

# COASTAL SENIORS

People helping people.

A NEWSLETTER FROM COASTAL SENIORS

WINTER 2021

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## OUR MISSION

Our organization helps identify the needs of seniors in our coastal communities and to provide programs and services designed to promote their well-being.

## GET INVOLVED

There are many ways to support our organization and community. Learn how you can contribute to our mission by calling our office at 707.882.2137 or visit our website to find a list of programs and volunteer opportunities.

[www.CoastalSeniors.org](http://www.CoastalSeniors.org)

## DIRECTOR'S CORNER

NANCY GASTONGUAY, EXECUTIVE DIRECTOR

The past twenty months have been very challenging for all of us for many different reasons, and no person or organization has been without impact and change. Coastal Seniors, unlike many businesses, was able to remain open the entire time and has operated uninterrupted since March 2020. We did close our dining rooms and have yet to re-open them for lunches, but we were able to pivot to offering meals-to-go on day one of the stay-at-home order. Our Meals on Wheels program not only survived but thrived and we have been able to scale to serve 75% more meals to our seniors and disabled adults. While many organizations scaled back operations due to COVID-19 we grew; our Meals on Wheels service area now includes the communities of Timber Cove and the Kashia Band of Pomo Indians of the Stewarts Point Rancheria. We were also able to expand the variety of food being offered at our food bank thanks to individual donations and donations from our local farms. We added afternoon food bank distribution hours to make it more convenient for seniors and working adults to come. Our buses have continued to bring seniors to local and out-of-town doctor's appointments and to local businesses for errands and shopping. We have continued to provide free firewood deliveries, outreach assistance, social services, and referrals to seniors and disabled adults in our community.

None of this would have been possible if not for the tireless effort and dedication of our Coastal Seniors' employees and volunteers. I continue to be amazed every day. The financial support we have received from community members and private organizations has been significant and has enabled us to continue to provide much needed services. A special thanks goes to our clients who have rallied around us to support the changes we have made with understanding and patience. We miss seeing everyone and hope to be able to re-open our dining rooms soon.

We don't know what the future holds but we do know that we'll persevere and continue to provide programs and services that will promote the well-being of seniors and disabled adults in our beautiful community.

Thank you!

Nancy

# COASTAL SENIORS

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P.O. Box 437  
24000 S. Highway 1  
Point Arena, CA 95468  
Phone: 707.882.2137  
Email: [info@coastalseniors.org](mailto:info@coastalseniors.org)

Thank you to all our  
Coastal volunteers and  
contributors!

## STAFF

NANCY GASTONGUAY  
Executive Director

MICHELE MELIO  
Client Services Coordinator

MOLLY SCARAMELLA  
Meals on Wheels Coordinator

SHELLE EPTON  
Bookkeeper

RENÉE KLING  
Kitchen Manager

JENNY TITUS  
Kitchen Assistant

ANITA LAIWA  
Kitchen Assistant

RON BOLANDER  
Bus Driver

## BOARD OF DIRECTORS

CAROLYN ANDRÉ  
Chair

JEFF LONEY  
Vice Chair, Secretary

ROBERT RAMERS, CFE  
Treasurer

ALAN GROSSMAN

MARGARET SMITH

MICHAEL STAPLES

WALTER WELLS

# COMMUNITY RECOGNITION

Coastal Seniors has been the proud recipient of community recognition during the past 20 months:



The Sea Ranch Association presented Coastal Seniors with a Special Recognition Award for COVID-19 Responders.

### Mendonoma Health Alliance

recognized Coastal Seniors during National Rural Health Day for our work and dedication that has made a positive impact on the vast and varied healthcare needs of people and families living, working and raising their families in our community.



Surf Market presented Coastal Seniors with a check for \$6,500 as part of their initiative to recognize local community organizations. All organizations were voted upon by Surf Market employees which makes this extra special for us.

## WE COULDN'T DO IT WITHOUT YOU!

Coastal Seniors would like to thank the following organizations for providing us with additional financial support through grants and/or COVID-19 relief funding. The funds received were used to offset the expenses associated with providing our nutrition and transportation programs.

