



SOS

Service Opportunity for Seniors
meals on wheels



ANNUAL REPORT
FISCAL YEAR 2021-2022

In FY 2021-2022,

SOS Meals on Wheels (SOSMOW) continued to grow and adapt to the what the pandemic brought about last fiscal year. We added more volunteers, staff, and Board members, and expanded our facilities. Some of this year's most memorable moments include completing our facilities expansion, the return to the office for those who were working remotely and serving more than a half million meals for the second year in a row. Thank you to the staff, volunteers, Board members, donors, and partners who make up the SOSMOW community. It is your heartfelt kindness that nourishes the advancement of our mission!



Charlie Deterline
Executive Director



Jim Dunn
President,
Board of Directors

Our Mission

Promote nutritional health, decrease the possibility of premature institutionalization, and foster the independence and dignity of homebound seniors in Central Alameda County and Oakland.

2,725
Total Clients Served

555,456
Total Meals Served
*includes shelf stable meals

324,862
Total Wellness Checks
Provided



CLIENTS SATISFACTION

Our clients surveyed said Meals on Wheels...



Helps them Feel
Better

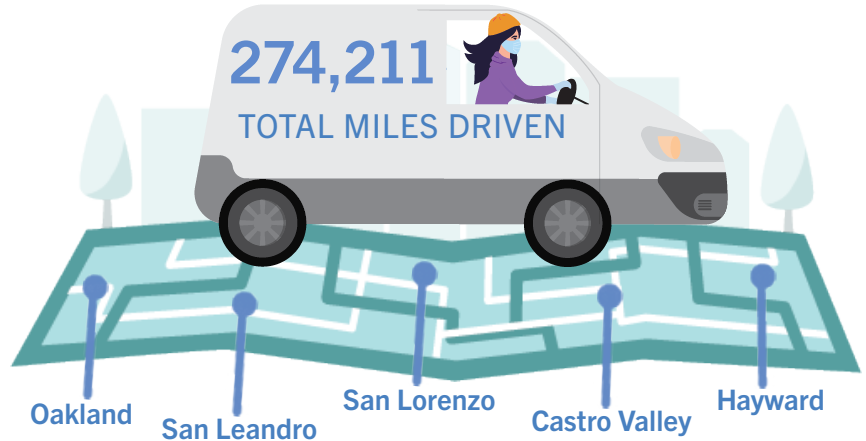


Improves their
Health



Helps them to Live
at Home

*Percentages based on 583 survey responses from FY2020-21 Satisfaction Survey



Miles Driven by
Volunteers: **119,459**

Miles Driven by
Paid Drivers: **154,752**

« ADOPT-A-ROUTE »

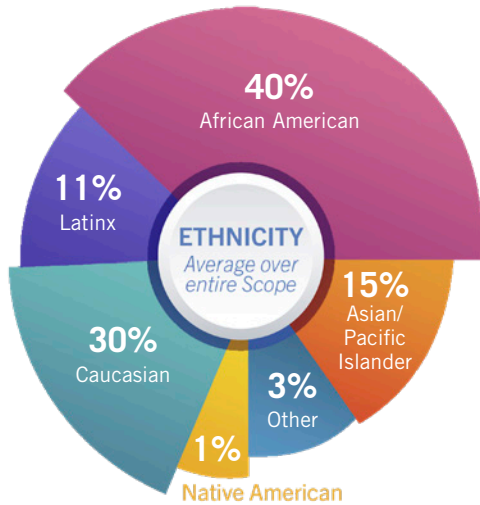


Cole Action
Vocational
Group

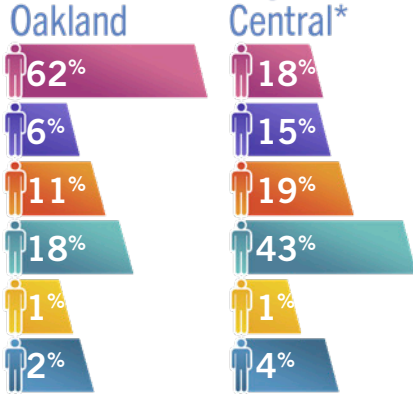
Empowerment for Success



WHO WE SERVED



Break Down by Area



*Castro Valley, Hayward, San Leandro and San Lorenzo

OUR STORIES

The Seniors we Serve: Meet Barbara Williams



Barbara Williams, 94 years old, moved to the Bay Area from Illinois in 1969. She lived a life of service with 60 years of nursing ranging from private duty, school, office, industrial, post-operative, and 20 years of acute psychiatric nursing. Over the past 30 years, Barbara has been writing a biography. She recently combined parts of it with her passion for writing poetry and created a book, called Creative Potpourri: My long life, many loves, and so much learning, which is a poetic giving of herself to inspire hope and freedom.

