



Meals on Wheels West UPDATE

Delivering Smiles a Meal at a Time

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Volume 8

Issue 1

1823 A Michigan Ave. Santa Monica CA 90404

January 2009

There is a Brighter Side

2008 has been quite a year! Filled with everything from a never-ending election, to a world-wide financial crisis to the hope of new leadership which will see us through some tumultuous times which lay ahead. We've seen many of our fellow citizens lose their homes, jobs and future security for many basic living needs.

With the knowledge that we are a resilient and caring people, there is the feeling of hope that there will be a brighter future for us all, though it may take a while to get there.

Since 1974 Meals on Wheels West has provided a brighter future for those who are experiencing their own tumultuous change in their lives. Like those persons facing sudden job & home loss, our clientele has faced health and mobility issues that have caused major life-style changes including isolation, malnutrition and hopelessness. Just by addressing these basic living needs, our homebound citizens may remain in their own home rather than be placed in an institution or care facility.

Our volunteers who deliver the meals to our homebound citizens are the 'wheels' who enable our program to fulfill our vision to eliminate hunger, isolation and to foster independent living.

It is you, my dear friends, who are the caring angels allowing Meals on Wheels West to remain resilient in these difficult times. Your continued support of our mission to nourish and enrich the lives of those persons who suddenly find themselves home, alone and hungry is deeply appreciated. Your willingness to share and be of service affects the quality of life for so many...you would be surprised. **The participation of our beloved supporters and volunteers is the brighter side of life.**

THANK YOU!



Close your eyes. Take a deep breath. In fact, take ten deep breaths and concentrate on relaxing your whole body one muscle at a time.

**Congratulations,
you've just extended your life.**

Living Longer with Balance

Bumper to bumper traffic; late for an appointment; misplaced your keys; your computer crashed; your dog needs to be walked....oh, everyday stress!

Your perception of your day and how you handle it can influence health & aging. In fact, short term stress can be a good thing...stress is a positive experience if there is a feeling of control & satisfaction... challenges are necessary.

Everyday challenges drives our evolutionary adaptation to these incidents...improves memory & skills. However, under a prolonged stressful event, our body releases adrenaline which accelerates the heart rate increasing blood pressure and breathing & prepares your body for emergency action...known as the fight-or-flight response.

Chronic stress exposes our body to the overload of chemical responses to counteract this stress leading to health issues. Some people are predisposed to be exposed to the stress hormones due to genetics or early life experiences. Some folks tend to let go more easily.

Let's manage our perception of our day and act on it rather than react...give yourself a break!

Break a sweat: exercise, even chores, IS a release !

Sleep more: stop thinking & have sweet dreams

Learn to meditate: basically just be quiet inside your head; let go & be all right with it

Make new friends: start talking with someone else

Have fun; be spontaneous; laugh more-frown less

excerpted from an article by Karen Cheney in an AARP publication

Beware of the crime of the 21st century... the Abuse of Elders & Dependent Adults

Seniors are the growing target for corrupt telemarketers, lottery scammers, con artists and worse yet, unscrupulous friends, family or caregivers.

There are four categories of elder abuse: physical abuse, psychological abuse, neglect and financial abuse.

Financial abuse of seniors is one of the most sinister forms of elder abuse. A senior can be financially stable and living independently one day and destitute and forced to live in a facility the next.

Individuals that prey upon seniors for financial gain are predators and it is important to realize that they may be 'people you don't know' as well as 'people you do know'.

Familiar methods or phrases used to hook you are:

- ◆ It's a *one-of-a-kind* deal; *can't miss*; *once-in-a-lifetime opportunity* - this tactic is used to increase value & urgency
- ◆ The con artist will want to become your new best friend and *will pretend to care for your well being*
- ◆ *Prizes, lotteries & sweepstakes scams* - if it is too good to be true, it usually is
- ◆ Do not believe when someone tells you..*Congratulations, it's your lucky day!*
- ◆ Do not believe all your mail...**YOU ARE NOT THE WINNER!**
- ◆ Do not believe strangers on the phone or in the supermarket when they are offering something

Remember: a prize is free. The next time you get a letter, an email or a phone call telling you *it's your lucky day.....*

- ◆ Don't be afraid to say 'no'
- ◆ Throw away or shred the phony mailer
- ◆ Don't be afraid to hang up the telephone
- ◆ Don't be afraid to walk away or scream when a stranger is approaching you in a public place and you feel threatened
- ◆ Don't send money to win a prize
- ◆ Buying something does not help you win a prize
- ◆ It is against federal law to play a foreign lottery, by mail or by telephone

remember you are in control of your life

Another area of scams targeting seniors is the **home improvement scam**. Warning signs that you are about to be scammed is:

- ◆ An unannounced visitor at your door soliciting
- ◆ A so-called expert or a stranger 'only trying to help'
- ◆ The stranger talks fast, stresses urgent & special price and must decide now.....**CLOSE THE DOOR**

continued

Sadly, the majority of financial crimes against seniors are committed by family, friends or caregivers. Tactics can include deceit, coercion, intimidation, emotional abuse or false promises. Warning signs may include:

- ◆ Unusual interest in your personal affairs
- ◆ Sudden appearance of expensive purchases
- ◆ A reluctance to spend money for your needs
- ◆ Sudden change in bank account activity
- ◆ Recent addition of unauthorized signatures on bank account signature cards
- ◆ Disappearance of valuable items or funds
- ◆ Sudden appearance of a stranger wanting to be your best new friend
- ◆ Abrupt changes in a will or other document

Other scams can include identity theft, predatory lending, living trust, investment seminars and financial planning activity.

DO NOT BE EMBARRASSED OR AFRAID
to report any abuse, exploitation or neglect
Adult Protective Services - LA County

To report abuse, call: 1.877.477.3646 (24hrs)
For general information, call: 1.888.202.4248

Happy New Year!

Please visit our re-designed & interactive website - learn more of our services & volunteer opportunities, contact us, download forms, view videos & make secure donations

www.MealsOnWheelsWest.org



RoseMary Regalbuto
President/CEO

*Our Staff - always
delivering smiles,
a meal at a time*



Joanna Vasquez
Director of Volunteers/
Ofc. Mgr.



Branka Sahebegovic
Client Development/
Community Outreach

Kevin McNulty
Assistant Director



Yulia Sullivan
Client Coordinator



September Birthdays

Marilyn N, Jerry D, Andy K, David A, Burton C, Marie S, Ruth B, William M, Geneva B, Della W, Vera J, Melvin R, Miriam K, Maria G, Mary L, Cleonis T, Maxine S, Ruben H, Lenore D

October Birthdays

Ellie B, Steve D, Erosida E, Albert T, Jennie T, Stephanie T, The K, James M, Lone K, Juanita T, Doris S, Agnes S, Bette R, Gloria B, Robert W, Helen C

November Birthdays

Gertrude G, Maria C, Tom Baragone, Sylvia Stey-ling, John M, Allen C, Isabel G, Bill C, Tracy G, Ray S, Fawzie F, Jane D, Dorothy Mc, Marie M, Paul H, Cicely H, Loretta D, Carilyn H, Eileen K,

December Birthdays

Dorothy M, Gary M, Margaret M, Victor R, Maria G, Burt B, Maxine L, Robert A, Johanna D, Amir D, Lillian M, Peggy C, Wayne M, Betty T, David S, Kevin O'C, Marc S, Edna N, Anthony D'A, Connie L,

January Birthdays

Rita F, Harriet O, Barbara M, Ronald D, Kay H, Ellen S, Anna D, Velma J, Bill A, Nick S, Tom O, Raymond R, MaryAnn H, Harriet M, Clifford E, Celesteen D

UCLA/Santa Monica Healthcare Workshops

UCLA Healthcare 50 Plus is a free membership program that helps people 50 years and over maintain a healthy and independent lifestyle through a host of special benefits:

- Health education
- Fitness & social walking programs
- Financial planning & management
- Health insurance information & consultation
- Resource & referrals
- Resources for caregivers
- Other special programs: discounts on products/ services (prescriptions, eyeglasses, etc); health fairs; flu shot clinic; women's health conference; free newsletter

For more info and reservations to lectures/seminars
800.516.5323

Santa Monica Lions Club delivers meals

A field trip brought members to our office to experience the delight of *delivering smiles a meal at a time*. The Lions Club has been a wonderful supporter of our program for many years & we thank them and the members who delivered the meals: President Katie, Ken, Mafry, Ho, Frank, King & Linda.



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



Laughter really is the BEST MEDICINE

It is a known medical fact that Walking can add minutes to your life....

I like long walks, especially when they are taken by people who annoy me.

I joined a health club last year, spent about \$400. I haven't lost a pound. Apparently, you have to go there!

I have to walk early in the morning, before my brain figures out what I'm doing.

The only reason I would take up walking is so that I could hear heavy breathing again.



