

May 15, 2011

Linda Sample
45 Example Lane
Walnut Creek, CA 94596

Dear Mrs. Sample,



Just a few days ago, people all over the country took time out to honor Mothers. Did you celebrate Mother's Day with your mother, or your children? You may have shared a meal together, made special not just by the delicious food, but by the warmth of loved ones around the table. The association is universal between mothers, food, and love.

But now imagine a very different scene. An elderly woman, alone in a cramped apartment, is making a meager dinner out of some crackers. She may be unable to shop because she has no transportation, or unable to cook because she can no longer stand steadily enough. Or she may have simply run out of money before the end of the month. She is a mother too.

The sad fact is that, for many reasons, seniors today often find themselves living without support from family. The woman I described above probably spent years cooking nutritious meals for her family. Now she relies on us to bring her food and help her remain safely in her home – in other words, to care.

Would you **please send a donation of \$50 or more today** to help us continue to provide healthy food, caring contact, and more for seniors like her in your community?

Here is what another client told us recently:

Your volunteers who deliver meals faithfully and sometime stop to chat for a few moments are a blessing for us who are handicapped seniors without a car anymore. May God bless you all!

– Joyce R., Antioch

As I'm sure you know, economic conditions in Contra Costa County continue to be very difficult, and our seniors are particularly vulnerable since so many were already managing on meager incomes. Worse, sharp reductions in public funding have meant that seniors and their families have fewer places to go for help. Which is why **we are committed to not only sustaining, but increasing, our services to seniors**. They worked and contributed throughout their lives, and they deserve our support now.

Here's how your gift to Meals on Wheels by Senior Outreach Services will touch lives and warm hearts:

- 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 supportive social visit from a volunteer through our Friendly Visitors 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
- Skilled social workers to help seniors access the benefits and services they need, and to evaluate and assist clients about whom volunteers express concern, through our Geriatric Care Management program

I never forget that this agency is a lifeline for so many of the seniors we serve. But the poor economy and reductions in public funding are threatening our ability to continue helping seniors who need us. Your past support has made a real difference for our seniors. **Please renew your support today and increase your gift if you possibly can.** Ninety-five cents of every dollar you contribute goes directly to services for seniors in our community.

Thank you for taking the time to help.

Sincerely,



Sandy Warren
Executive Director

P.S. Please don't wait to make your donation. Without your support, I can't be sure we will be able to serve all the new seniors who are calling us and asking for our help.