



## March Events



Monday - Friday, 11:00am  
Congregate Luncheon



Wednesdays, 8:30am  
Market Day & Food Bank



Thursdays, 10:15am-11:15am  
The Belly & It's Power

12

Tuesday, 12:30pm-1:30pm  
Let's Talk MST!

12

Tuesday, 1:00pm-3:00pm  
MOVIE: Nyad

12

Tuesday, 3:00pm-4:30pm  
Parkinson's Support

13

Wednesday, 10:00am-11:00am  
Our Families Grow Healthy

14

Thursday, 11:00am-1:00pm  
St. Patrick's Lunch & Dance

18

Monday, 11:00am-12:30pm  
Chef's Choice Special Lunch

19

Tuesday, 1:00pm-3:00pm  
Golden Connections

22

Friday, 5:00pm-7:00pm  
CCAA Artist Reception

26

Tuesday, 1:00pm-3:00pm  
MOVIE: The Holdovers

28

Thursday, 11:00am-12:30pm  
Birthday Bash

Dear Community Members,

As we step into the vibrant month of March, we are thrilled to share with you our upcoming events and initiatives aimed at nourishing both body and soul within our beloved community.

It's the time of the year when we reflect on the incredible milestones and accomplishments we achieved together in 2023. Our **Annual Impact Report** will be released this month, showcasing the tangible difference we've made in the lives of seniors, disabled adults, veterans, and other underserved populations throughout Monterey County.

Join us for a taste of the Irish! Our Chefs' Choice St. Patrick's corned beef cabbage luncheon promises a delightful culinary experience filled with warmth and community spirit. Don't forget to RSVP and savor the flavors as we come together to celebrate the joys of good food and great company.

Our team is gearing up for the annual **Meals on Wheels California Conference** in Sacramento. This is more than just a gathering; it's a convergence of great minds and empathetic spirits. We'll be joining with fellow Meals on Wheels California members to share best practices, stay updated on the latest industry trends, and foster fellowship as we chart the course forward, united in our mission to combat hunger and isolation.

We believe in the power of community, compassion, and collaboration. Together, let's continue to drive out hunger and isolation, and foster a more vibrant, inclusive, and resilient Monterey County.

Thank you for your unwavering support, and we look forward to seeing you at our upcoming events!

With heartfelt appreciation,

Christine Winge, Executive Director





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## Board of Directors

<b>Heidi Schake</b> President	<b>Rory Coetzee</b> President Elect VP Governance	<b>Debbie Winick</b> Past President
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<b>Robert Kramer</b> Secretary	<b>J.R. Williams</b> Treasurer
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Tamie Aceves • Paul Bruno • Jackie Craghead  
Bruce Hamilton • Stephanie Hulsey • Steve Keller  
Kim Nunes • John O'Brien • Sharon Wesley

**Our mission is to empower seniors, disabled adults, veterans, and other underserved populations to remain independent by nourishing their bodies, minds, and spirits, and drive out hunger and isolation in our region.**

## Staff Directory

**Christine Winge • Executive Director**  
Ext. 112 • [cwing@mowmp.org](mailto:cwing@mowmp.org)

**Mark Hansen • Director of Operations**  
Ext. 117 • [mhansen@mowmp.org](mailto:mhansen@mowmp.org)

**Jacob S. Shafer • Sr. Dir. of Advancement**  
Ext. 120 • [jshafer@mowmp.org](mailto:jshafer@mowmp.org)

**Esther Hobbs • Development Director**  
Ext. 118 • [ehobbs@mowmp.org](mailto:ehobbs@mowmp.org)

**Isaiah Cortright • Executive Chef**  
Ext. 116 • [icortright@mowmp.org](mailto:icortright@mowmp.org)

**Chase Ewing • Sous Chef**  
Ext. 123 • [cewing@mowmp.org](mailto:cewing@mowmp.org)

**Kari Martorella • HDM Program Manager**  
Ext. 110 • [kmartorella@mowmp.org](mailto:kmartorella@mowmp.org)

**Susan Elwood**  
**Recruitment & Outreach Manager**  
Ext. 126 • [selwood@mowmp.org](mailto:selwood@mowmp.org)

**Nikki Garello**  
**Community Center Programs Coordinator**  
Ext. 114 • [ngarello@mowmp.org](mailto:ngarello@mowmp.org)

