



Meals on Wheels and Senior Outreach Services

Enhancing the Quality of Life for Older Adults

Programs

Meals on Wheels

C.C. Cafés

Friendly Visitors

*Home Care
Registry*

*Fall Prevention
Program*

*Geriatric Care
Management*

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November 20, 2011

Linda Sample
45 Example Lane
Walnut Creek, CA 94596

Dear Mrs. Sample,

The holidays can be the hardest time of the year for seniors. They may be home-bound, with family living far away. Some have no family at all to celebrate with. As you and I become occupied with festive holiday events, many vulnerable seniors are more lonely than ever.

That's why we go the extra mile at this busy time of year to reach out to our clients with warmth and caring. Each one receives a card in the mail, hand signed by our staff. Volunteers and staff put together small gift bags that are delivered along with their meals to home-bound seniors. While the gifts are of necessity modest, they are prettily wrapped and help bring holiday cheer. As one client told us, "The Christmas gift was such a nice surprise since we didn't get to put a tree up."

It's loyal donors like you who make it all possible. People who appreciate everything that we have, even in these challenging times, and know the satisfaction of helping neighbors in need. The truth is, **while the holidays only come around once a year, our agency makes sure seniors have a nutritious meal, someone to talk to, and the help they need every day, all year.** And we can't do it without you. Will you please take a moment right now to make a donation of \$50 or more to support our seniors?

Meals on Wheels and Senior Outreach Services helps over 5,000 Contra Costa seniors each year, providing vital services like:

- Hot, nutritious meals delivered to homebound seniors seven days a week through Meals on Wheels
- An affordable healthy lunch and the company of other seniors at our six C.C. Cafés
- A weekly social visit from a volunteer through our Friendly Visitor program
- Quality care for seniors in their homes through our Home Care Registry
- Practical information and home safety improvements to help prevent falls through our Fall Prevention Program



Please make room for our senior neighbors on your holiday gift list this year.

We are a
501(c) 3 Nonprofit
IRS # 68-0044205

Serving Contra Costa County since 1968
1300 Civic Drive Walnut Creek, CA 94596 ■ (925) 937-8311 ■ www.mowsos.org

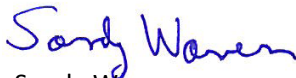
- Skilled social workers to help seniors access the benefits and services they need, and to evaluate and assist clients in cases where our volunteers express concerns, through our Geriatric Care Management program

I don't have to tell you that times are hard. And seniors living on fixed incomes are very vulnerable. **59% of the seniors we serve are trying to make do on less than \$1,000 a month.** For a third of our meal delivery clients, the meal we bring to their home is the only food they have to eat all day. And the need is growing rapidly. Even though we have added meal delivery routes and expanded other services this year, we still have seniors waiting for help.

We are at a critical juncture. The public funding that has played a major role in supporting our services for many years is being slashed. We are turning to our community – neighbor to neighbor – to help us continue to provide nutritious food, caring companionship, and vital assistance to seniors in need. **Please renew your support today and increase your gift if you possibly can.**

As you know, Meals on Wheels and Senior Outreach Services is a registered nonprofit and your donation is tax deductible. **Over ninety cents of every dollar you contribute goes directly to providing services.** You can have the highest confidence in our integrity and the quality of our services. We have earned the Valued Partner seal from Guidestar, the nation's foremost charity listing service. You can learn much more about our operations, and download our audited financial report, by visiting our website at www.mowsos.org.

Wishing you a warm and festive holiday season,



Sandy Warren
Executive Director

P.S. If \$50 is too much for you to give at this time, will you consider a gift of \$35 or \$25? Every dollar will help us meet the growing needs of seniors in our community.