



Robert Jackson, a regular at the London Nelson Community Center in Santa Cruz, enjoys a hot, nutritious lunch from Meals on Wheels for Santa Cruz County three to four days a week.

Dining site provides a network of support: ‘It’s like a community’

Robert Jackson has made it a habit since 2019 to visit the [London Nelson Community Center](#) for a hot, nutritious lunch from [Meals on Wheels for Santa Cruz County](#). Lunch is served Monday through Friday at the downtown Santa Cruz dining site, and Robert often attends three or four days each week.

“The people here, it’s like a community. When someone misses a day, we know, because we all keep in touch,” he said.

Robert has survived four strokes that limited mobility on the left side of his body, so he appreciates that the dining site is accessible.

“It is a great meal, and it’s a warm place to be at, and people are friendly here,” Robert said.

He walks as much as he can as part of physical therapy following his strokes. He uses the [Lift Line](#) service from Community Bridges for help getting to London Nelson and Cabrillo College, where he is studying media, art, and music for physical therapy through the Stroke and Disability Learning Center.

The community of Meals on Wheels staff and volunteers at London Nelson continue cheering Robert on as he progresses in his recovery. Robert said he and his fellow diners appreciate the friendly support they receive from the Meals on Wheels team any time they visit.

“We love them all,” Robert said.

Highlights from the 2024 Meals on Wheels America Annual Conference



At the Meals on Wheels America Annual Conference in Baltimore, we discussed key changes from the Older Americans Act reauthorization, including increased flexibility and income-based prioritization.

I attended the Meals on Wheels America Annual Conference this month in Baltimore, and it was an important opportunity to learn about the trends impacting Meals on Wheels programs across the country. Here are a few key takeaways from the conference:

- This year’s reauthorization of the Older Americans Act came with some notable changes, including a focus on flexibility for senior nutrition programs and modernizing services to meet new demands. You can read more about the changes in the [fact sheet here](#).
- The reauthorization also allows programs to prioritize serving certain seniors based on income.
- Fluctuations in the economy could impact disposable income, which correlates with donations for Meals on Wheels programs across the country reaching their lowest point in five years.
- Congressional support for increased funding of senior nutrition programs is still a top priority. Although we avoided major proposed reductions, we are still hearing about the impact of recent SNAP benefit reductions.
- Across the country, one-third of all Meals on Wheels programs have waitlists.

News & Notes

We're excited to share a special opportunity for you to show your love for Meals on Wheels and support our cause at the same time!

We now have a fantastic selection of merchandise featuring our logo and designs that celebrate our mission of providing nutrition and connection to local seniors.

From cozy hoodies and stylish T-shirts to stickers, hats, coffee mugs, and more, there's something for everyone at the [Community Bridges TeePublic store](#). What's even better? A portion of each sale directly supports Community Bridges, helping us continue our vital work in Santa Cruz County.

Your purchase not only spreads awareness but also contributes to ensuring seniors in our community receive the meals and support they need.

Thank you for your ongoing support!

In the Press

Click the headlines below to read local and national news about Meals on Wheels for Santa Cruz County and older adult services.

- [Live Oak School District, Community](#)

Here at Meals on Wheels for Santa Cruz County, we are proud to have 47 years of serving older adults in our community without a waitlist. But the pressure to prioritize is mounting. Please consider [making a one-time or recurring donation today](#) to help Meals on Wheels meet the needs of our neighbors.

—Raymon Cancino, CEO, Community Bridges

MAKE A DIFFERENCE: DONATE TODAY

[Bridges agree to long-term lease](#)

- [Rising demand, shrinking resources: The challenges facing Meals on Wheels for Santa Cruz County](#)
- [Why the Future in Senior Housing Is All About Health, Affordability](#)

A refreshing summer corn salad



It is a great time of year to enjoy corn. A medium ear of sweet corn or a half cup of fresh, frozen or canned kernels (without added sugar or salt):

- Has about 77 to 100 calories
- Is naturally gluten-free and low in fat, with only about one gram of fat per ear (not including butter and other oily add-ons). The majority of that gram of fat is polyunsaturated, the kind of fat that can help reduce cholesterol and inflammation.

That same medium ear of sweet corn or a half cup of fresh, frozen or canned kernels (without added sugar or salt) has:

- About 3 grams of protein
- 5 milligrams of sodium
- 244 IU of vitamin A
- About 15 grams of carbohydrates, including about 5 grams of sugar
- Small amounts of B vitamins, magnesium and potassium
- Antioxidants that ease wear and tear on the body's cells, including:
 - Vitamin C
 - Lutein and zeaxanthin, which support vision and eye health

Corn has plenty of fiber, both soluble and insoluble. The soluble fiber in corn breaks down and forms a gel in the intestines and can play a role in controlling cholesterol. Soluble corn fiber is used in the manufacture of processed foods.

—Caren Dix, Registered Dietitian Nutritionist

Summer corn salad

Ingredients:

- 4 ears of corn, peeled and silk removed
- 1 Anaheim chili pepper, seeded and diced
- 1/4 cup diced red onion
- 2 plum tomatoes, diced
- 1 tablespoon fresh cilantro, chopped
- 1 lime, juiced
- pinch of Aleppo or red pepper flakes

Instructions:

- Roast the corn under a broiler until brown, about 5 minutes, turning every few minutes so it roasts evenly. Allow to cool.
- Remove the kernels from the corn.
- Place the corn in a bowl with the other ingredients and stir well.
- Serve over a bed of kale or on top of your favorite grille dish.

Thank you for your ongoing support. Your kindness is transforming our community.

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