**Carly Burgess**  
**Programs Coordinator**  
Ext. 111 • [cburgess@mowmp.org](mailto:cburgess@mowmp.org)

**Suzan Carabarin**  
**Operations Assistant Manager**  
Ext. 122 • [scarabarin@mowmp.org](mailto:scarabarin@mowmp.org)

**Jerrold Simon • Marketing Manager**  
Ext. 127 • [jsimon@mowmp.org](mailto:jsimon@mowmp.org)

**Angela Holm**  
**Home Delivered Meals Program Asst.**  
Ext. 101 • [aholm@mowmp.org](mailto:aholm@mowmp.org)

**Anne Mitchell**  
**HDM Operations and Training Associate**  
Ext. 113 • [amitchell@mowmp.org](mailto:amitchell@mowmp.org)

**Kay Smith • Controller**  
Ext. 109 • [ksmith@mowmp.org](mailto:ksmith@mowmp.org)

**Scott Tebo • Marketing Coordinator**  
Ext. 127 • [stebo@mowmp.org](mailto:stebo@mowmp.org)

**Lisa Zoubkova • Dev. Coordinator**  
Ext. 119 • [ezoubkova@mowmp.org](mailto:ezoubkova@mowmp.org)

## 2023 Annual Impact Report

I'm happy to announce our **2023 Annual Impact Report**, which provides a snapshot of the incredible effect that donors' gifts have on our clients' lives. The report includes programmatic data as well as client, donor, and volunteer stories. I hope you find it as moving as I did.

As a supporter, you create the far-reaching impact outlined in this report, and I want to thank you for your generosity and care. It is my honor to partner with **MOWMP's** community of Donors, Volunteers, Board, and Staff in the work of advancing the mission of feeding people in our community. I am excited to continue to work alongside you in 2024.

In gratitude,  
Jacob S. Shafer  
Senior Director of Advancement



Take a look at all that we have accomplished together!  
[mowmp.org/impact](https://mowmp.org/impact)



**ESTATE PLANNING SEMINAR**

Scan the QR code to register.  
Please RSVP by Friday, April 12

### Estate Planning Seminar

Thursday, April 18 • 12:00pm & 5:00pm

Meals on Wheels of the Monterey Peninsula is hosting a planning seminar offered at no cost to friends of **MOWMP**.

This seminar will be conducted by an estate attorney and financial advisor, who will provide helpful information about wills, trusts, advanced health care directives, powers of attorney, and more.

Whether you are creating a will or trust for the first time or if you need to update your existing plans, we can help you secure the future of you loved ones and a legacy of impact!

For additional information contact: **Jacob Shafer**  
at [jshafer@mowmp.org](mailto:jshafer@mowmp.org) or 831.375.4454 x120

# Volunteer Spotlight



How does a person who has worked in agriculture for over 35 years become the Tuesday afternoon Head Baker? For **Mary Zischke** it was an easy transition.

In 2018, when Mary retired from the agricultural industry, she stopped in that very week to **MOWMP** and asked to be put to work, for she was terrified of being bored in her next journey of retirement!

Mary first was drawn to volunteer at the farmers market on Wednesday mornings. She loves to cook and started doing cooking demos, featuring items that were available at the market. This was wonderful while it lasted until Covid hit and that came to a halt.

An opening came up during this time which the bake shop and Mary was approached to help. With her love of cooking this was an easy answer to give! At the time, the bake shop was a two-person job, but since then, with the considerable number of clients, the baking staff now numbers five.

When asked how you think our clients feel when they get a home baked treat each Wednesday, Mary replied "Everybody loves an occasional treat!" Since Mary's husband is also a driver, he gets great feedback weekly that the brownies and the coffee cake are the big hits!

The most fulfilling part of volunteering for Mary has been getting to know the staff and the volunteers. "Everybody is so nice! It has been a lot of fun to get to know the students who volunteer and cycle through as well. It is fun to see them working on their degrees and then moving on to their next stage of lives," she shared. When asked if someone is thinking about volunteering Mary replied "MOWMP is a great organization and there is always work to be done so don't be shy. Everyone has a passion and can find a niche! Even baking."

For Mary, volunteering and being active is part of her daily life. Mary also volunteers at the PG Natural Museum, as well as continues with consulting opportunities, exercises at Chautaugua Hall, and is very involved with her church. All in all, Mary hasn't allowed herself to be bored in her retirement journey and we are grateful she volunteers at MOWMP!

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## Community Center Membership

Meals on Wheels Community Center is a membership-based organization. Your annual membership fees and donations help support the many activities offered.