- Area Agency on Aging of Lake & Mendocino Counties
- Area Agency on Aging of Sonoma County
- Caltrans
- Community Foundation Sonoma County
- County of Sonoma
- Impact 100 Redwood Circle
- Meals on Wheels America
- Nonprofits Insurance Alliance
- PG&E
- State of California
- The Community Foundation of Mendocino County

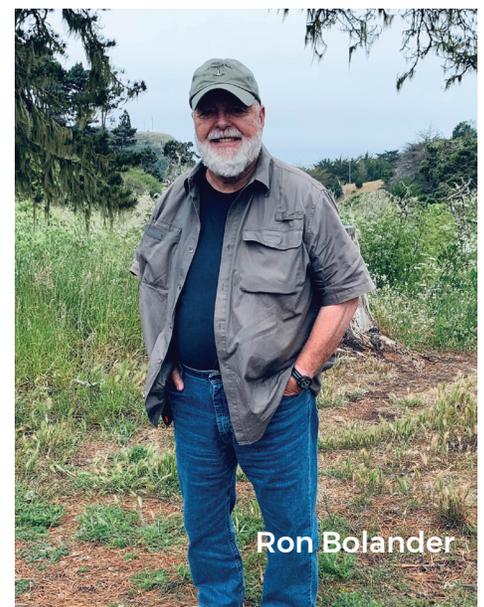
We would also like to thank **The Community Foundation of Mendocino County** for providing us with two grants supporting initiatives not directly related to nutrition. The first is a Community Resiliency and Preparedness Fund grant. This grant enabled us to upgrade our technology infrastructure and purchase new computer hardware and software needed to ensure business continuity, document recovery, and uninterrupted service operations to our coastal seniors and disabled adults in the event of a disaster or emergency.

The second grant will enable us to purchase 150 backpack emergency and hygiene kits for seniors and disabled adults. Each kit is designed to provide one person with an essential set of emergency supplies to last for 3 days and has a shelf life of 5 years. We will also purchase a limited number of kits for dogs and cats. These kits will be available in the coming months.

## MEET OUR TEAM



LEFT TO RIGHT: Jenny Titus, Molly Scaramella, Renée Kling, Anita Laiwa and Michele Melio.



Ron Bolander

# WE DELIVERED!

We have been busy preparing delicious meals, distributing needed food to our community, and sponsoring drive-thru dinners. We've also been having a lot of fun. Thanks to our team, amazing volunteers, and supportive community for adding joy and laughter along the way.



# EQUIPMENT DONATIONS

Coastal Seniors was lucky enough to receive donations to replace old equipment and purchase new to ensure that our programs are running efficiently.



We would like to thank the **Klein Family Fund for South Coast Opportunities** for providing emergency funding to purchase a new freezer for our food bank after the existing stopped working. The Klein Family Fund also provided funds so we could purchase a new freezer for our nutrition programs.

Thanks to an anonymous donor for providing the funds to lease a commercial printer/scanner/copier for our office. This new piece of equipment will significantly improve our efficiency and will also save in supplies and repair costs.

**Fort Bragg Food Bank** has been able to support our food bank program by purchasing much needed storage shelving and heavy duty carts used during distribution.



## COASTAL SENIORS

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***Do you have the time to help?***

**Coastal Seniors is looking for volunteers:**

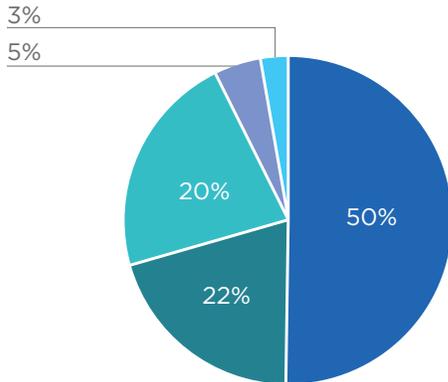
- **Meals on Wheels Drivers** on Mondays and Wednesdays
- **Firewood delivery** - volunteers need to have trucks
- **Dining Room help** when re-open - date TBD

All volunteers eat for free at our community lunches and mileage reimbursement is available for our Meals on Wheels drivers!

If you're interested, please contact Michele or Molly at Coastal Seniors at 707.882.2137 or [michele@coastalseniors.org](mailto:michele@coastalseniors.org)

