



Dear Friends,

As the seasons change, we're turning over a new leaf at Meals on Wheels Diablo Region. This fall brings exciting updates and a renewed sense of purpose in serving our community's older adults.

Thanks to good neighbors like you, we made it through one of our busiest summers yet. From thoughtful donations during our Fan Club campaign that helped seniors stay safe and cool in their homes, to substitute drivers stepping in during vacation season, your generosity ensured no senior missed a meal or felt forgotten.

Building on that spirit of community, I'm pleased to introduce Lindy Maynes-Kolthoff as our new Board Chair. Many of you met her when she joined our Board last year, and her leadership, vision, and deep commitment to our mission make her a natural fit for this role. With Lindy's guidance, we are well-positioned to expand our reach and impact in the months ahead.

We also have exciting news: Meals on Wheels Diablo Region has secured a new headquarters at Shadelands in Walnut Creek! This modern, efficient space will allow us to streamline operations, host volunteer and distribution events, and better serve seniors from a central hub. We look forward to opening our doors soon and welcoming staff, volunteers, and supporters into a home designed to help us deliver vital services to the community.

Thank you for being part of this journey. I am excited to continue working together to further our mission of nourishing and supporting seniors so they can live independently, with health, connection, and dignity.



David Linnell  
Executive Director



# Special DELIVERY NEWSLETTER

FALL 2025



# IN THE community

At Meals on Wheels Diablo Region, we know it takes a village to care for our older neighbors. We are endlessly grateful for the many creative ways our community steps up to support seniors across Contra Costa County.

This summer, **volunteer meal delivery driver Ted E.** marked his birthday with a “Birthday Challenge” benefiting MOW Diablo Region. He walked 20 miles, did 1,000 pushups, and more than doubled his fundraising goal. Friends, family, and even our Executive Director, David Linnell, joined in – turning the day into a celebration of fitness, fun, and generosity.

**The Rossmoor Garden Club** shared their seasonal bounty with our Walnut Creek Café, donating fresh tomatoes and vegetables from their summer harvest. These homegrown gifts were added to our nutritious lunches, and Café visitors loved taking produce home.

In July, **CSAA Insurance** hosted a “Together Tuesday” volunteer event, crafting more than 100 handwritten birthday cards for homebound seniors who receive our Home-Delivered Meals, Grocery Bags, or Breakfast Bags. For many, their card may have been the only one they received, and it brightened their entire week.

And in August, supporters gathered at **Mendocino Farms** in Walnut Creek for a delicious way to give back. During the Dine and Donate event, 20% of proceeds were donated to MOW Diablo Region.

From fitness challenges to fresh produce, handmade cards to dining for a cause, all acts of kindness strengthen our community.

Are you looking for a creative way to get involved and give back? Contact our **Development and Community Relations Department** at [development@mowdr.org](mailto:development@mowdr.org). Together, we can help fight hunger and social isolation for local seniors.



## PREVENTING FALLS, preserving independence

After a complicated spinal surgery and a blood cancer diagnosis, **U.S. Navy veteran Samuel V.** found it increasingly difficult to move safely around his home. Simple tasks like getting out of bed or taking a shower became daily challenges.

Thanks to Meals on Wheels Diablo Region’s **Fall Prevention** program and support from the Helping Homebound Heroes initiative through **The Home Depot Foundation** and **Meals on Wheels America**, Samuel and his wife, Almetta, received essential safety modifications—including grab bars, threshold ramps, and a shower chair—that made daily life more manageable.

The support didn’t stop there. The generous team from the **Concord Home Depot** store also completed a backyard renovation, removing a



35-year-old hot tub, an unstable deck, and old fencing that had rendered the yard unsafe for the couple and their visiting family members. In just a few hours, the team transformed the space into a safe, open area where family can now gather without worry.

“These changes make a huge difference to me,” Samuel shared. “Now my family can come over to visit and actually have a place to gather, and I don’t have to worry about anything falling apart.”

With these modifications and renovations, Samuel and Almetta can continue living safely and independently in the home they love.

If you or someone you know could benefit from **Fall Prevention** services, contact **Robert Romo** or **Janett Tong** at (925) 937-8311 or visit [www.mowdiablregion.org/fall-prevention](http://www.mowdiablregion.org/fall-prevention).