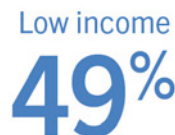
Barbara began receiving our meals when the COVID-19 lockdown started and getting groceries became less accessible. She shared with us, "As a nurse and a person with knowledge of nutrition, I appreciate the balance and variety of meals." Barbara enjoys creative cooking, and she will often make soups with the leftover ingredients she receives from her meals.

Barbara wants our community to know that we could all help each other better if we recognized our brotherhood and sisterhood. As in the same way, at SOSMOW we try our best to build community for our clients, volunteers, donors, and staff.

VOLUNTEERS



WHY OUR CLIENTS RECEIVE MEALS?



OUR STORIES

The Seniors we Serve: Meet Alfonso Reed



Lifelong Oakland resident, Alfonso Reed, is the definition of resilience. He is consistently trying to better his health from his diet to exercise. Alfonso has been using SOSMOW services on and off since 2004. Alfonso is grateful that SOSMOW gave him the opportunity to, for the first time, add fruits and vegetables to his diet. He believes that SOSMOW has made a great difference in his life and illness, as the meals allow him to have a more balanced diet, consume less sugar and salt and allow him to stay home as an immunocompromised person. Alfonso feels the changes in his mind and body when he is eating a balanced diet. Alfonso was happy to share with us that he lives in an area with many older adults and loves seeing how many of his neighbors are also a part of the SOSMOW community and receiving meals.



MEALS & NUTRITION

Our approach to menu development is to destigmatize beliefs about institutional cooking by creating a wide variety of modern, eye pleasing, meals using fresh ingredients. Two monthly changing menus, a regular and vegetarian were served this year. Developed by our Registered Dietician Nutritionist (RDN), all meals meet one third of recommended daily dietary allowances and the minimum guidelines for low-sodium, diabetic diets. They are also low in fat and cholesterol.

VOLUNTEER SPOTLIGHT

JayJ and Angela



IN THE KITCHEN WITH HEAD CHEF ERIC GREMILLION

At SOSMOW, the kitchen is the heart of the organization because it produces the healthy meals that keep our older adult community fed. Eric Gremillion, Kitchen Manager and Head Chef has been running Meals on Wheels kitchen operations for over twenty years. This year specifically, Eric was impressed with his kitchen staffs' "willingness to step in wherever is needed to ensure that we are successful." He wanted to praise two outstanding kitchen staff members who have been with SOSMOW for over 6 years, Martha, and Oscar. Both Oscar and Martha have been rock stars in the kitchen ensuring that all goes smoothly in delivering all our meals.



Angela and JayJ, Bay Area natives, found out about Meals on Wheels services because their father had used the program when he was ill. Together they have made immediate and long-term impacts on our program. JayJ and Angela volunteer weekly in the kitchen, help put together client mailings, assemble non-perishable food items for our most acute cases, and JayJ also delivers meals on Tuesdays. JayJ has created very close connections with the clients on her route, she sits them for about 10-15 minutes when she delivers meals and even brought back a few t-shirts from her vacation to the Grand Canyon for them. A message, sisters JayJ and Angela want to leave with our community is, "It's worth your time and effort to help others."



