



**MEALS on WHEELS**  
DIABLO REGION

# Volunteer Spotlight



*Volunteer David McCauley has been delivering meals for more than 16 years. For him, volunteering is a gift that keeps on giving. The thank-yous he receives are gratifying. We recently spoke to him at the Concord Senior Center where he was picking up his meals.*

**For the past 16 years, I've been bringing 25-30 Friday meals to home-bound residents in Concord and Pleasant Hill. I often take time to visit for a few minutes with several of the clients. We talk about our physical condition, family, and what we have been doing (art, writing, games, gadgets, joys, and struggles).**

**My main motivator for being involved in this community service is their continual expression of gratitude for my voluntary food delivery...from small gifts and cards in the holiday season, to a simple smile and "thank you."**