



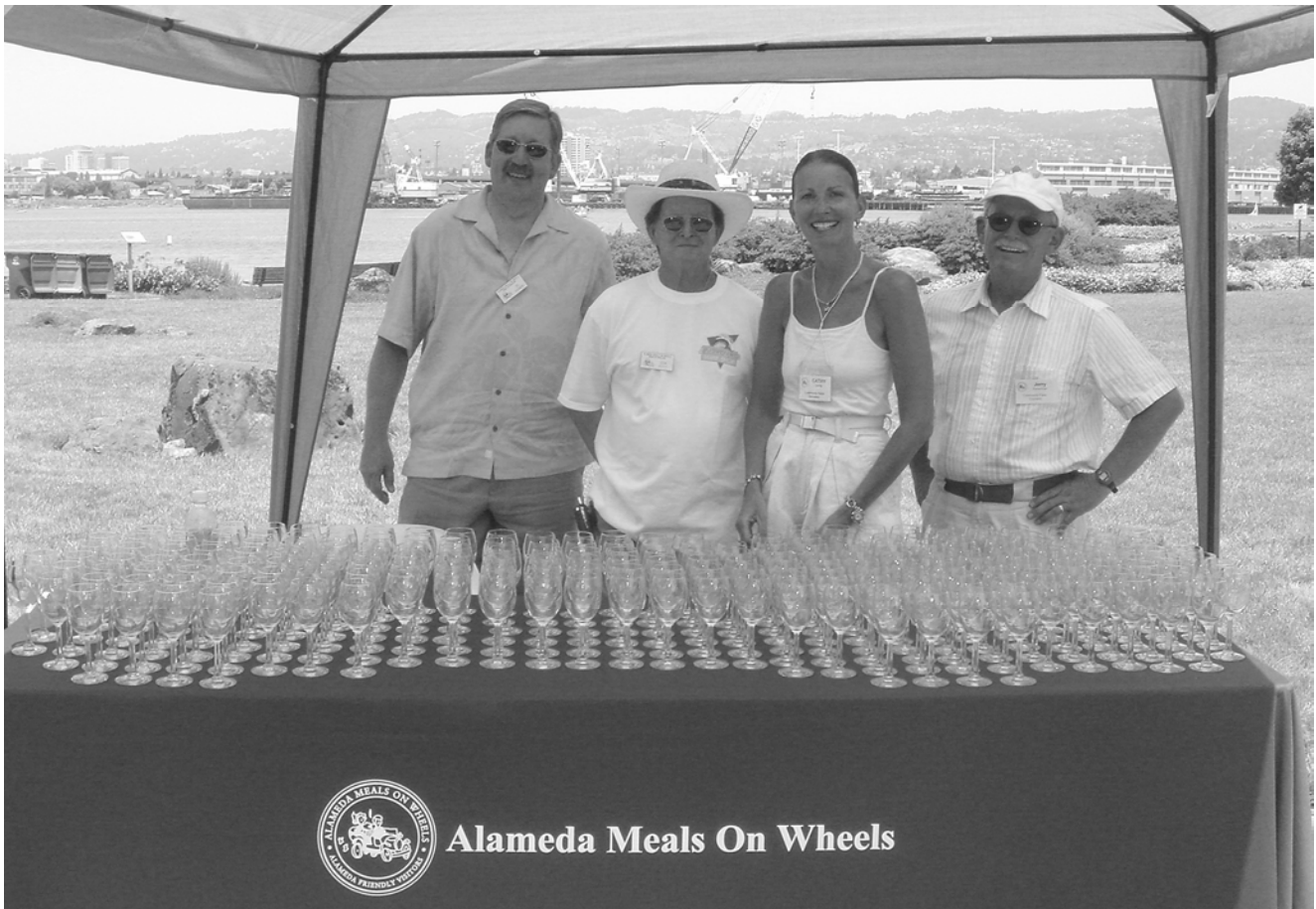
ALAMEDA MEALS ON WHEELS

Alameda Friendly Visitors

Newsletter

Fall 2006

10TH ANNUAL COMMUNITY FAIRE AND WINE TASTING EVENT July 23, 2006



AMOW Board President, Ed Kofman, with John Scott, Cathy Leong and Jerry Kerschman

What a Day!

