to deliver healthy meals to more than 1,900 seniors each week. Scan the QR code to get started or contact us at 925-937-8311 or development@mowdr.org for more information.



IN THE COMMUNITY

The past few months have been filled with incredible community support and meaningful moments that touched the lives of seniors across Contra Costa County.

In October our team partnered with Pleasant Hill's **Off the Grid** food-truck festival, where we played Plinko and Bingocize®, connected with new friends and old friends, and received donations from every food-truck purchase—enough to provide more than 60 meals for local seniors. Later, our staff stepped into the role of servers at Danville's **Virtue + Vice** restaurant for our annual **Dine for a Cause** fundraiser. Thanks to the generosity of the patrons, we raised enough to deliver more than 200 meals.

We also enjoyed connecting with the residents of Rossmoor at several community events and resource fairs this fall. Special thanks to the **Rossmoor Fund** for their continued support, and to the **Rossmoor Garden Club**, whose Tomato Festival fundraiser was both fun and delicious!

MOW Diablo Region embraced the fall season with help from the **Danville-Alamo Garden Club** and **Vista Oaks National Charity League**, who donated a combined total of more than 300 beautifully decorated pumpkins to brighten the holidays for our seniors. Volunteers from **Danville Presbyterian Church** donated dozens of winter care packages filled with warm socks, lotions, lip balm, and other essentials that our Care Management team distributed to seniors most in need of comfort and support this season.

Members of our Health & Wellness and Fall Prevention teams shared resources and program information at the **Berrellesa Palms Wellness Fair** in Martinez. We were delighted to meet residents, collaborate with fellow senior service partners, and sign-up new participants for our exercise programs.

To add to our gratitude, we've seen a surge of interest in volunteering. Since August, **51 new volunteers** have signed up to deliver meals or provide companionship through our Friendly programs. We are thrilled to welcome these new faces and deeply grateful to everyone who steps up to support local seniors.

We look forward to carrying this positive energy into 2026 and finding new, creative ways to connect with our community. If you'd like to partner with Meals on Wheels Diablo Region for an upcoming event, please reach out to our team at development@mowdr.org.





MEALS ON WHEELS
DIABLO REGION

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HAPPY HOLIDAYS!



ENDING THE WAIT FOR OUR SENIORS

Across the country, the needs of older adults have been underfunded and overlooked for far too long. As a result, seniors are waiting; waiting for nutritious meals, for safety checks, and for the simple human connection that helps them remain healthy and independent at home. According to Meals on Wheels America, more than 10 million seniors nationwide face hunger each year, and many spend months, or even years, on waitlists for the support they desperately need.

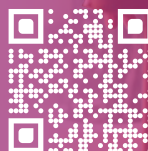
Here in Contra Costa County, the crisis is no different. Our waitlist is growing. Nearly 300 seniors are currently on our waitlist, hoping for the day when a healthy meal and a reassuring knock arrive at their door.

As the **only** agency in Contra Costa County delivering meals, connection, and essential safety checks to homebound seniors, we are committed to reaching every older neighbor who calls on us. But we cannot eliminate the waitlist alone.

You can help.

Scan the QR code below to ensure no senior has to wait to feel nourished, connected, and supported.

**Together, we can
End the Wait™.**



END *the* WAIT™

