



ALAMEDA MEALS ON WHEELS

Post Office Box 2534 • Alameda, California 94501 • Phone: 510.865.6131

ALAMEDA FRIENDLY VISITORS

1155 Santa Clara Avenue • Alameda, California 94501 • Phone: 510.748.0342

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Rosemary Reilly

Friendly Visitors Program

Carol Chamberlin

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Dear Friends,

As the holidays approach, many of us are looking forward to gatherings full of delicious food, laughter, gratitude and time spent with family and friends. But for hundreds of our Alameda neighbors, the holidays can be a lonely and depressing time of year. Many of our neighbors are living on small, fixed incomes that can't accommodate everyday meals. With few resources, these individuals face challenges of not knowing where their next meal will come from as well as finding themselves socially isolated.

Since 1973, **Alameda Meals on Wheels** has been helping our neighbors in Alameda. In addition to a hot, nutritious meal, **Meals on Wheels** offers a sense of connection, a reminder that the neighbors we serve are cared for and that someone is paying attention to their welfare. For many of those we serve, the most important part of their day is when their **Meals on Wheels** or **Friendly Visitor** volunteer knocks on their door, sometimes being the only person they see on an average day.

The demand for our services is growing. Today, we serve over 45,000 meals each year. Most recipients have limited financial means and pay on a sliding scale resulting in a deficit of over \$15,000.00 per month. We are ready for the challenge, but we need your continued help.

We are proud to announce our annual **Fall Fundraiser** has begun, honoring the memory of **Abe and Sara Kofman**. The Kofman Family has been instrumental in developing and supporting the success of our program. We hope you will join us in their legacy so that **Alameda Meals on Wheels** may continue our tradition of never having a waiting list or turning someone away for a meal or companionship.

Often, the neighbors we serve are part of the "hidden hungry," invisible to our community. If you know of someone who may benefit from our services, but isn't aware of our services or is too proud to ask, please contact us for them.

Please join me in sharing a little of your good fortune with a tax-deductible donation this season. No donation is too small; any amount will be greatly appreciated. Donating is easy. Go to **AlamedaMealsonWheels.org** to make a convenient and secure donation online, or consider making a donation with the enclosed envelope, or contact Rosemary Reilly at 510-865-6131 to become one of our valued volunteers.

What better way to celebrate Thanksgiving than to make a conscious decision to help your neighbors who are in need? Together, we can make a difference for some of our most vulnerable neighbors and show them that they matter.

Thank you for your consideration and from all of us at Meals on Wheels, we wish you and your family health and happiness this holiday season.

Mark

Mark Sorensen

President

Alameda Meals on Wheels

Alameda Friendly Visitors

The amount of any contribution that is tax deductible is limited to the excess of any money over the value of goods or services provided. The above values are estimations by the donor and do not necessarily reflect the fair market value of the item at the time of sale. Our Tax ID Number: 94-2299811