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.

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CLIENTS SATISFACTION
Our clients surveyed said Meals on Wheels...

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

2,725 Total Clients Served
555,456 Total Meals Served
324,862 Total Wellness Checks Provided

274,211 TOTAL MILES DRIVEN

Oakland
San Leandro
San Lorenzo
Castro Valley
Hayward

Miles Driven by Volunteers: 119,459
Miles Driven by Paid Drivers: 154,752

ADOPT-A-ROUTE

Charlie Deterline
Executive Director

Jim Dunn
President, Board of Directors
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.
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.

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