It Was a HOT Event!



AMOW Board Teamwork
Generous Community Spirit
Fun For Everyone

THANK YOU!

THANK YOU!

THANK YOU!

More About Our 10th Annual Community Faire and Wine Tasting Event...

MARK SORENSEN – Giving Back To The Community

Our 10th Annual Community Faire and Wine Tasting Event was a huge success, and we owe this largely to the efforts of this year's chairman, Mark Sorensen. Along with his team of AMOW board members, Mark says they adopted the "old pioneer spirit" of working together toward a common goal. Well, it paid off. With many changes – new venue, new primary supporters, inclusion of local non-profits, more restaurant participation, fun activities for kids – a collaborative spirit emerged. This event took on new life and leaves the door open for more community involvement in the future.



Mark grew up in a family that fostered values of community involvement. When his mother became a recipient of Meals on Wheels, he experienced first hand what a difference this service made in people's lives. Not surprising then, when Mark decided to become a volunteer, Alameda Meals on Wheels became his first choice. With six years of involvement, five have been spent as board 1st Vice President in charge of fundraising.

Will he chair the event next year? He is open to it. Giving back to the community is second nature to Mark, and we say "Thank You" for a job well done.





Wheels In Motion ...

From Ed Kofman, AMOW Board President
Delivering Meals Can Help Multiple Generations
 Since my daughters were about 4 years old, I have taken them along with me on the weekends when I deliver meals. That started about a dozen years ago and over that period of time I have witnessed something remarkable. Many of the recipients were especially delighted to see a young person in tow and spend a little bit of time visiting. Just as important, both of my daughters enjoyed delivering meals. I believe this experience was useful in giving them a different perspective of the world they live in and instilled in them a spirit of volunteerism at an early age that persists to this day. Rather than the meal recipient being the sole beneficiary, three generations have benefited.

From Rosemary Reilly, Director of AMOW
Beyond Delivery of Meals and Friendship
 Although the delivery of a daily meal and friendship are our primary services, our volunteers have met another real need in our community – that of saving lives. Recently, our volunteers assisted three recipients who had fallen and were unable to get to their phone. Our volunteers know the people on their route and thus spot unusual changes in their routine. When they did not answer their door, the volunteers knew something was wrong. As a result, 911 was called and help received. It is a good feeling for our recipients to know that someone is watching out for them and cares about their well-being.

From Kathy Miranda,
Director, Alameda Friendly Visitors (AFV)
Two years of Growing and Serving
 We are growing in numbers and diversity and this is very exciting. Currently, we offer weekly visits to 50 homebound folks. Ten Languages can be offered from our volunteer base including German, Spanish, Mandarin and sign language. One volunteer has become an interpreter for two Cantonese speaking recipients helping one to get a new computer (donated through AMOW), and the other to receive much needed dental work. As more people learn about our program, we will be able to offer more encouragement and hope to those in need.

BECAUSE IT'S A JOY OF A JOB!

Rosemary Reilly, Director of Alameda Meals on Wheels, loves her job. Every weekday morning, volunteers arrive glad to help in their community. She has seen life-long friendships develop between the volunteers and observed the care and consideration given to recipients.

Rosemary joined the AMOW board in the late 80's and offered to assist with fundraising. In 1990, she agreed to be a temporary director. Sixteen years later, she is still leading us well. Why? In her words "It is a joy of a job!"



She is proud to be part of the Alameda Meals on Wheels/Alameda Friendly Visitors team. Both programs foster independence, dignity and well-being for people of all ages.

