



Meals _ Wheels West UPDATE

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Volume 9

Issue 1

1823 A Michigan Ave. Santa Monica CA 90404

January 2010

HAPPY★NEW★YEAR

RoseMary Regalbuto, Pres/CEO



Meals on Wheels West was founded in 1974 with a vision of eliminating hunger, isolation and to foster independent living for the ill, disabled, convalescing and frail homebound person. Thirty-five years ago, we started with a total of eight homebound clients. Over the years our service area has expanded beyond Santa Monica to include Malibu, Pacific Palisades, Topanga and, presently, portions of Venice and Marina Del Rey.

During fiscal year 2007-08 we served 93,434 meals and enriched the lives of 409 unduplicated persons. Volunteers contributed a total of 23,400 hours.

Our successful Outreach Development campaign is establishing new and renewing exciting relationships with businesses, religious institutions, medical facilities, schools, grocery markets just to name a few. As a result of this campaign, there has been an increase in referrals and inquiries for meal services, volunteers and a renewed vigor by the business community to participate by joining our 'Adopt-a-Route' or 'Adopt-a-Client' program (financially or through volunteers).

Our relationship with the SM Farmers Market continues to enhance our meals with fresh fruit. With so many wonderful partnerships, we have been able to provide special extra goodies throughout the year: slippers, blankets, flowers, placemats, and beautiful handmade gifts from school children.

Our vision is to ensure that no homebound person is malnourished. Our daily visits and compassionate & fun volunteers, absolutely enrich the lives of our homebound friends ensuring that no one feels alone, isolated and forgotten.

continued

Our OPEN HOUSE was our way to personally thank our friends & supporters while celebrating **THE EDWARD M. KENNEDY SERVE AMERICA ACT** which creates a new day of service and remembrance for those who selflessly volunteer for the benefit of others. It was great fun!



Police Chief Timothy Jackman, Kevin McNulty & RoseMary Regalbuto of Meals on Wheels West & Nat Trives, SM Rotary Club



Adopt-a-route volunteers Ruth Peoples & Linda Jones from Macerich Co, & Kathrine Russell, MOWW Boardmember



Chow line....food & laughter



Robin Davidson, City of Santa Monica Human Svcs. Div. & Kevin, MOWW staff



Bob McKim, MOWW Bdmember between Krista Griggs & Valerie Shaw-Jones of Jackson Nat'l Life Ins. Co., & Liz Wilson, MOWW Boardmember

Vicki of the Santa Monica Big Blue Bus Dial-a-Ride & Tracy, MOWW friend



Our mission is to nourish and enrich the lives of individuals of all ages through services that promote independent living and dignity. Our vision is to eliminate hunger, isolation and to foster independence.

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Our role has expanded to address the challenges of our evolving social needs. Homeland Security has acknowledged that Meals on Wheels' programs, nationally, are the best resource for the care of the senior & disabled population in times of emergencies, community threats, and natural disasters.

Meals on Wheels West is a partner in SMOAID, a SM Red Cross collaboration of community programs designated as first responders to provide emergency services. We are providing 3-day Emergency Meal Kits for our homebound friends which are designed to be a shelf-stable meal solution when the situation arises.

We are exploring new meal menus to remain relevant & attractive for the expected increase in social services for the aging 'baby boomers'. Demand for home-delivered meals is increasing: veterans returning home from overseas conflicts are a growing segment; overwhelmed family caregivers; medical advances allowing people with health/mobility challenges to live independently; the closure of assisted living facilities and the list goes on.

Due to the federal & state budget cuts to social services and the impact it may have on basic food, care and shelter, I fear we may not be able to meet the demand for home-delivered meals. Meals on Wheels West must remain the safety net, no matter the circumstance, and I need your help today.

We must rely on the support of generous individuals, businesses, and volunteers – people like you – who help make our work possible. We cannot meet this increased need without you. I thank you and hope I can count on your continued support so we may *deliver smiles, a meal at a time!*

Volunteer & Benefactor !!

JACKSON National Life Insurance Co. (*Krista Griggs*) presenting a \$5,000 check to Joanna, Dir. of Volunteers. The employees of JACKSON National Life Insurance Co. have been delivering meals on a weekly basis through our 'Adopt-a-Route' program and plan to expand employee participation. We certainly enjoy their enthusiasm and appreciate their generosity.



Lions Club delivers again...in so many ways!

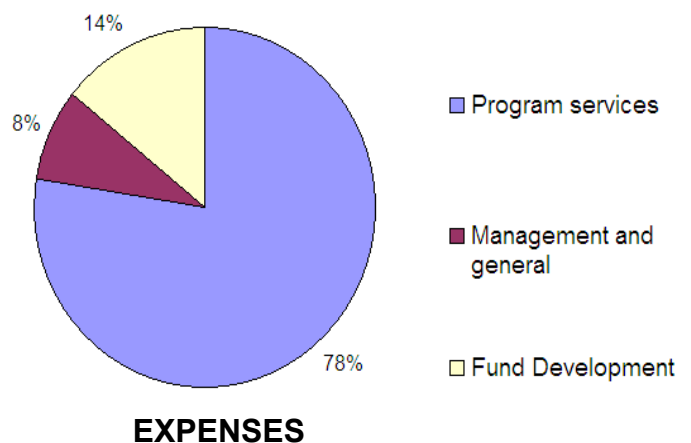
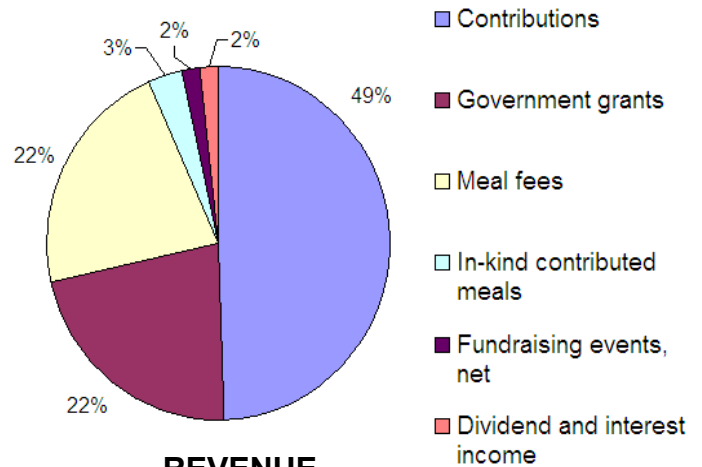


