

FINDING FAMILY IN COMMUNITY

Brenda L., 72, grew up in a close-knit family in the San Francisco Peninsula. Her first job was working as a waitress at Nick's Seafood Restaurant in Pacifica, where her father created the menu. She later went to work as a nurse and, in her 30's, devoted herself to caring for her aging parents. Much of her life has been spent making sure the people she loves feel supported and cared for. Today, with help from Meals on Wheels Diablo Region, Brenda can remain the present mother and grandmother she wants to be for her family.

Over the past few years, Brenda has faced more than her share of medical and financial challenges. A serious car accident left her with a severe concussion and loss of vision in one eye, while also aggravating a back injury she sustained years ago. Mounting debt combined with the strain on her health made her wonder how she would take care of herself, let alone continue to show up for her loved ones.

When Brenda became sick with pneumonia, her condition took a turn for the worse. She could no longer afford to live on her own, then found herself unable to shop for groceries or prepare healthy meals. Her sister helped connect her with Meals on Wheels Diablo Region, and we stepped in with the nutrition and stability she needed to recover and regain her independence.

Today, Brenda lives in a senior community in Richmond. Starting over in her 70s has not been easy, but home-delivered meals provide reliable nourishment and much-needed peace of mind. Just as importantly, she has found a new sense of connection and belonging.

"What I appreciate most is the people I get to see every week. Every step of the way, the people who have helped me are considerate, empathetic, and truly go above and beyond." Weekly visits from Tony and Denise, two MOW Diablo Region delivery drivers serving West Contra Costa County, make Brenda laugh and provide her with a welcome connection to the community. Every knock at the door brings compassion and reassurance that she is not facing life's challenges alone.

"Meals on Wheels Diablo Region takes care of me, and now I don't feel like a burden," she says. "It gave me back some independence."

Brenda's family helped her find the assistance she needed, and now she hopes her story can help others do the same. "I know so many neighbors here could benefit from healthy meals and meeting wonderful people. If my story can help others get the help they need, that would be a blessing."



MEALS on WHEELS
DIABLO REGION

A MESSAGE FROM THE EXECUTIVE DIRECTOR

This summer has been a powerful reminder that caring for our older neighbors is truly a community effort. Every meal delivered, every wellness check completed, and every friendly visit reflects the compassion of neighbors working together to ensure everyone has the chance to age safely and independently at home.

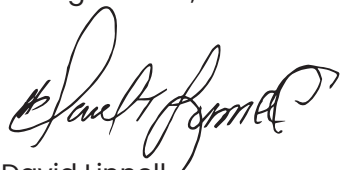
One of our most significant accomplishments this year has been expanding services into West Contra Costa County. Meals on Wheels Diablo Region was honored to be awarded the county contract to provide home-delivered meals and wellness checks to older adults in Richmond, Hercules, Pinole, San Pablo, and surrounding communities. Launching service in an entirely new region while relocating our headquarters was no small undertaking, but our team embraced the challenge with dedication and heart.

We've also enjoyed connecting with so many of you at local events this summer. Whether marching in the Kiwanis-Danville Fourth of July Parade, meeting neighbors at the Bay Point Resource Fair, or joining some of our volunteers at their own peer-to-peer fundraisers, I've been reminded how many people share our commitment to helping seniors thrive. It is always inspiring to see our community come together and find creative ways to raise awareness and strengthen our mission.

In this issue, you'll read about how Pacific Service Credit Union's generous partnership is helping us deliver more than 2,500 meals each week with a new refrigerated van. You'll also find highlights from our 5th Annual Dining to Deliver Gala, where we celebrated alongside longtime supporters and welcomed many new friends to the Meals on Wheels Diablo Region circle.

I'd like to thank you for being part of this work. With your support, we are helping ensure that older adults across Contra Costa County remain nourished, independent, and connected to the people and places they cherish most.

With gratitude,



David Linnell
Executive Director



There are many ways to support our mission beyond cash donations.

Maximize your impact through gifts of investments, stock, vehicles or make a legacy gift.

Scan the QR code or contact us at 925-937-8311 or development@mowdr.org for more information.



DRIVING GREATER IMPACT TOGETHER

Meals on Wheels Diablo Region is proud to debut a new set of wheels thanks in part to the generosity of Pacific Service Credit Union (PSCU).

As a powerful demonstration of its commitment to local nonprofits, PSCU has helped fund a new refrigerated delivery van that will bring nutritious meals to older adults throughout Contra Costa County.

The new vehicle will support the delivery of more than 2,500 meals each week, helping ensure food arrives safely and efficiently to neighbors who rely on it to remain healthy and independent. As demand for home-delivered meals continues to grow, dependable transportation is essential to reaching more people with the nutrition, safety checks, and personal connection they count on.

At the heart of this collaboration is a shared commitment to caring for our neighbors. PSCU's longstanding "*people helping people*" philosophy closely aligns with Meals on Wheels Diablo Region's mission to empower older adults to age safely and independently in the homes they love.

"We are excited to partner with Meals on Wheels Diablo Region on this new vehicle, which will help deliver more than 2,500 meals each week," said Jenna Lampson, President and CEO of PSCU. "We are incredibly proud of the work this organization does and honored to support a mission that truly reflects the '*people helping people*' philosophy Pacific Service Credit Union was built on."

"As the county-approved provider of home-delivered meals and supportive services for older adults, this new refrigerated van is an essential part of our operations," said David Linnell, Executive Director of Meals on Wheels Diablo Region. "It allows us to reach neighbors from Bethel Island to San Ramon and Richmond, and unique communities all throughout the county. We're grateful to PSCU for investing in a partnership that helps us deliver meals, independence, and peace of mind."

While this new addition strengthens our fleet, its impact reaches far beyond transportation. It represents thousands of nutritious meals delivered, countless wellness checks completed, and reassuring visits for older adults who might otherwise face hunger or isolation.



Photo: Kristin Petersen, PSCU, Fern Fonseca, MOWDR, Jenna Lampson, PSCU, Michelle Hayward, MOWDR

Thank you



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SUMMER 2026



A NIGHT TO REMEMBER

On June 6, more than 200 guests gathered at the Blackhawk Museum for our 5th Annual Dining to Deliver Gala—an unforgettable evening of music, dancing, and celebration. Guests enjoyed exciting silent and live auctions, featuring prizes like a signed Giants jersey, close-to-home getaways in Lafayette, Healdsburg, and Arnold, and an all-inclusive trip to Las Vegas.

Thanks to the incredible generosity of our guests, sponsors, and event supporters, the Gala will help deliver more than 20,000 nutritious meals to older adults in need across Contra Costa County.

We are especially grateful to our Diamond Sponsor, BPM LLP, and Emerald Sponsor, CSAA Insurance, for their generous partnership in making this evening possible. Thank you to everyone who attended, volunteered, donated, or helped bring the Gala to life. Together, you are helping ensure that our older neighbors have the nourishment and connection they need to remain healthy, independent, and at home.

Save the Date for our 2027 Fundraiser!
May 7, 2027 at the Hilton Hotel, Concord
Contact events@mowdr.org for tickets and details.