



1200 N. Knollwood Circle
Anaheim, CA 92801
www.mealsonwheelsoc.org

General Information:
714-220-0224

Meals on Wheels &
Lunch Café:
714-823-3294

Adult Day Services:
Anaheim 714-220-2114
Santa Ana 714-558-1216



@mealsonwheelsoc

NON-PROFIT ORG.
U.S. PROFIT
PAID
TMG



MEALS on WHEELS
ORANGE COUNTY

Quarterly Newsletter

SERVING IT UP

NOURISHING LIVES

2020 EDITION 3



Message from the CEO

Holly Hagler

Dear Friends,

As the COVID-19 pandemic continues, so does the commitment of Meals on Wheels Orange County to serve the growing number of vulnerable older adults. Thanks to our heroic supporters, we've been able to keep up with the continued spike in need: we served 176,389 meals in July alone - a 140% increase from last year!

Even with the unprecedented surge in serving levels, more meals are needed as seniors continue to stay safely at home. COVID-19 restrictions have left many of us feeling disconnected, lonely, and longing for human contact...feelings painfully familiar to most of our homebound seniors long before the pandemic. Understanding loneliness first-hand provides a clear perspective the impact a meal delivery and a simple "hello" can make to isolated seniors. Staying connected is vital.

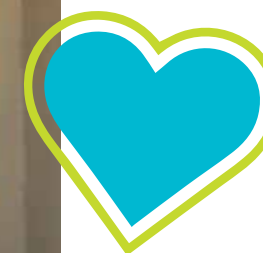
In the spirit of staying connected and in celebration of Orange County's support during this challenging time, I invite you to join us virtually for the premiere of our uplifting documentary, *Step Up to the Plate: Our Community in Action*, on Sunday, October 11 at 6:30pm. For more information about this no-cost event—including our exciting online auction and special guest appearances—visit our website, www.MealsOnWheelsOC.org.

Together we continue to nourish lives!

With gratitude,

Holly Hagler
President and CEO

Lorna's Story



Meals on
Wheels client,
Lorna, is
nourished
and safe
at home.

Home-delivery recipient Lorna is legally blind. Before COVID-19 hit, she travelled with her service animal to the local grocery store, sometimes navigating the streets on foot and other times taking public transportation.

Lorna's purchases were restricted to whatever she could carry home, which eliminated heavy items like milk. Her limited sight made the trip to the store and the task of shopping enormously challenging. "Every aisle looked like the cereal aisle, and I made a lot of mistakes," she said. Since Lorna's groceries were minimal and she could not safely use the stove, her menu options were few.

When her crockpot became inoperable, Lorna's choices were even more constrained. "I just ate whatever came my way," she said. When COVID-19 hit and it was no longer safe to travel to the store, Lorna knew the time had come to call Meals on Wheels Orange County for help.

Now, Lorna is thrilled to receive nutrition-packed meals while in the safety
(continued on page 2)



You're Invited!

Join us on **Sunday, October 11, 2020 at 6:30 pm** for the virtual premiere of our short, uplifting documentary, *Step Up to the Plate: Our Community in Action*, to celebrate Orange County's support of our most vulnerable older adult neighbors during this challenging time. Be a part of this fun and exciting free event, which includes an online auction and special guest appearances. Register by October 7 for the chance to win a grand prize!

Text **OCPLATES** to 44-321 to make a donation



Register at: WWW.MEALSONWHEELSOC.ORG/STEPUPTOTHEPLATE

Adult Day Services on the Go

Since the temporary COVID-19 closure of our Adult Day Services centers, participants who would normally visit in person have been spending their days safely at home. However, we remain committed to staying connected and providing supportive services to help caregivers and family members keep their loved ones happy and healthy.

