



## Our Goal: Helping More Seniors In Alameda County...

In a perfect world, every older adult would have nearby relatives or neighbors to make daily visits, prepare meals, clean house and make small home repairs. This kind of assistance is critical to quality of life—but, too many seniors in Alameda County have no such support system.

Fortunately, our Meals on Wheels program serves over 500,000 meals annually in these 17 different Northern California communities:

Alameda	Emeryville	Oakland	Sunol
Albany	Fremont	Piedmont	Union City
Berkeley	Hayward	Pleasanton	
Castro Valley	Livermore	San Leandro	
Dublin	Newark	San Lorenzo	



Please help us continue to serve these communities even more with your support.

**Thank you for making this vital work possible.**



# Legacy Society

*Leave a Legacy of Kindness and Compassion*

## Serving Seniors Like Arminta is Why We're Here ... And Why Your Support Matters.

Ninety-seven-year-old Arminta King wasn't always dependent on others. In fact, she spent her life giving back to those in need.

Her service in Alameda County began in 1988 when she started volunteering for a new free-meals program at her church. Soon, she was supervising the

entire program and its 80 volunteers—a role she fulfilled for more than 20 years as the program grew from serving 20 people to providing more than 2,500 meals per month. She never accepted a penny in return for her service.

**“I really believe that’s what we are all put here to do, is to serve,”** she says.

*(continued on page 2)*



### 4 Reasons to Include Meals on Wheels of Alameda County in Your Will:

1. Leave a lasting legacy by enabling Meals on Wheels of Alameda County to continue bringing food and friendship to elderly and homebound neighbors far into the future.
2. Make a gift that costs nothing during your lifetime.
3. Make a gift without using cash.
4. Help your heirs in the future by eliminating or reducing estate and capital gains taxes.

And, when you make a bequest or planned gift to Meals on Wheels of Alameda County, we will be pleased to welcome you into the Legacy Society.



## Serving Seniors Like Arminta... (cont.)

Arminta would still be serving today if she hadn't fallen several years ago and broken her hip. Already in her nineties, it was difficult to heal and Arminta could no longer get to the grocery store and fix her own meals, let alone help serve meals to her homeless neighbors.

That was when Arminta, who had always been the helper, needed to ask for help for herself.

Arminta enrolled in Meals on Wheels, and now we take pride in giving back to her with nutritious meals and friendly visits.

It's been a difficult transition for Arminta because she is accustomed to being very busy and spending time with people.

That's why, as she says, the daily visit from her Meals on Wheels volunteer is so important to her.

**"I just enjoy talking. It's nice having someone come by to listen. It brightens my day."**

Meals on Wheels is committed to being there for Arminta for as long as she needs us. After all of the people she has helped over the years, it is the least we can do.

**By naming Meals on Wheels in your will, you will help ensure our programs can provide nutritious food for our elderly neighbors in the future. Thank you!**



### Clip and Save!

## Sample Language That Can Be Used When Making A Bequest To Meals on Wheels of Alameda County:



"I give, devise, and bequeath to Meals on Wheels of Alameda County, Inc., federal tax identification number 94-2651065, P.O. Box 14002, Oakland, CA 94614, the sum of \$\_\_\_\_\_ (or describe the real or personal property or portion of the estate) to be used for its general purposes, including its delivery of nutritious meals to frail and elderly neighbors."

## A Special Way To Help

### Answers to Your Questions About Leaving a Bequest to Meals on Wheels of Alameda County

- Q. What is a bequest?
- A. A bequest provides a specific amount of money, a percentage of an estate, or a certain piece of property, to a charitable organization at the time of death. For most people, this involves naming a charity as a beneficiary in a will, codicil, life insurance policy or retirement plan, or by making a gift of real estate.
- Q. What is the benefit of making such a gift?
- A. Often, a planned gift offers a charitably minded person the chance to leave a special legacy without compromising his or her current financial situation. Some planned gifts can offer immediate tax benefits during life, as well.
- Q. Is it difficult or complicated to leave a planned gift?
- A. Typically, no. The first step is to contact an attorney who can advise you on setting up a gift that ensures your wishes are followed. Sample language is provided on the opposite page which should make the process even easier.
- Q. Why does Meals on Wheels of Alameda County want to know that I have named it as a beneficiary in my estate plans?
- A. When generous donors include Meals on Wheels of Alameda County in their will or estate plans, the organization would like the opportunity to thank them for their heartfelt gesture by acknowledging them through our exclusive Meals on Wheels Legacy Society. Knowing about future planned gifts also helps us plan for growth to meet the growing needs of our community.

Please contact me at 510.777.9560 or [marisa@feedingseniors.org](mailto:marisa@feedingseniors.org) for more information about our Meals on Wheels Legacy Society.

*Meals on Wheels of Alameda County enables homebound seniors to maintain their independence by providing financial support and strategic assistance to Meals on Wheels programs that deliver nutritious meals and perform wellness checks.*