



ALAMEDA MEALS ON WHEELS

Alameda Friendly Visitors

Newsletter

Spring 2007

WATCH OUT!

For your neighbor ★ for a friend ★ for a family member ★ for yourself

Alameda is well known for our community spirit and our exceptional neighborhoods.
BUT - WATCH OUT! Do you need or know someone who needs a helping hand from
Alameda Meals on Wheels and Alameda Friendly Visitors?



Alameda Meals of Wheels
Provides a nourishing meal daily
Call 865-6131



Alameda Friendly Visitors
Provides a weekly 1-2 hr. visit
Call 748-0342

Our programs serve all ages and can significantly enhance the quality of a person's life.
Watch out and give us a call.

Our Mission

**Alameda Meals on Wheels promotes
independent living for persons of all ages**

An Interview With Our Outgoing Board President, Ed Kofman

What is your history with AMOW?

I joined the Alameda Meals on Wheels Board in 1990. Sue Lindsey, who was AMOW Board president at the time, came to address the Kiwanis Club giving an update on Alameda Meals on Wheels, and later asked me to consider participating on the AMOW Board. Our longtime director, Rosemary Reilly had recently started and brought with her great enthusiasm and a wealth of fundraising experience. The prospect of working with Sue, Rosemary and an active and agreeable board, as well as an opportunity to help strengthen and support one of Alameda's top non-profit organizations made for a very easy decision to join the board.

Evolution of roles on the AMOW Board?

In my years on the board I have served in a number of different roles. Among the more interesting was guiding the board through several strategic planning initiatives. This included, among other things, refining our mission, roles and responsibilities of board members, officers and committees, outreach and fundraising. Other roles included holding the office of treasurer for seven years, fundraising chair, and serving as president of the board for the last six or seven years. This spring I will be stepping down as president of the board to work on other board initiatives, but feel very fortunate to be passing the baton to the very capable hands of long time board member, Bruce Gordon.

What are you most proud of in your relationship with AMOW?

Alameda Meals on Wheels is unlike any other meals program that I know of because of the unique community that we live in. There is a strong sense of community in Alameda and that manifests itself in Alamedans wanting to help other Alamedans.

I am also proud of our ongoing outreach programs where we strive to make all community members aware of the assistance we can provide, and the introduction of our semi-annual newsletter 7 years ago.



There are many successes we have enjoyed over the years but perhaps the greatest of those was AMOW establishing the Alameda Friendly Visitors Program in September of 2004. For years we had seen how a volunteer's brief visit when delivering a meal could brighten the day of an isolated senior. The AFV program expanded on that by offering weekly visits of friendship by caring volunteers. Our Alameda Friendly Visitors director, Kathy Miranda, has done a marvelous job in recruiting and training volunteers and carefully matching them with clients. There are now more than 50 visits taking place every week and we are still growing strong.

What keeps you motivated to stay involved?

I guess if I had to sum it up it is a desire and sense of obligation to help make my community a better place and the satisfaction in seeing the result of those efforts. Our neighbors who have been fortunate enough to make it to their senior years deserve being treated with dignity and respect.

I feel very satisfied when I see all the good that Alameda Meals on Wheels has done in the community. Our programs and many others make our little corner of the world a better place to live.

Thanks to you, Ed, for your ongoing commitment to Alameda Meals on Wheels. Our community is better served because of the time and effort generously given by people like you.

Alameda Youth Making A Difference



Teen volunteers Christie Bailey and Emily Pendleton with Friendly Visitor recipient Sally Vasquez

Students from Alameda High School delivered gifts and good cheer to more than 50 participants of the Alameda Friendly Visitors Program this past Christmas season. "The people are so nice and it means so much to them" says Christie Bailey, AHS Sophomore class officer. "A few people even cried when we gave them their gifts. It is kind of hard to do the deliveries, because you want to do so much more for the people.

We know that the people who receive the gifts do get ongoing attention and caring because they are part of the AFV program. We see others, however, who do not have that yet and we wish that they were also part of this great program."

WATCH OUT!

Do you need or know someone who needs a helping hand?

Many of our recipients are referred to us by a thoughtful neighbor, family member or friend. When someone is not feeling well, it can be difficult to pick up the phone and call for our services. With the encouragement of a friend, the call can be placed and service started the next day.

Our programs serve all ages and can significantly enhance the quality of a person's life. Watch out and give us a call.

Rosemary Reilly (865-6131)
Alameda Meals on Wheels

Kathy Miranda (748-0342)
Alameda Friendly Visitors

Meet Laci Dewater

Meaningful work and being involved in the community is important to Laci. After hearing about AMOW's Business Sponsorship Program, she saw an opportunity to apply what she was learning in college and support a good cause.

After assisting Don Holt (Business Sponsorship chair) for a year, Don's untimely death left Laci on her own. She applied to join our AMOW board and continue the work of growing our business sponsorship. Laci transferred to UC Berkeley as a Business Administration major and found even more ways to blend her education and volunteer work.



Laci has strengthened the existing Business Sponsorship Program by spending countless hours introducing AMOW to local business owners and requesting their support. In addition, she has created new administrative documents, a brochure and has formed a committee (4 board members) to help reach more of the business population.

We say congratulations to Laci for being such an outstanding young woman and we thank her for sharing her many talents with Alameda Meals on Wheels.

Vehicle Donations Making a Difference!

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. Already, these donations are coming in and helping us continue our much needed services. If you have an unwanted car, truck, RV, boat with trailer, or motorcycle, simply call Chris Oliphant with Vehicles for Charity at 1-800-574-0888. Vehicles will be picked up, paperwork taken care of, and a check will be sent directly to AMOW. Please feel free to call the AMOW office at 510-865-6131 or go to www.VehiclesforCharity.com.

A New Way to Support AMOW

There are many ways someone can support organizations they care about both during their lifetime and thereafter. Here is another one. Recently, Congress passed the Pension Protection Act of 2006 that, among other things, allows certain IRA owners over the age of 70 1/2 to make a direct contribution of IRA funds to qualifying non-profits organizations they would like to support, without the donor first paying income taxes on the distribution.

This may be a particularly useful tool for those with larger estates, because in certain circumstances, IRA's can be subject to both estate taxes and income taxes leaving very little to heirs. There are limitations to be aware of and these provisions sunset on 12-31-07. Please be sure to consult your estate and/or tax advisors for more information.

Create a Legacy in your Estate Plan

You can make a lasting impact on Meals on Wheels, Friendly Visitors and our community by naming us in your will. Gifts large and small are important! For more information please call Rosemary Reilly at 865-6131.

Children Are Welcome Volunteers



Lynn Lebo-Planas with children Luke and Olivia

Want to teach your children the joy of volunteering in their community? Delivering Meals on Wheels is a way to do just that. Meals are delivered every day of the year and children and clients enjoy the experience.

SAVE THIS DATE!
SUNDAY, JULY 22, 2007
**11th Annual Community Faire
 and Wine Tasting Event**
Returning to Rosenblum!



Alameda Meals on Wheels
 Alameda Friendly Visitors
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 Alameda, CA 94501

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CHANGE SERVICE REQUESTED

WATCH OUT!
 (See inside for details)