



Every meal begins with a volunteer's kindness. At Meals on Wheels for Santa Cruz County, our volunteers make it possible to serve over 1,700 local seniors each year with nourishment, dignity, and care.

How Bay Federal Credit Union is making a real difference

Bay Federal Credit Union has been a steadfast supporter of Meals on Wheels for Santa Cruz County through the annual Coin Drive it has hosted since 2006. Every March, community members are invited to donate their spare change at any Bay Federal branch — or pick up a signature Meals on Wheels piggy bank for saving coins year-round.

Over the past 20 years, this campaign has raised an incredible \$95,500, helping us deliver thousands of hot, nutritious meals to older adults in our community. This year, we were once again blown away by our community's generosity and Bay Federal's advocacy for Meals on Wheels, as they raised \$6,636 to support nutritious meals for local older adults.

We are especially grateful to Bay Federal team members who continue to support older adults by promoting the Coin Drive in branches, donating through workplace giving opportunities, volunteering to deliver meals, and championing Meals on Wheels as a key partner in ensuring food security among older adults in our community.

We applaud Bay Federal's commitment to uplifting our community. Started as a credit union among teachers in 1957, it has grown into the largest locally-owned financial institution in the tri-county area. Its impact extends far beyond banking — with sponsorships, scholarship programs, and financial literacy initiatives to help individuals and families thrive.

Meals on Wheels is proud to partner with Bay Federal for the annual Coin Drive to ensure local older adults continue to receive the nourishment and care they need.

Make A Difference Today

Director's note: Celebrating our community champions



Local elected officials Kim De Serpa, Krista Jett, Sonja Bruner, and Monica Martinez (clockwise from top left) joined Meals on Wheels for Santa Cruz County staff and volunteers on recent meal deliveries in honor of Community Champions Week.

As program director of Meals on Wheels for Santa Cruz County, Community Champions Week is one of my favorite times of the year. It is more than a celebration. It is a reminder that Meals on Wheels programs like ours are not just meal delivery services, but lifelines that safeguard the health, dignity, and independence of our community's older adults.

We extended our Community Champions activities this year to give four local elected officials the opportunity to walk in the shoes of program staff and volunteers and witness the critical role Meals on Wheels plays in the lives of their constituents. It was a chance to show elected officials the connection and socialization the program provides, in addition to meals, and how important those connections are to elder health.

Elected officials who joined us to deliver meals got to see how deeply our staff and volunteers care about the people we serve. Volunteers routinely follow up with Meals on Wheels staff if they

News & Notes

We're looking for volunteer drivers in Watsonville and the San Lorenzo Valley to help deliver meals and support local seniors.

If you've been thinking about making a difference in your community, now is the perfect time to get involved. Visit

communitybridges.org/volunteer to apply today and start changing lives!

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.

- [Trump administration's budget cuts endanger Meals on Wheels: 'Life and death implications'](#)
- [Trump Cuts Threaten Agency Running Meals on Wheels](#)
- [Tell Congress to Protect Older Americans](#)

notice any changes or issues with participants during their weekly deliveries. Meals on Wheels staff conduct routine wellness checks and follow up on any issues identified by volunteer drivers.

Staff conducted more than 2,500 wellness checks in the last fiscal year, and we have already done over 1,700 wellness checks from last July through April 30 of this year.

These regular touchpoints give our staff and volunteers a way to make sure program participants are thriving, and we can help proactively address any new needs that arise for them.

During Community Champions Week, program participants were genuinely grateful for the opportunity to talk with elected officials.

We thank the following leaders who joined us to deliver meals, meet our participants, and stand in solidarity with our mission:

- Kim De Serpa, Second District Santa Cruz County Supervisor, representing 193 Meals on Wheels participants
- Monica Martinez, Fifth District Santa Cruz County Supervisor, representing 155 participants
- Krista Jett, Scotts Valley City Councilmember, representing 54 participants
- Sonja Brunner, Santa Cruz City Councilmember, representing 445 participants

Their support means the world to us — and to the hundreds of older adults we serve every day.

We know times are uncertain, and the demand for our services continues rising. But with the ongoing support of our community, I believe we can continue to ensure that every person has the opportunity to thrive.

—Dana Wagner, Senior Program Director, Meals on Wheels

Already Enrolled in CalFresh or Medi-Cal? You May Qualify for Energy Discounts

Did you know you may already qualify for a monthly discount of 20% or more on your PG&E bill just by being enrolled in other public assistance programs?

PG&E's **California Alternate Rates for Energy (CARE)** program offers energy savings for income-qualified households—and enrollment in many common benefit programs is one way to qualify.

You may be eligible if you or someone in your home is enrolled in:

- CalFresh (Food Stamps)
- Medi-Cal or Medicaid
- WIC (Women, Infants, and Children)
- SSI (Supplemental Security Income)



- LIHEAP (Low Income Home Energy Assistance Program)
- CalWORKs or Tribal TANF
- Head Start (Tribal only)
- National School Lunch Program
- Bureau of Indian Affairs General Assistance

No Social Security number or proof of income is needed to apply.

You can complete the application in just a few minutes at pge.com/care.

Apply Today

Healthy potato salad recipe



Healthy potato salad has all the traditional flavors of a classic potato salad recipe: zippy creamy dressing, crunchy celery, and chopped hard-boiled eggs all tossed together with perfectly tender potatoes — but it has 150 fewer calories per serving!

—Caren Dix, Registered Dietitian Nutritionist

Ingredients

- 2 1/2 pounds thin-skinned potatoes, cut into about 1-inch chunks (about 8 cups)
- 3 large eggs
- 3/4 cup plain non-fat Greek yogurt
- 1/4 cup mayonnaise
- 1/2 teaspoons sugar or agave
- 2 teaspoons Dijon mustard
- 2 teaspoons apple cider vinegar
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 3 stalks celery, finely chopped
- 1/2 cup finely diced red onion or scallions
- 2 teaspoons relish (optional)
- Paprika and chopped fresh parsley for garnish

Instructions

- Fit a large saucepan or pot with a steamer basket, and fill with water up to the bottom of the steamer. Bring to a boil, add potatoes, cover and cook until just tender, about 15 minutes. Make sure that the water doesn't boil away.
- Meanwhile, hard boil the eggs. (See tips below.) Peel and chop the eggs.
- Spread the boiled potatoes out over a baking sheet to cool slightly.
- Meanwhile, whisk Greek yogurt, mayonnaise, sugar, Dijon, vinegar, salt, and pepper in a large bowl.
- Stir in the potatoes, celery, eggs, and red onion or scallions. Serve immediately or chill completely before serving, about 4 hours or overnight. Garnish with paprika and parsley if desired before serving.

How to make hard-boiled eggs

- To hard-boil the eggs, place three eggs into a small saucepan and cover with cold tap water.
- Bring to a gentle boil over high heat. Set a timer for 10 minutes and reduce the temperature to maintain the gentle boil.
- When the timer goes off, drain away the boiling water and run cold tap water into the saucepan for a minute to cool the eggs.

Source: Utah State University Cooperative Extension

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

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