



Dear ones:

Thank you so very much for my beautiful birthday card. I wish all of you could have been here to celebrate with me, but I am looking forward to your visit next spring. It's been almost three years since you moved to California, and I still miss you every day.

But you don't have to worry about me. I'm a lucky woman, surrounded by caring people whom I see every day, like Grace and the other Meals on Wheels volunteers who have become my friends. The Meals on Wheels people even remembered my 102nd birthday! Grace delivered a cupcake and balloons, along with my usual nice hot meal, and she stayed for a bit to celebrate with me.

Tomorrow, a bus is coming to take me to my doctor's appointment that I really must get to since I need a heart medication refill. Since I have a cane, the TransVAC bus driver -- I think his name is Larry -- comes right up to the door to get me and helps me to get safely on the bus. After my appointment, another TransVac driver will come to the doctor's office to take me home, escorting me right into my house. I am so grateful for those men and women who drive the busses. They are all so helpful. I could not get to the doctor or any place else without their help, especially when the weather is snowy or cold.

I really am fine. And I feel blessed to know that there are so many good people in my community who give of their time and effort every day, some bringing me a nice meal and making sure that I am safe and other taking me to the doctor or elsewhere. No, they aren't the same as you, because you are my family; but they are very special people who are my friends.

I hear someone knocking at my door, so I must end this letter now. Since it is lunchtime, I'm sure that it is one of my Meals on Wheels friends; they are so reliable. Love to you guys... and, again, don't worry about me. I am doing just fine, thanks to the many people here who take care of me. I hope I don't ever lose them! It's Meals on Wheels and TransVAC that enable me to stay in my lovely home.

Love,
Great-grandma Ellie

Could this letter be from your mother or father, your friend or neighbor, or you someday?

The above letter, from just one VAC client, really explains why VAC is needed in our community. Won't you please step forward to make a gift to support Meals on Wheels and Trans VAC and perhaps to volunteer as Ellie's friends have? You will join VAC in continuing to nourish and enrich the lives of homebound seniors and persons with disabilities in our communities. Your thoughtful contribution will help VAC to respond to the needs of your fellow community members. Thank you for caring about your friends and neighbors, many of whom are very much like Ellie.

Sincerely,

Executive Director

VAC Board President