# COASTAL SENIORS BY THE NUMBERS

INCOME MARCH 2020 - SEPTEMBER 2021



**\$555,647** Federal/State/Country Grants

**\$243,516** Donations

**\$224,201** Private Grants

**\$52,001** Program Income

**\$29,397** Fundraisers

## DONATIONS

**\$157,980**  
Undesignated  
Donations

**\$19,406**  
Meals on  
Wheels

**\$4,075**  
Outreach

**\$23,663**  
Pay N Take

**\$30,737**  
Food Bank

## FUNDRAISERS

**\$2,721**  
Mendonoma Coast Lovers  
Virtual Silent Auction

**\$13,389**  
March for Meals

**\$9,364**  
Meals on Wheels  
Drive-Thru Dinners

**\$3,923**  
Sale of Center  
Items/Books

## YOUR DONATIONS DIRECTLY FUND OUR PROGRAMS...

### FOOD BANK



More than **25,250 lbs** of food  
**1,200** dozen eggs and quarts of milk  
**1,448** boxes  
**2,480** household members

### MEALS TO GO



Served more than  
**4,900 meals** to  
**2200 diners**

## TRANSPORTATION



**309** Days Driven  
**1,500** Hours Driven  
**1,434** Trips  
**35,228** Miles Driven

## MEALS ON WHEELS



**26,696** Meals Delivered



**4,408** Seniors Served



**33,190** Volunteer Driver Miles

# Our Deepest Gratitude

As a small, rural, non-profit organization, Coastal Seniors is challenged daily to meet the increasing cost of providing life-saving nutrition to our most vulnerable community members.

The cost of food, supplies, and delivery services continues to increase and government funding, while significant, does not cover our program expenses. **Donations and private grants are critical to our ability to meet the increasing demand for home delivered meals and other services.** 100% of the funds received through donations and private grants are used to offset a portion of the operating costs required to provide fresh, nutritious home-delivered meals, welfare checks and socialization to seniors in our large service area.



**Please consider donating today.**

Visit our website at [www.coastalseniors.org/donate.html](http://www.coastalseniors.org/donate.html)

## Thank You Donors!

We have received an incredible amount of support from our community and the list of individuals is too long to include. Coastal Seniors wants to thank you for your very generous financial donations without which we would not be able to continue our mission. We also want to recognize those who have donated fresh eggs, produce, non-perishable food, clothing, and durable medical equipment.

**Coastal Seniors would like to thank the following businesses for their continued support of Coastal Seniors and the programs and services we provide to our community.**



Many thanks to the following organizations and their volunteers for hosting drive-thru Meals on Wheels fundraising dinners:

**JEFFERY HEENAN AND H & H CONTRACTORS, INC.  
SISTER CHEFS DENISE SOUZA AND RENÉE KLING**

## WE'RE HIRING!

**KITCHEN MANAGER** Coastal Seniors is seeking an experienced commercial cook to prepare meals for congregate lunches and the Meals on Wheels programs. This is a great opportunity to work in a fun team environment and to have a lasting impact on seniors and disabled adults in our community.

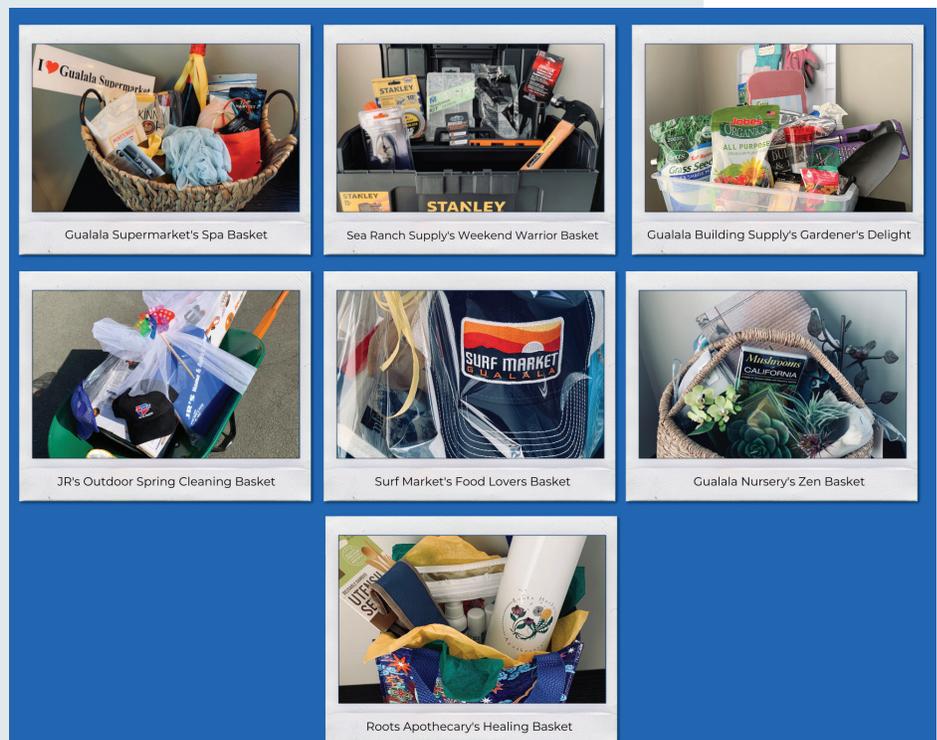
**KITCHEN ASSISTANT** Coastal Seniors is looking for an energetic, reliable and organized person to join our team. Responsibilities include basic food prep, washing dishes and pans, and general kitchen cleaning.