# A GOOD NEIGHBOR DELIVERS more than a meal

For nearly eight years, **Meals on Wheels Diablo Region** volunteer **Andy L.** has shown what it means to be a good neighbor. As a meal delivery driver, Andy brings nourishment, connection, and support to homebound seniors in Concord. Now, he feels a stronger connection to his community than he ever did before.

After retiring from a fulfilling career in sales, Andy hoped to fill his days with philanthropic work suited to his extroverted nature. He first heard about volunteering with MOW Diablo Region from his next-door neighbor and friend, Bill. The two had lived next to each other for over 25 years, but it wasn't until Andy mentioned he was looking for a meaningful way to give back that he learned Bill volunteered as a meal delivery driver.

"Bill told me that he'd been delivering meals for years on the same local route, and that he'd gotten to know the seniors quite well," Andy recalls. "He told me it makes him happy to deliver meals every week because it always puts smiles on people's faces. I thought to myself *it sounds like I might like to try that.*"

After his first ride-along, Andy immediately knew he'd found something special. With every friendly knock at the door, he saw firsthand the positive impact a healthy meal and a few minutes of conversation could have. This was the social connection he had been looking for.

Now, after years of delivering meals, Andy says he can't imagine his life without volunteering. His local route has allowed him to build lasting bonds with seniors in his community and foster new friendships with folks he might never have met without MOW Diablo Region.



"Andy and I share some common interests—we both used to play guitar, and we both like cars. We've always had a lot to talk about, and I feel very comfortable with him," says Edwin P., one of the seniors on Andy's route. "Just the other day, when he dropped off my meals, he asked me about my wife, who has been in a skilled nursing facility for a month now. The next day, Andy picked me up and took me to see her! Not only that, but he also drove me to the store to buy her favorite snacks first. We ended up spending three hours with my wife. He could tell I missed her, so he did that for me. Andy's an incredible guy."

Through his regular visits, Andy has also been able to identify other needs and help connect his clients with supportive services like Fall Prevention, Friendly Visitors, and Breakfast Bags. "You realize quickly that you're not just delivering food. You can make a difference in someone's life and help them feel safer or less alone. These folks really are my neighbors, and that makes me feel good knowing I'm helping people right in my backyard."

With more seniors than ever facing food insecurity, Meals on Wheels Diablo Region depends on good neighbors—like Andy, and like you—to help fight hunger and isolation. **Get involved today!**



**SCAN TO APPLY  
AND BECOME A  
VOLUNTEER!**

Or contact our Volunteer Coordinator, Nicholas Chang, at 925-954-8736.



P.O. Box 4870, WalnutCreek, CA 94596

MEALS  WHEELS  
DIABLO REGION



HELP NOURISH SENIORS IN OUR COMMUNITY.

JOIN OUR MONTHLY GIVING CIRCLE!

MAKE A DIFFERENCE WITH AS LITTLE AS \$10 A MONTH.



## LENDING A helping hand

Did you know September 28 is **National Good Neighbor Day**? Here are a few simple ways to support older adults in your neighborhood this season:

**Check in.** According to the U.S. Surgeon General, social isolation can be as harmful to health as smoking 15 cigarettes a day. A quick phone call or friendly knock on the door can ease loneliness and remind older neighbors they're cared for.

**Rake leaves.** Offer a hand with yard work, such as raking leaves, pulling weeds, or clearing walkways to help prevent falls. MOW Diablo Region volunteer Michelle H. shares, "My neighbor has arthritis and struggles with mobility. Every week, we pull her trash cans to the street and bring them back in."

**Change light bulbs and smoke detector batteries.** Help with small home maintenance tasks that may be difficult or unsafe for older adults. Without this support, a senior could be left in the dark or at risk for potential fires.

**Share a dish.** If you bake an apple pie, pumpkin muffins, or other seasonal treats, set a few aside for a senior on your street.

**Weatherproof windows.** Check for gaps and help your neighbors stay warm and save money during chilly months.

**Save energy.** Let your neighbors know about other ways they can save on their utility bills. Pacific Gas and Electric Company offers Energy Savings Assistance, Budget Billing, and other programs to help improve comfort, health, and safety at home. Learn more at [pge.com/billhelp](https://pge.com/billhelp)