We are currently offering three tiers of Temporary Alternative Services for our Adult Day Health Care participants:

- Telehealth Services connect our specialized team through virtual communication with participants and their caregivers. Caring support is provided from our registered nurses, medical social workers, licensed clinical social workers, dietitians, and physical and occupational therapists.
- At-Door Services bring in-person support to the homes of participants needing risk assessment. A caring staff member completes a wellness check and provides meals, resources, and activity packets, directions, and supplies.



ADHC participant Jose receives meals and therapeutic activity packets each week

- In-Person Center Services provide one-on-one, full-service visits by appointment. This service supports participants who require our highest level of supportive care, such as nursing health oversight, physical and occupational maintenance therapies and dietary support.

Whether virtually, on the phone, at the door, or safely in-person, Meals on Wheels OC staff are committed to staying connected and supporting the needs of our Adult Day Services program participants, families, and caregivers through COVID-19 and beyond.

Lorna's Story (continued from page 1)

of her home, and is thankful to be independent. Our prepared meals make life easier and much less "messy" for Lorna. "I'm not knocking things over and breaking glass when I go to make a meal anymore," she said. Lorna appreciates the variety of entrees, and especially enjoys one special item included with every delivery that was always missing from her shopping list: Milk!

SHARE YOUR STORY

Has Meals on Wheels OC changed your life or the life of a loved one?

We want to hear about it!

www.mealsonwheelsoc.org/share-your-story/

Chad Delivers with a Smile!

When the Seal Beach Lions Club learned that Meals on Wheels OC needed drivers, they quickly rallied their members and named club member Chad Berlinghieri their *Meals on Wheels Committee Chair*. As the artistic director of the Seal Beach Symphony and cantor for St. Anne's Church, Chad has many talents and a big heart for service. He told us, "I am a firm believer in giving back to those who have difficulty helping themselves. Providing basic necessities like food is very important."

When Chad began chairing the committee two months ago, he recruited volunteers to fill ten Seal Beach routes and has provided replacement drivers whenever needed. One of the routes is his own. Chad enjoys interacting with seniors at each of the 12 stops on his route. "I'm always sure to check in and say 'good morning,'" he said. "You can tell how much they appreciate having the company and how nice it is for them to see a friendly face and nourishment at the door."

Chad encourages others outside of the Lion's Club to reach out to Meals on Wheels OC to volunteer. He said, "It's not a large time commitment and leaves you feeling a big sense of fulfillment. New drivers are always needed because, since COVID-19 hit, volunteers come and go due to personal life changes."

Thank you, Chad and the Seal Beach Lions Club, for all you do! For more information on volunteering, please visit www.MealsOnWheelsOC.org



Chad in Seal Beach

Leadership Profile: Scott Lien



Meals on Wheels Orange County is thrilled to welcome Scott Lien to the Board of Directors. As CEO and co-founder of Grandpad, Scott combines his heart for older adults with an enterprising career in business and technology. "I am eager to leverage technology to improve the lives of seniors," Scott said. Scott's experience will help provide impactful solutions to the challenge of meeting the growing needs of older adults in OC. First inspired as a child by his grandfather who delivered MOW in Iowa, Scott has volunteered for several Meals on Wheels organizations over the years and is excited to be member of the board at Meals on Wheels Orange County. "This is a great organization with a great cause!" he said. Welcome to the board, Scott! We're delighted you're here!

Giving Wisely

Reduce your taxable income with an IRA Charitable Rollover Gift

If you are 70½ and older you may be able to:

- Avoid taxes on transfers of up to \$100,000 from your IRA to charity
- Satisfy some or all of your required minimum distribution for the year
- Reduce your taxable income, even if you do not itemize deductions
- Make a gift that is not subject to the deduction limits on charitable gifts



CONTACT US TO LEARN MORE:
Darla Olson
Vice President, Advancement
714.229.3362
dolson@mealsonwheelsoc.org



Liz Morton, MA, CSPG
Senior Director, Development
714.229.3373
lmorton@mealsonwheelsoc.org