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**Staff:**

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Laura Pilarski

**Affiliate of:**



**PART Foundation**  
2433 Marconi Ave  
Sacramento, CA  
95821

**Gifts to Meals On Wheels should be made to the PART Foundation. Gifts are tax deductible.**

**Senior Nutrition Services:**  
3013 D St.  
Sacto, CA 95816  
(916) 444-9533

*Sacramento Meals on Wheels wants to make sure that no senior or no senior's pet goes hungry*

## Sacramento County Board of Supervisors, Incorporated Cities, and Private Industries Help Alleviate Waiting List

Recently, Senior Nutrition Services (SNS) had reached its capacity to add more seniors to meal delivery routes because of kitchen space issues, growth in older population, and inadequate funding, which caused a waiting list of about 495 seniors. And to compound the issue, SNS receives an average of 18 calls per day to add homebound seniors to the program.

To address the growing waiting list and funding issues, SNS went to the Board of Supervisors in April and asked to be able to spend \$80,000 of private donations towards the cost of adding 300 seniors to the program. The County of Sacramento added to that amount, as did the cities of Galt, Elk Grove, Citrus Heights, Rancho Cordova, and Folsom, authorizing funding to support 100% of all the seniors that need meals in their cities. The program still needs to raise an average of \$5,000 per month in addition to the above to keep these seniors fed all year.

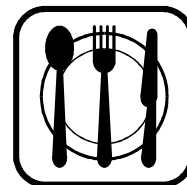
"Because of the huge support the County Board of Supervisors, Mayors, and City Council members have for their seniors, those that are eligible and need the services will be taken care of", says Joe Farrelly, Community Services Division Manager.



### Senior Nutrition Services is Moving!

It's finally happening! After 27 years at our current location, 3013 D St. in Sacramento, Senior Nutrition Services will be moving its central kitchen and offices to West Sacramento sometime late summer/early fall. Despite relocating to Yolo County, the program will continue to serve the seniors of Sacramento County.

Senior Nutrition Services will keep you posted on our new address and final move date as we get closer; our phone number will remain the same at (916) 444-9533. A big thanks to the County Board of Supervisors for approving our new building!



**Are you getting enough water???**

For most people, it is recommended to consume at least 64 oz of water each day to stay hydrated. Decaffeinated coffee and tea can be counted towards your water servings. Stay cool and enjoy your summer!

**Friends Of Meals On Wheels, (FOMOW)**

**MISSION:**

*To Support Sacramento Meals On Wheels by fostering a community where no senior goes hungry.*

**VISION:**

*To assist Meals On Wheels in their goal of ensuring that no Senior goes to bed hungry by providing financial support, creative ideas, and promoting community awareness.*

## Calling all Business and Community Organizations...

### Recipe Corner

#### Grilled Fish Recipe

##### Ingredients:

- 1/3 cup fat-free mayo
- 2 Tbsp sun-dried tomato vinaigrette salad dressing
- 1 1/2 Tbsp finely chopped basil
- 1 Tbsp lemon juice
- 1 1/2 lbs swordfish, halibut, shark, tuna, or salmon steaks

##### Instructions:

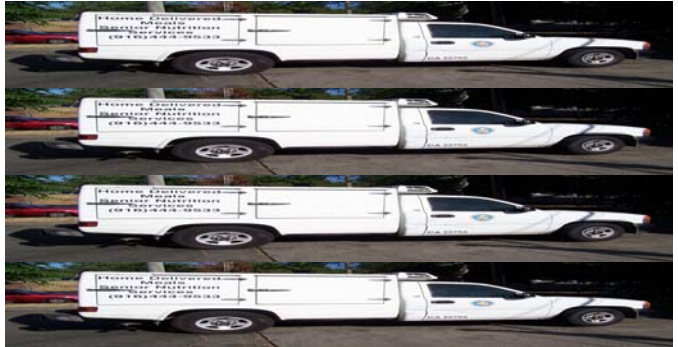
Combine the first 4 ingredients in a small bowl; mix well. Set aside 4 tsp mayonnaise mixture. Brush remaining mixture on both sides of fish steaks; set aside.

Coat a grill rack with vegetable cooking spray. Place steaks on grill 4-5 inches from medium-hot coals. Grill, turning once, just until fish begins to flake when tested with a fork. Allow 5-6 minutes grilling time for each side.

To serve, transfer steaks to serving plates. Top each steak with 1 tsp reserved mayonnaise mixture.



What better way to advertise your business or organization than with your logo on a Senior Nutrition Services refrigerated truck! SNS goes into hundreds of neighborhoods in Sacramento County everyday. If businesses contribute \$1,000 to help with the purchase of a refrigerated truck to deliver



frozen meals, the business will have their logo printed on the truck, or their \$1,000 can still go for meals to feed a senior for one year. To donate, please make checks payable to: PART Foundation. Gifts are tax-deductible.

\*Write "MOW Refrigerated Truck" in the memo section of your check and mail to: Senior Nutrition Services, 3013 D Street, Sacramento, CA 95816. The PART Foundation reserves the right to approve or disapprove donations and logos in advance.

### The Results are in... The 2nd Annual Meals on Wheels Charity Poker Tournament was a huge success!



On June 17, 2006, the Poker Night Posse of Sacramento hosted the 2nd Annual Meals on Wheels Charity Poker Tournament. Over \$3200 was raised, which was donated by the Poker Night Posse to Senior Nutrition Services. SNS plans on using the tournament money towards purchasing a new frozen meal truck, which will assist in the delivery of meal services to several new areas in Sacramento County. There were many wonderful raffle prizes donated, from signed art work to a helicopter ride. "Everyone had a great time playing", says Janine Brown, Program Manager of the Meals on Wheels Program. For next year's event on March 3, 2007, see [www.NoSeniorGoesHungry.com](http://www.NoSeniorGoesHungry.com).

MEALS ON WHEELS NEEDS YOUR HELP. PLEASE DONATE TODAY. YOU CAN GIVE ONLINE AT [WWW.MOWSACRAMENTO.ORG](http://WWW.MOWSACRAMENTO.ORG) YOUR GIFT OF ONLY \$20.00 FEEDS A SENIOR FOR A WEEK! \$80.00 FEEDS A SENIOR FOR A MONTH AND \$1,000.00 FEEDS A SENIOR FOR A YEAR. YOUR GIFT IS TAX-DEDUCTIBLE AND ANY AMOUNT HELPS MEALS ON WHEELS ENSURE THAT NO SENIOR IN SACRAMENTO COUNTY GOES TO BED HUNGRY.