Angela, our Ameri-Corp volunteer delivering our Emergency Meal Kits



This was a truly special season for our homebound friends as wonderful holiday treats & gifts were aplenty. Special thanks to **American Airlines** for their donated lap blankets and the students of **Malibu High School** for donating warm & fuzzy slippers.

Statement of Activities from 2007-2008 audit performed by Quigley & Miron CPA





October Birthdays

Gloria B, Virginia D, Erosida E, Donna G, Richard G, Ione K, James M, Shafika S, Bernard S, Bernice T, Dorothy T, Vladislav V, Robin W, Robert W

November Birthdays

Genevieve A, Tom B, Maria C, Bill C, Isaac C, Jane D, Loretta D, Gladys D, Fawzie F, Gertrude G, Tracy G, Isabel Guterrez, Paul H, Cicely H, Jonnie Mae H, Eileen K, Bill L, John M, Ray S, Gul S

December Birthdays

Robert A, Walter B, Peggy C, Robert C, Amir D, Anthony D, Bonny D, David F, Lee F, Ezra D, Sylvan K, Connie L, Harold M, Wayne M, Carol M, Lillian M, Bessie P, Victor R, David S, Adam S, Eleanor T, Betty T, Armando Z

January Birthdays

Bill A, Celesteen D, Ronald D, Clifford E, Lenore F, Rita F, Judith H, Velma J, Richard L, Barbara M, Harriet M, Vera N, Harriet O, Tom O, Raymond R, Dale R, Ellen S, Nick S, Patricia S, Burton W,

✓ In appreciation of our care & friendship toward her mother, Josephine F, her daughter, Jane made a donation.
✓ In loving memory of Burton C., his wife, Adele, made a gift to Meals on Wheels West in appreciation of our care.



Meals on Wheels West is a census partner
Census Day is April 1st !!

For more information:
2010census.gov 2010censuJOBS.gov

Laughter really is the BEST MEDICINE



**We don't stop laughing
because we grow old....
we grow old because
we stop laughing**

Kids Are Quick

TEACHER: Glenn, how do you spell 'crocodile?'
GLENN: K-R-O-K-O-D-I-A-L'
TEACHER: No, that's wrong
GLENN: Maybe it is wrong, but you asked me how I spell it..... (Don't we love this kid)

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?
SIMON: No sir, I don't have to, my Mom is a good cook.



NEW VOLUNTEERS ARE ALWAYS WELCOME!
No commitment necessary; between 11a - 1p week-days only.
Call 310.394.7558 to join us!

ATTENTION VOLUNTEERS: you may benefit from the RSVP program which is a federally funded program that recruits older adults 55 yrs + for volunteer opportunities and offers expense reimbursements & other benefits.

WISE & Healthy Aging administers the program
310.394.9871 ext. 451

Everyone has a story!

In the spotlight this week is Rosalie N. who has received our home-delivered meals since June 2009

Rosalie was born in Ohio in 1928 and is divorced with 3 children. As a single parent, she went to beauty school and started her own salon. When her children were on their own, Rosalie decided to return to school majoring in Criminal Justice. Ironically, Rosalie and her son were attending college simultaneously. Open heart surgery interrupted her scholastic endeavors and when recovered, returned to college and received her Masters Degree. At the age of 52 she graduated with a BA and taught Sociology at Bowling Green State University in Ohio. Recently, Rosalie experienced another heart attack and after a horrendous stay in a nursing home, moved in with her daughter in Santa Monica. As her daughter is a busy working mother, she along with Rosalie, are most grateful for the wonderful meals and a daily visit from our volunteers.



**Not going to be home
to receive your meals?**
Please call our office 9am - 1pm
at least 24 hrs. in advance

Meals on Wheels Staff

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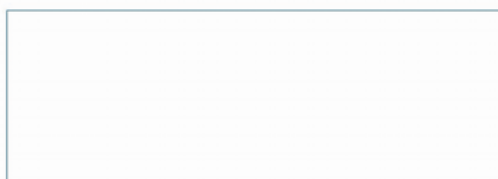
Meals on Wheels West

serving Santa Monica, Malibu, Pacific Palisades, Topanga
and parts of Marina del Rey & Venice
Delivering Smiles a Meal at a Time

1823-A Michigan Avenue
Santa Monica, CA 90404



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Click: the **'People'** tab

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Meals on Wheels is a 501(c)(3) not for profit organization supported by charitable donations, fundraising events and receives partial grant funding from The City of Santa Monica.