

Community Event - Mayors-Community Champions for Meals

Last Wednesday March 18, 2015, Peninsula Volunteers, Inc. (PVI) held their 9th annual *Meals on Wheels* drive-along day for San Mateo public officials: *Mayors-Community Champions for Meals*.

In attendance: Honorable Lisa Yarborough-Gauthier, Mayor of East Palo Alto; Jeff Gee, Mayor of Redwood City; Ron Collins, Mayor of San Carlos; Mark Olbert, Council Member, San Carlos; Rick DeGolia, Mayor of Atherton; Elizabeth Lewis, Vice Mayor, Atherton;



David Braunstein, Mayor of Belmont; Don-Horsley, Supervisor of San Mateo County; Catherine Carlton, Mayor of Menlo Park; Ron Romines, Councilperson, Woodside; Pamela Kurtzman and Kim Griffin, representing Sequoia Healthcare District.

Each esteemed official was escorted by a Peninsula Volunteer “ambassador” to deliver meals to Meals on Wheels clients, and had the chance to visit with clients and hear about their interesting, full lives. Many clients expressed how appreciative they are for the hot meal and daily smile from their Meals on Wheels delivery driver.

Mayor Braunstein commented, “This is my first time at this event ... the entire experience was wonderful. I learned a great deal about PVI, their aging adult programs, and how critical the leaders and volunteers are within the Meals on Wheels program.” Elizabeth Lewis celebrated her 5th year participating in the drive-along; Mayor DeGolia shared that,



“Meals on Wheels is such an extraordinary program for those that would otherwise be underserved.”

Mayor Gee informed the audience that there are two Redwood City residents who are over 100 years old, and thanked PVI for their outstanding “commitment of the heart” to serve those seniors who need assistance.

Supervisor Horsley reminded the event attendees that “The PVI Meals on Wheels program allows aging adults to stay in their home longer - living independently.” He thanked those community volunteers and staff that deliver hot meals each and every day.

Anna Marie Janky, President of the PVI Board of Directors thanked the City of Menlo Park for their long-standing support of Peninsula Volunteers programs’ focused on serving people with Alzheimer’s at Rosener House, people who are at nutritional risk and have limited mobility with Meals on Wheels, as well as the counties’ active older adults at Little House.



Facts about Meals on Wheels and Senior Nutrition

For 37 years, PVI has been the only provider of home delivered meals in south San Mateo County. We provide one hot, nutritious home delivered meal to each eligible senior and/or disabled adult, Monday – Friday and for those that need weekend meals, we provide additional meals. The meals are cooked early in the morning, package and packed - delivered, hot to the clients’ door, by 1:30 PM daily.

- Each day we deliver an average of 300 meals;
 - Each meal provides 1/3 of the daily recommended dietary intake for persons 50 and older.
- San Mateo County Client Demographics:
 - 93% of clients are age 60 and older
 - 35% are age 85 and older
 - 60% of clients have incomes of \$1,500 or less per month.
 - for about 14% or 45 of our clients the Meals on Wheels meal delivered is the only meal they have each day;
 - for the remaining 250 clients it is their main meal; Supplemented with cold cereal or canned soup.



Integral to the program is the staff and volunteers who deliver the meals. They not only deliver nutrition, they deliver a smile, a kind word and a bit of social interaction.

Meals on Wheels supports health and helps to keep older adults in their own homes.