



The Meals on Wheels for Santa Cruz County team with Bay Federal Credit Union team.

Coin Drive passes the \$100,000 milestone

Thanks once again to the teamwork of Bay Federal Credit Union members, staff, and our community, this year's Coin Drive raised \$5,952 to provide nutritious meals for older adults served by Meals on Wheels for Santa Cruz County.

Across six branches, every coin donated and souvenir piggy bank purchased makes a meaningful difference. This longtime tradition has now raised more than \$101,000 over its 21 years — enough to provide 9,900 meals for local older adults.

We are truly thankful to the Bay Federal Credit Union team for its commitment and enthusiasm in helping bring meals, connections, and dignity to older adults in Santa Cruz County.

Meeting the moment

News and Notes

We're looking for volunteer drivers 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.

[CLICK HERE](#) to apply today and start changing lives!



Meals on Wheels for Santa Cruz County provides seniors with community, nutrition and purpose.

I attended the 52nd Annual Meals on Wheels America Conference & Expo this month.

Here are five lessons I'm bringing home from conversations I had with Meals on Wheels leaders from across the country:

Creativity and adaptability are essential.

My friend George in South Dakota runs an "anti-event" that raises \$60,000. Donors give precisely so they do not have to buy a \$200 ticket, rent a limo, make dinner plans, or put on a collared shirt. It is humorous, refreshingly honest, and effective.

Major-donor engagement is becoming more sophisticated.

Some prospective donors begin with a quiet \$5 gift — not because that reflects their capacity, but because they are testing the organization. How quickly do we respond? Is the acknowledgment personal? Does the connection feel authentic? Every gift is an opportunity to build trust.

"End the Wait" is colliding with a difficult reality.

Rising costs for food, labor, transportation, and operating are pushing more Meals on Wheels providers toward waitlists. The tension between our commitment to end the wait and the network's growing financial pressures demands candid conversation, stronger advocacy, and sustainable investment.

Change requires strategy — and space to grieve.

Mission-driven organizations need discipline and intentionality. But change also represents loss: familiar roles, routines, and what once was. Leaders must create the time and space for people to understand the change, process what is ending, and participate in what comes next.

Development-team sophistication is a shared challenge.

Organizations of every size are working to strengthen how their teams execute goals, navigate new generational approaches to work, document responsibilities, and build repeatable systems. Good intentions and hard work are not enough. We need clear

In the Press

Click the headlines below to read local and national news affecting county residents.

[Santa Cruz County supervisors add half-cent sales tax measure to November ballot](#)

[Millions of older Americans don't have enough to eat, as food prices rise beyond fixed incomes](#)

[Medi-Cal is changing. Here's what to do if you're worried about coverage](#)

processes that connect daily activity to the outcomes we seek — and systems that preserve knowledge when people or priorities change.

These conversations reminded me that the future of Meals on Wheels will require creativity, authentic relationships, sustainable resources, strong systems, and thoughtful leadership.

—Ray Cancino, CEO, Community Bridges



The powerhouse zucchini

Zucchini contains vitamin B6, iron and vitamin C — a trio that can help prevent anemia. Zucchini is a good source of lutein and zeaxanthin. These two compounds are types of carotenoids, colorful plant-based nutrients that fight cell damage and disease. Studies show this power pair can improve or even prevent eye conditions like age-related macular degeneration (AMD).

Baked parmesan zucchini spears

Ingredients

- 2 fresh zucchinis
- 1/2 cup Parmesan cheese, freshly grated
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper, freshly ground
- 3/4 teaspoon oregano
- 3 tablespoons extra virgin olive oil

Instructions

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. Slice zucchini into 3 1/2 – 4 inch spears and line them on baking sheet in a single layer.
3. In a small bowl, add paprika, garlic powder, onion powder, oregano and pepper, and mix. Add olive oil and mix until a loose paste is formed.
4. Use a pastry brush to spread oil mixture on zucchini spears. Sprinkle with Parmesan cheese.
5. Bake for 15 minutes.
6. Turn oven up to low broil and broil for 3 minutes.
7. Serve warm and enjoy!

Nutrition education by Caren Dix RD. Recipe adapted from servedfromscratch.com.

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

DONATE

VOLUNTEER

LEARN MORE



Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}

{{Unsubscribe}}