Alameda has been home to Rosemary her whole life. Connecting with friends in the community – volunteers and recipients alike, brings joy to her days. We often hear the expression "giving back." Rosemary's response to this is "For me, I feel that I receive more back – big time!"

Finally, Rosemary is quick to credit volunteers as the core of all the services provided, and this includes a strong and supportive volunteer Board of Directors. We say "Thanks" Rosemary, for the ongoing dedication and care you bring with you each day.

SO MANY WAYS TO SUPPORT US . . .

Thank You Edison School Spirit Committee

Dear Ed,

The Edison Spirit Committee comprised of forty children voted to have a fundraiser for Meals on Wheels. With the direction of Mrs. Schroeder, Mrs. Whitman and Mrs. Mongerson, these children organized a school-wide book drive to raise money. Gently used books were donated by Edison students. The amount earned was \$350. Our generous PTA offered to match this amount for a grand total of \$700.

We appreciate all you do for our Alameda community and know our heartfelt donation will help you help others.

Most sincerely,
The Edison Spirit Committee



Alameda Meals On Wheels Now Accepts Vehicle Donations

Alameda Meals on Wheels has introduced a new vehicle donation program that can benefit both the donor (100% tax write off selling price, if taken) and Alameda Meals on Wheels. This will help insure our continued success in promoting independence for our Alameda neighbors by providing additional funds to provide daily meals and weekly extended visits. To donate your unwanted vehicle (cars, trucks, RV's, motorcycles, boats on trailers) simply call Ray Baron with Vehicles for Charity at 1-800-574-0888. Our partner will pick up the vehicle, take care of all the paperwork, and send a check to Alameda Meals on Wheels in your name. You will receive a documented receipt for your tax purposes with your thank you letter. Please feel free to call the AMOW office at 510-865-6131 or go to www.VehiclesForCharity.com.

Top 10 Things You Can Do Today To Leave a Legacy

1. Prepare a will or trust. **Only 50% of those that pass away have one. Without a will or trust, you may lose control over your belongings.**
2. Leave a gift in your will for the nonprofit and charitable organizations that make a difference in your life. **Less than 6% of American households have included nonprofits in their estate plan. Imagine the positive impact on our community if everyone made a donation to their favorite nonprofit.**
3. Leave a specific dollar amount or a percentage of the assets in your will or trust to a nonprofit of your choice.
4. Consider using assets for your charitable gift. **These include but aren't limited to: cash, stocks, bonds, CD's, real estate, vehicles, art and jewelry. Such gifts may even provide estate tax savings.**
5. Name a nonprofit of your choice as a beneficiary (or partial beneficiary) of your pension plan or IRA.
6. Purchase a new life insurance policy naming your favorite nonprofit as the beneficiary.
7. Name your favorite nonprofit as a beneficiary of an existing life insurance policy.
8. Remember loved ones with memorial gifts.
9. Encourage family and/friends to leave gifts to nonprofits in their wills or trusts.
10. Ask your financial advisor to include charitable giving as part of counsel to clients.

Alameda Meals On Wheels Thanks Our Business Sponsors

Alameda Meals on Wheels would like to thank our business sponsors for their ongoing support. Business sponsors provide annual support of \$1,000 or more in either cash or "in-kind" donations of goods or services.

Alameda County Industries (ACI)	Harbor Bay Club
Alameda Care Center	Harbor Bay Companies
Alameda Hospital	Harbor Bay Realty
Alameda Magazine	Harsch Investment Properties
Alameda Rental Center	JIVA Creative
Alameda Welfare Council	LaPinata3 Restaurant
Bank of Alameda	Robert Lippert Foundation
Berg Injury Lawyers	Kelly Lux State Farm Ins.
Cardinal Point at Mariner Square	Ole's Waffle Shop
Coral Reef Motel & Suites	Safeway Foundation
Diamond Tool & Die Inc.	Sushi House
Excel Graphics	Tucker's Ice Cream
Gallagher & Lindsey Realtors	Water's Edge Nursing Home