**Join or Renew Today!**

[mowmp.org/membership](https://mowmp.org/membership)



# Community Center Happenings

## MOVIE: Nyad

**Tuesday, March 12 • 1:00pm–3:00pm**

Sign up at the Front Desk

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



## Monterey Parkinson's Support Group

**Tuesday, March 12 from 3:00pm–4:30pm**

At our meetings we offer discussion and guest speakers, including talks by neurologists, a physical therapist, a urologist, licensed clinical social worker, and MST mobility specialist, as well as fitness programs presented by representatives from Power Over Parkinson's and Dance for Parkinson's. People with Parkinson's (PWP) and their care partners are welcome to attend.

## Our Families Grow Healthy Information Session

**Wednesday, March 13 from 10:00am–11:00am**

Sign up at the Front Desk



Sustainable Pacific Grove is offering a year-long **FREE** program called **Our Families Grow Healthy**. The program is about empowering families to take charge of their health, environment, and future through home gardening.



## Golden Connections

**Tuesday, March 19 from 1:00pm–3:00pm**

Facilitated by Doris Beckman

The lack of affordable housing is a community problem that needs a community solution. If you have a home to share, need a home to share, or are concerned about the growing issue of lack of affordable housing in our community, join us for our monthly get-together.



# Community Center Happenings

The Central Coast Art Association is a nonprofit founded in 1967 to promote interest in and appreciation of art on the Monterey Peninsula.



## Artist Reception

**Friday, March 22 from 5:00pm–7:00pm**

Enjoy the group show featuring the works of Emily Hull-Parsons, Jim Wagoner, Barbara Aguilar and Marie Gilmore. Meet the artists. Enjoy refreshments. The event is free and open to the public. A portion of sales benefit **Meals on Wheels of the Monterey Peninsula**. The show runs through April 26.



## MOVIE: The Holdovers

**Tuesday, March 26 • 1:00pm–3:15pm**

Sign up at the Front Desk

The Holdovers follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go.

## Make Every Bite Count

**Wednesday, April 3 • 4:00pm–9:00pm**

Grab your friends, family, and neighbors and head to Melville Tavern for a great meal and to support a great cause. A portion of your check that evening will be donated to **MOWMP**, which provides nutritious meals to seniors, adults with disabilities, veterans, and other underserved populations.

Reservations are recommended, but not required.

**831-643-9525 • melvilletav.com • 484 Washington St., Monterey**



## Columbia Shop to Support

**Saturday, April 6 through Sunday, April 14**

Columbia is partnering with us. Shop at Columbia Sportswear between **April 6–14**, they will donate **10%** of your total purchase back to us when you show this newsletter, mention the event or **MOWMP** at checkout at the Columbia Sportswear store at the Del Monte Shopping Center.



# Community Center Happenings



**Wednesdays  
8:30am until gone**

### **Food Bank Distribution**

Pick up a variety of fresh, nutritious produce and bread for free. Quantities are limited each week, so we kindly ask that you take only what you need.



**Wednesdays  
8:30am–10:30am**

### **Market Day**

Weekly special on the freshest seasonal produce from local farms. For over 20 years the volunteer run Market has been a must stop for neighboring seniors.

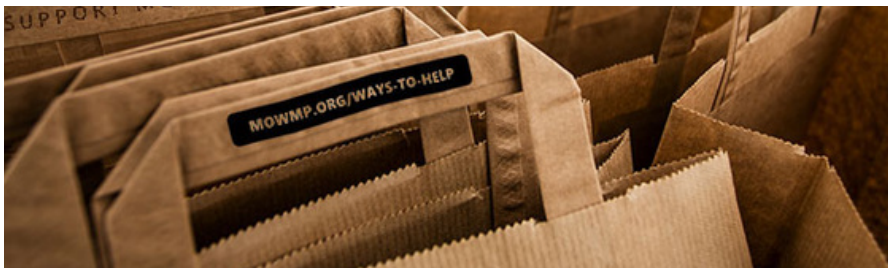


**Sustainable Monterey County  
Community Gardens**

**Every other  
Wednesday  
8:30am until gone**

### **PG Community Garden Distribution**

Gardening enthusiasts Heidi Feldman, Keith & Ann grow organic greens in the Community Garden to share with the seniors in their community and at the Center.



## **Bag Donations Needed**

Please donate paper grocery bags with handles. 550 bags are needed each workday to deliver meals for our homebound clients – that is 2,750 bags per week!

## **Your Legacy is Your Masterpiece**

### **Give from your IRA this year or in the future**

Giving from your IRA can fulfill part or all of your Required Minimum Distribution (RMD) for the year. This benefits individuals over 73 who need only a portion of their IRA income and want to satisfy their RMD obligation.