GOVERNMENT FUNDING

Alameda County Area Agency on Aging

Alameda County Health Care Services Agency

City of Hayward

City of Oakland

City of San Leandro

Nate Miley, Alameda County Supervisor for District 4

Wilma Chan, Alameda County Supervisor for District 3

Board of Directors

Jim Dunn, President

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Karen Friedman

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Gerry Mellen

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Sylvia Stadmir

Scott Taylor, MD

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Barbara Halliday, Mayor of Hayward

Nate Miley, Alameda County Supervisor for District 4

Shelia Young, Mayor Emeritus San Leandro

**DRIVING A
MILLION MILES**

for A MILLION MEALS

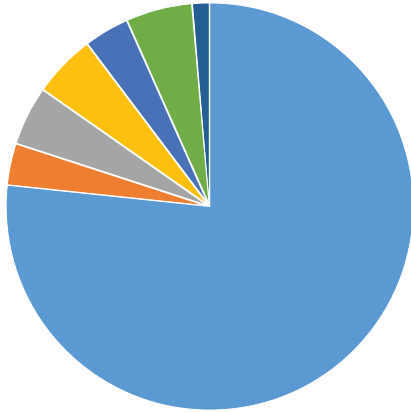
Together we can decrease hunger and loneliness among homebound people ages sixty and above in central Alameda County by keeping our meals rolling.

Spring Campaign - A Million Miles for A Million Meals

This spring our drivers surpassed over a million miles driven and over a million meals served since the onset of the pandemic two years ago. These milestones provided an opportunity for our donors to celebrate with us by contributing over \$26,000 between May and June.

FINANCIAL POSITION

JUNE 30, 2022



- Government Contracts (\$5,675,704)
- Other Contributions, Foundation Grants, & General Fundraising Activities (\$243,255)
- In Kind (\$355,018)
- Meals on Wheels of Alameda County Contributions (\$353,563)
- Catering (\$277,366)
- Fundraising and Special Events (\$389,525)
- Other (\$86,718)

TOTAL \$7,381,149

Assets

Current Assets	\$5,357,345
Fixed Assets	\$492,732
Total Assets	\$5,850,077

Liabilities

Current Liabilities	\$403,442
Long Term Liabilities.....	\$0
Total Liabilities.....	\$403,442
Net Assets	\$5,446,635
Total Liabilities & Net Assets	\$5,850,077

Financial Activities

Revenue	\$7,381,149
Expenses	\$6,771,263
Change in Net Assets	\$609,886

Food Expense

Raw Food & Supplies	\$2,624,900
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Foundation, Corporate, Small Business, & Community Group Supporters

We gratefully acknowledge all our generous institutional supporters, big and small, who contributed to Fiscal Year 2021-2022.

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|---|--|--|
| Alameda Anesthesia Associates Medical Group, Inc. | Frontstream SPV LLC | San Leandro Kiwanis Foundation |
| Amazon Smile | Geta Sushi Restaurant | San Leandro Towing LLC |
| Ameriprise Financial | Hayward Rotary Club | Schwab Charitable Fund |
| Amerisink | Impact Incorporated | Sereno Group 1% for Good Charitable Foundation |
| Bay Area News Group - Share the Spirit | Jess C. Spencer Mortuary | Soroptimist International of the East Bay |
| Bayfab Metals Inc. | Keenan and Associates | SPRSI Council #89 |
| Betty Parfitt Fund | Local Independent Charities of America | TD Ameritrade Clearing |
| Bright Funds Foundation | Meals on Wheels of Alameda County | Teamsters Local Union No. 853 |
| Buckles-Smith Electric | Morgan Stanley Gift Fund | The Benevity Community Impact Fund |
| Catholic Daughters of the Americas #2400 | National Philanthropic Trust | The Blackbaud Giving Fund |
| Charities Aid Foundation | NCCA Charitable Foundation | The Oakland Athletics Community Fund |
| Charles Schwab | NextFifty Initiative | The Swinerton Foundation |
| Community Presbyterian Church Danville | Nick Drabec Construction | Trinity Evangelical Lutheran Church |
| Crescent Porter Hale Foundation | Pacific Meridian Group LLC | T. Rowe Price |
| Decus Biomedical LLC | Patelco Credit Union | United Methodist Women of San Leandro |
| East Bay Community Foundation | PayPal Giving Fund | United Way of the Bay Area |
| East Bay Foundation on Aging | Port of Oakland | Vanguard Charitable |
| Excelsior German Center at the Altnheim | Rotary Club of San Leandro | William G. Gilmore Foundation |
| Fidelity Brokerage Services LLC | Royal Coffee Inc. | |
| Fidelity Charitable | Runyon Saltzman Inc. | |
| Fremont Bank Foundation | Salesforce | |
| | San Leandro Garden Club | |

Our gratitude also goes out to all our individual donors who collectively gave over 878 gifts totaling more than \$147,536.58!



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