

Colleen Brock

Meals on Wheels

Elderly Nutrition Program

40 N. East Street, Suite C

Woodland, CA 95776

Urgent: Holiday Meals Needed

Let our homebound seniors know they are not alone.



# Elderly Nutrition Program in Yolo County

Colleen Brock  
*Executive Director*

## HAPPY HOLIDAYS

When you sign the enclosed placemat, we will deliver it in time for the holidays -- accompanied by a hot turkey dinner with all the trimmings -- to a homebound senior here in Yolo County. Knowing that you care will mean so much to someone who is old and alone this holiday season.

But first, read the shocking facts about the lack of food and nutrition in our elderly community.

Dear Friend:

Being old and alone at any time of year is difficult, but just try to imagine what it's like during the holidays. Hundreds of seniors live right here in our neighborhoods -- not in retirement centers or nursing homes, but still in their own homes. They've managed to do what most of us want to do as we age: maintain our dignity and independence, for as long as possible.

But many of these seniors develop temporary or even permanent conditions -- a broken hip, blindness, severe arthritis -- that keep them from going out on their own. It's to these frail elders that our program serves hot, nutritious meals.

The Elderly Nutrition/Meals on Wheels Program -- with the support of hundreds of friends like you -- helps our frail neighbors by bringing meals right to their doorsteps. Meals that they are too frail to shop for or prepare. Meals that many of them can't otherwise afford. Meals brought by a friendly visitor.

Meals that literally save lives.

Over 50% of seniors we serve live below the poverty line, which means they live on less than \$10,200 a year. All are chronically disabled. And almost all live alone.

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Believe me, the men and women we serve are very grateful for our help, as shown by the letters we receive. Dorothy writes:

I AM A WIDOW NO CHILDREN & LIVED HERE WITH MY  
SISTER. SHE DID THE COOKING & SHE PASSED AWAY 5 YRS AGO.  
I AM SO HAPPY TO HAVE A HOT MEAL.

My promise to seniors like Dorothy is that they will never again have to worry about where their next meal will come from . . . and they will never have to worry about being alone and forgotten.

And when I make promises like that, I feel very confident because I know about generous people like you. People who care about these deserving elders, and who are happy to know that 100% of their gift will go towards the preparation and delivery of nutritious food right here in Yolo County.

But the need for our services continues to grow. We expect to serve 87,000 meals next year -- a 10% increase over this year. That is why I am asking for your support today.

Will you help? The need is great, as shown by these troubling national statistics:

- One in eight elderly people must regularly choose among paying the rent, buying medications, and purchasing groceries.
- 5 million older Americans have to worry about not having enough to eat.
- Half of all hospitalized seniors are suffering from malnutrition so severe that it either caused their illness or it prevents them from getting better.

Despite their need, it is difficult for many of these proud seniors to accept help. But sadly, the reality of age-related disabilities has made it impossible for them to shop and cook for themselves.

- Imagine spending the holidays alone with only dry packaged food to eat because you can't cook; in fact,

your hands are so crippled by arthritis that you can't even use a can opener.

- Just imagine looking down dark or narrow stairs. Imagine your fear of falling if you have poor eyesight and osteoporosis.
- Imagine the terror of venturing out onto wet and dangerous streets in poor weather, when a fall can have devastating consequences.
- Imagine saving milk and bread from Friday's lunch just to have something to eat on Saturday.

Just imagine!

And that's why I'm asking you to join us. Your gift today will provide nutritious hot meals to older people in need.

All gifts are meaningful. Going without decent food, even for one or two days in a row, is far too long. That's why I'm counting on your contribution.

In addition, I hope you will sign the enclosed holiday placemat, which we will deliver with a delicious hot meal during this holiday season so that a frail neighbor will know that someone is thinking of them.

You see, loneliness is as great a problem as hunger for many of our meal recipients. Many are all alone, having outlived their friends and family.

As much as they need nourishing food, they also need to know that someone still cares about them.

That's why your signed placemat will mean so much to someone who is old and alone this season. If you would like to write a short note, it would be greatly appreciated. But even if you can't think of just the right thing to say, please don't let that keep you from signing the placemat and sending your much-needed gift.

We have promised these deserving elders that there are people out there who still care about them. Please let one of those people be you. Please send a tax-deductible contribution today.

Thank you and my best wishes to you and yours for a happy holiday season.

Sincerely,

*Colleen Brock*

Colleen Brock  
Executive Director

P.S. Remember 100% of your gift will go to provide nutritious food and friendship to someone who is old and alone.

P.P.S. Someone else wants to say thank you, too. Please read 82-year-old Rose's note.

At Times it  
is hard for me to  
go shopping & at my  
Income (So, See) Buying  
goodies is not on the  
shopping list.  
Thank you for being  
so thoughtful and  
considerate to people who  
need to be remembered.  
Gratefully,  
Rose

HAPPY HOLIDAYS



*Please enjoy this special holiday meal with our best wishes.*

**HOLIDAY MENU**

Roast Turkey with  
Cranberry Sauce  
Whipped Sweet Potatoes  
Old Fashioned Stuffing  
Green Bean Casserole  
French Roll  
Pumpkin Pie with  
Whipped Topping

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NAME AND GREETING

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## *HOLIDAY GIFT FORM*

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Yes, please use 100% of my gift to provide nutritious food and friendship to our homebound elderly neighbors here in Yolo County. Please deliver the placemat I've signed with a special holiday meal. I enclose:

- \$35 Provides five nutritious meals for a frail senior
- \$56 Provides eight home-delivered meals to a homebound neighbor
- \$98 Provides two weeks of home-delivered meals
- \$147 Provides three weeks of meals to someone recovering from a hospital stay
- \$\_\_\_\_ Other Amount

*Please make checks payable to:*  
Elderly Nutrition Program  
Attn: Meals on Wheels  
40 N. East St., Suite C  
Woodland, CA 95776  
[www.elderlynutrition.org](http://www.elderlynutrition.org)

A copy of our most recent annual report may be obtained by writing: Elderly Nutrition Program, Attn: Meals on Wheels, 40 N. East St, Suite C, Woodland, CA 95776.

**Your donation is 100% tax-deductible.**

## Thank You From All of Those Your Gift Will Help Feed!

Some years ago my sister  
and my two best friends died. I felt  
so alone and scared. I cried a whole  
lot. Now I am not alone anymore,

with you, I have a whole lot of  
Stand by me Friends.

Please, please know how much  
you all mean to me. I love you  
so very much, mmmmm and the food.



- Please send me information on volunteering.
- Please send me information on how to remember Elderly Nutrition Program in my will.

*(Please see reverse to make a gift.)*