### **Give from your will, trust, or retirement plan**

You can make an enormous difference during your lifetime without impacting your assets or cash flow. If you include Meals on Wheels of the Monterey Peninsula in your will, trust, or as a beneficiary of your retirement plan, your legacy will live on by helping secure our future.



# Community Services

## HICAP Medicare Counseling

**Every Other Wednesday by Appointment**

Health Insurance Counseling & Advocacy Program (HICAP) Volunteer counselor, John K. will take in person appointments at the Meals on Wheels Community Center. **Call Alliance on Aging** to make your counseling appointment at **831-655-4244** or **1-800-434-0222**



## Tax Assistance Alliance on Aging

**Thursdays and Fridays by Appointment**

Do you need help filing your 2023 tax return? Tax Assistance will return to the Community Center. The Alliance on Aging provides this service to those age 60 years or better at no cost.

Alliance on Aging manages and schedules appointments for the program. For more information or to request an appointment, contact Alliance on Aging directly by calling **831-655-1334** or **831-758-4011**. Leave a message with your name, phone number, and city of residence. An Alliance on Aging Staff member will get back to you. Please leave only one message.

## Let's Talk MST!

**Tuesday, March 12 from 12:30pm–1:30pm**

Lesley van Dalen is the Mobility Specialist at Monterey-Salinas Transit (MST). Lesley reviews and answers questions about MST services and programs, understanding route maps, mobility device travel training, Taxi Vouchers, etc.



## Tech Coaching by Robin

**2nd Tuesday of every month**

**11:00am–1:00pm**

Robin is here for face to face assistance with your iPhone, iPad, or PC questions.



# Special Interest



## Textile Arts

**Mondays, 12:30pm–3:00pm**

**View Room**

Join other folks who enjoy the textile arts. Bring your own supplies or projects and enjoy this creative makers' group.



## Knit & Purl Group

**3rd Tuesday of the month**

**1:00pm–3:00pm**

**Fireplace Lounge**

Enjoy knitting or crochet? Bring your own supplies and enjoy an afternoon with friends.



## Tai Chi 24 Forms

**Thursdays, 2:30pm–3:30pm**

**Health & Fitness Room**

Group practice of Tai Chi enthusiasts. Improvement of muscular strength, fitness, flexibility and wellness.

## Tai Chi for Beginners & the Yang Simplified 24 Forms Class

**Wednesdays from 2:00pm–3:00pm**

Leon & Joanne Garden lead Yang Simplified 24 Forms practice sessions and a Basic Introduction to Tai Chi for Health.



## Iyengar-Style Yoga for Seniors

**Wednesdays, February 7 through March 13**  
**11:30am–12:30pm • Health & Fitness Room**

**\$8 per class, fee paid to instructor**

**Yoga mats & blocks provided**

**Class limited to 15 students**

Please join us for an introductory series of classes in the practice of Iyengar-style yoga. This style of yoga focuses on alignment, body awareness, and improve balance and stability. Deidre O'Brien graduated from The Yoga Room, Berkeley's Advanced Studies Program with a 1,000-hour teaching certificate and has over 15 years of classroom experience in adapting the Iyengar-style yoga practice for seniors.

# Pacific Grove Adult School

Register by phone 831.646.6580 or at the PG Adult School 1025 Lighthouse Avenue  
8:00am-4:00pm • Classes held in-person or hybrid at the Center • [pgadulted.pgusd.org](http://pgadulted.pgusd.org)



## Strength & Balance

**Tuesday & Thursday 8:00am–9:00am**

**Tuesday & Thursday 9:00am–10:00am**

This class helps you build strength while improving stability & coordination.

First half of class is standing, last half is seated.

## Light Aerobics & Strength

**Monday, Wednesday & Friday 10:00am–11:00am**

Cardio exercises with strength, stretching routines with the goal of improving all elements of fitness for the first 40 minutes, then followed by 15 minutes of seated conditioning with weights.

## Circuit Training

**Monday, Wednesday & Friday**

**9:00am–10:00am**

This workout combines strength, balance & endurance in a creative & flexible routine.

Standing & mat exercises incorporated.

