

Meals on Wheels in East County

Dear Friends,

On March 25, I was invited to participate in Meals on Wheels' Champions Week "follow-along". This was a great opportunity for me to step into the role of a Meals on Wheels volunteer. With the help of Tim Ray, the East County Service Center Manager, we delivered prepared food bags to two Meals on Wheels clients.

This organization provides more than just meals to our community's seniors. Another important aspect of the service that volunteers provide is checking in on the clients to make sure that they are doing well. If a volunteer notices a health decline in a client, they can let the Meals on Wheels team know and the appropriate response can be taken. This is vital for our elderly citizens who live alone.

In light of the COVID-19 pandemic, Meals on Wheels has adapted their procedures to ensure the safety of their staff, volunteers, and clients. These actions include wearing face masks/facial coverings, doing contactless delivery and observing social distancing. Volunteers from the community came together, despite the challenges they faced in their own lives during the pandemic, to make certain that our seniors were not left in the dark.

I am always thankful for the thousands of volunteers who strive to make East County a better place to live and enjoy hearing about organizations and community groups that are striving for excellence. If you know of an individual or group that is donating their time and treasury to improving their neighbor's lives, please let me know as I'd love to recognize them for their hard work. You can use the [request a certificate form](#) on my website to let me know.

As always, if there's any way my staff or I can be of assistance, please do not hesitate to [reach out using my website](#) or respond to this email.

It's an honor to serve you,

A handwritten signature in black ink, appearing to read "John A. Smith", with a long horizontal line extending to the right.



Supervisor Anderson poses with all of the Meals on Wheels volunteers before the deliveries begin.



Supervisor Anderson poses with Leslie Bojorquez (center) and Stefanie Kazouris (left) from Home Instead Senior Care. Leslie sits on the board of Meals on Wheels.



Supervisor Anderson and Tim Ray, East County Service Center Manager at Meals on Wheels



Tim Ray shows Supervisor Anderson the Meals on Wheels app that volunteers use on their deliveries.

The Supervisor delivers food to a client