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

Rosemary Regalbuto	<i>President/CEO</i>
Kevin McNulty	<i>Assistant Director</i>
Yuliya Sullivan	<i>Client Coordinator</i>
310.394.5133	
Mona Philip-Guide	<i>Bookkeeper</i>
310.260.0165	
Joanna Vasquez	<i>Director of Volunteers</i>
310.394.7558	

We thank the Los Angeles County Federal Agencies and their employees for their continued support through their participation in the Combined Federal Campaign. Our CFC agency code # 57130

Services - Activities

PLACES TO GO - PEOPLE TO SEE...

Transportation

low cost to seniors/disabled:

- Santa Monica Dial a Ride 310.394.9871
- ACCESS *outside Santa Monica* 800.827.0829

**for help in finding the services you need in
Los Angeles County**

**ONE CALL CONNECTS YOU
TO HELP IN YOUR COMMUNITY**

Call 2-1-1 or 800-339-6993

- ◆ Free & confidential
- ◆ 24 hours / 7 days a week
- ◆ Multi-lingual
- ◆ TTY 800-660-4026

Information for meal services, elder care,
substance recovery, volunteer opportunities and many
other services offered by the
LA County Human & Health Services.

◆
En español: Una llamada le comunica con la asisten-
cia disponible en su comunidad...

**Llama al 2-1-1
o 800.339.6993**

- ◆ Donde puede recibir ayuda con comida
- ◆ Asistencia para el cuidado de padres ancianos
- ◆ Muchos otros servicios

Meals on Wheels West can help YOU...

- ◆ As a **CAREGIVER** you may be overwhelmed with the care of a loved one
- ◆ As a person with no support system & experiencing an illness, injury or rehabbing from post surgery ...convalesce in the comfort of your own home rather than in a nursing home or a prolonged hospital stay

Our mission is to promote wellness through proper nutrition & independent living at home. When your health & mobility are impaired temporarily or for the long term, regardless of age, we can ensure health & dignity through our:

- ◆ Daily visits by our volunteers
- ◆ Provision of 2 nutritious meals

please call

310.394.5133

or visit our website for more service information

www.MealsOnWheelsWest.org

Need assistance ??

personal care, housework chores, shopping or
taking you to your appointments?

Comfort Keepers	310.470.2771
TLC Attendant Care Referrals	310.399.2904
Home Instead	310.590.1685
Eldercare Locator Service	800.677.1116

Santa Monica Social Resources *for the Senior & their families*

Advocacy: *Commission for the Senior Community* -
meets 3rd Wednesday at 1:30pm; call for location
310.458.8300

Recreation: *Senior Recreation Center* - dancing,
singing, computer classes, movies, parties, & more
310.458.8644

Santa Monica Family YMCA-Older Adult Program
310.393.2721

Education: *Emeritus College* - offers 170 courses
designed for the older adult
310.434.4306

Assistive Tools for Living: *ATNetwork* can provide you
with FREE information and referrals
800.390.2699 or 800.900.0706 (TTY)

Elder Abuse: *Adult Protective Services*
Hotline 1.877.477.3646

Day Care: *Adult Day Service Center* - mental &
physical stimulation, outings, lectures, entertainment
310.452.7802

Information for referrals - care mgmt.- counseling

WISE & Healthy Aging - 310.394.9871

Westside Center for Independent Living
310.390.3611

Info Line - 800.339.6993



This national certification designates that our program has met or exceeded all organizational accountability and have complied with the industry criteria for quality of service

Meals on Wheels West

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

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1823-A Michigan Avenue
Santa Monica, CA 90404



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PAID
SANTA MONICA,
CA
PERMIT NO. 780



Delivering smiles, one meal at a time

Meals on Wheels West delivers healthy meals to the homebound of all ages in Santa Monica, Malibu, Pacific Palisades and Topanga. If you or a loved one is unable to shop or cook, please contact Meals on Wheels West.

1823-A Michigan Avenue, Santa Monica CA 90404
Tel 310.394.5133 www.mealsonwheelswest.org

To search for a meal program in other areas, please call 800.677.1116 or visit www.mowaa.org.

Meals on Wheels West
SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA
Delivering Smiles a Meal at a Time

Subsequent to an approved intake screening, you will receive a FREE official American Red Cross First Aid Kit when you sign up for our meal delivery service for 2 weeks or more.

Please call 310.394.5133 to sign up NOW

Offer good while supplies last. Home-delivered meals only to screened & approved homebound persons

Meals on Wheels West provides the information in this newsletter as a service to our clients and receives no financial gain. Meals on Wheels West makes no representations or warranties as to the accuracy or correctness of any advice rendered by included companies or organizations. All clients should verify the accuracy or correctness of advice on their own. This newsletter is not intended to provide medical advice on personal wellness matters. Please consult your physician directly.

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.