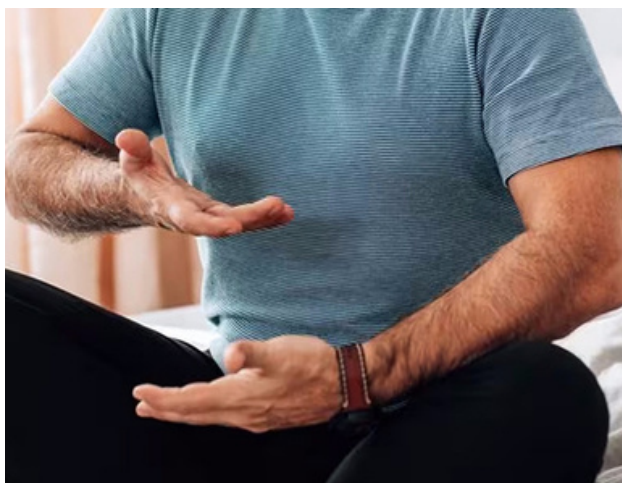
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## Line Dancing w/Belle

**Wednesdays, 4:00pm–5:30pm**

Kick up your heels and join the fun!

Beginner & Intermediate dancers welcome.



## The Belly and its Power

**Thursdays, 10:15am–11:15am**

**Introductory to Relaxation Techniques.** Learning to relax is a natural process. It has more to do with an attitude of surrendering to the body than conquering it. Much has been written on the energy and endurance produced by simply opening up the breathing. It is not how many miles you walk or run in a day, but how well you breathe. Come join me, **C. Jay Bradbury CMT**, for a delightful exploration in gentle full body movements. **Sign up at the Front Desk.**



# Independent Instructors



## Chair Yoga with Gina Pucinelli

**Tuesdays, 1:00pm–2:00pm**

Class is limited to 18 students.

Fee paid to instructor, \$8 per class

**Voted Best Yoga  
instructor by Monterey  
County Weekly readers!**

**'23**

Discover safe and gentle movement therapy using a sturdy chair. This class provides the participant with a variety of yoga poses to lubricate joints and find flexibility and strength. Gina Puccinelli is known for her calm voice, and her gentle ease while guiding classes through poses - finding balance, strength, and serenity - clearly her life's passion. Participants will be sitting and standing while using a chair.

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## Movement to Music

**Tue & Thu, 9:30am–10:20am**

Suggested \$5/class donation to instructor. Register in class.

MaryAnn, Instructor.

## Ping Pong\*

**Monday, 1:00pm–3:00pm**

**Tuesday, 10:30am–11:30am**

**Thursday, 10:30am–1:30pm**

**Friday, 1:30pm–3:30pm**

**\*Please note: time & day  
subject to change**

## Walk for Health

**Mon, Wed & Fri, 8:00–9:00am**

**Tue & Thu 1:30pm–2:30pm**

Meet at the Front Desk.

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## Gratitude and Empathy Group facilitated by Ted Hill

**Monday, March 11 and Monday, March 25 • 10:00am–11:30am**

In this group, we wish to support members to develop habits of gratitude so that we can more frequently look at the world (especially ourselves) as it is, rather than as it “should” be. We wish to facilitate connection, support, empathy, and safety. We wish to foster acceptance, tolerance, and appreciation of the similarities and differences in the ways that we approach life and look at situations.

Based on the principles of Nonviolent Communication (NVC), developed by Marshall Rosenberg, Ph.D., this fun and enlivening class will assist you in connecting with others in a more meaningful and harmonious way. **RSVP at the Front Desk.**



With heartfelt thanks to our **Friends of the Pacific Grove Library**, we are pleased to offer an assortment of current hard cover and paperback books in our lending library.

Located in the Fireplace Lounge. Our library depends on the return of the books you borrow, please do so in a timely fashion.





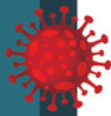
# THE GRIFFIN GAZETTE

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## CORONAVIRUS AND YOUR HEART



Most of us are worried about the new coronavirus.  
**DON'T IGNORE HEART SYMPTOMS, ESPECIALLY IF YOU HAVE A HEART CONDITION.**

# CALL 911



If you think you are having a **HEART ATTACK** or **STROKE**.  
Hospitals have safety measures to protect you from infection.

### HEART ATTACK

- Chest pain
- Difficulty breathing
- Discomfort in chest, arms, back, neck, shoulder or jaw

### STROKE

- Numbness, weakness or loss of movement in your face, leg or arm, especially on one side
- Confusion, trouble speaking or understanding
- Loss of balance

**GETTING CARE IS CRITICAL!** You'll get better faster and limit damage to your health.

For more information about the new coronavirus for people with heart conditions, visit [\*\*mowmp.org/vaccination\*\*](https://mowmp.org/vaccination)