**BUS DRIVERS** How would you like to help our local seniors age in place and have a little fun too? Coastal Seniors is looking for drivers to take our clients on local errands and medical appointments, and to drive occasional out of town trips to Fort Bragg, Ukiah and Santa Rosa.



## MENDONOMA COAST LOVERS SILENT AUCTION

Coastal Seniors had to cancel or reimagine all fundraisers due to COVID-19 restrictions and concerns. In May 2021 we held the Mendonoma Coast Lovers Silent Auction, our first virtual online event. The auction participants had a lot of fun bidding on the gift baskets that were provided to us by local businesses and we raised quite a bit to support our Meals on Wheels program. Special thanks go out to Gualala Building Supply, Gualala Nursery and Trading Company, Gualala Supermarket, Jr's Home and Auto Center, Roots Herbal Apothecary, Surf Market, and Sea Ranch Supply.





## UPCOMING EVENTS

### CalFresh Food Benefits Open Enrollment



Open Enrollment  
**Tuesday, January 11, 2021**

8:30am – 10:30am and  
3:30pm - 4:30pm

Veterans Memorial Building  
24000 S. Highway 1, Point Arena

Help keep Mendocino County tax dollars local while supporting yourself and/or your family with money for groceries. Call our office today at **707.882.2237** to see if you qualify!



### Point Arena Food Bank Monthly Distribution

The Point Arena Food Bank is a program of Coastal Seniors that serves people of all ages.

**Food distributions take place on the second Tuesday of each month:**

8:30am - 10:30am and  
3:30pm - 4:30pm

at the Veterans Memorial Building in  
Point Arena (24000 S. Highway 1)

#### UPCOMING DATES:

**Jan 11**

**Feb 8**

**Mar 8**

## MAKING A DONATION

Coastal Seniors relies on the generosity of donors to provide our programs and services to seniors and others in our community. Here are some ways to give:



#### Donate online securely

with Discover/Visa/MasterCard, American Express or PayPal by visiting our website:  
[www.coastalseniors.org/donate.html](http://www.coastalseniors.org/donate.html)

**Donations by mail** can be written to Coastal Seniors and mailed to PO Box 437, Point Arena, CA 95468.

**Donations by phone** can be made by calling Coastal Seniors at 707.882.2137 and asking for Nancy Gastonguay.

# VOLUNTEER APPRECIATION



Each year we host a dinner to thank our tireless volunteers and COVID-19 didn't stop us this year. In February we held a drive-thru appreciation dinner featuring an amazing lasagna dinner prepared by Renée Kling. We also had a special gift for each volunteer that included a Coastal Seniors gator and a Trinks gift

card. We truly appreciate the hard work and dedication of our volunteers without whom we would not be able to fulfill our mission.



If you or someone you know depends on firewood to heat their home, we can help.



**Coastal Seniors provides FREE firewood to seniors and we'll deliver at no charge.**

Simply call our office at 707.882.2137 and ask to speak to Michele.

*Special thanks to Rob Thomas, Brian Munson, Jack Falk, and Vince Kreger who pick up donations, stack, and deliver the wood. Thanks also to the Bower family for providing us with space to store our firewood supply.*

## FRIENDLY VISITORS PROGRAM

Are you an older adult who would like to have a weekly visitor to share conversation, share a cup of coffee, play a game of cards, and/or take a walk with? Do you like crafts, reading or doing puzzles? Or, do you know someone who is homebound, lonely and would like some companionship?

Our Friendly Visitor volunteers visit with older adults who are in need of companionship, support, and socialization in the comfort of their own homes. A Coastal Seniors' Friendly Visitor could be the right fit for you or your loved one. All of our Friendly Visitors have had a background check and are committed to being a long-term companion to seniors in need.

**To learn more about this program or to become a volunteer, please call Coastal Seniors at 707.882.2137 and ask to speak with Michele.**