



# Meals on Wheels West UPDATE

*Delivering Smiles a Meal at a Time*

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Volume 8

Issue 2

1823 A Michigan Ave. Santa Monica CA 90404

May 2009



**May is Older Americans month**

This is a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. We, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet.

*continued*



**Big Wheels Delivers Meals**

On March 18, our local **Big Wheels** converged on Meals on Wheels West to **deliver meals** to our community's homebound citizens. It was a wonderful opportunity for our public officials to meet, greet & nourish their neighbors who find themselves unable to shop or cook for themselves due to disability, illness, or frailty.

It was an exciting day for our 'shut-ins' to have our special visitors: Santa Monica Mayor Ken Genser; SM Police Chief Timothy Jackman; SM Fire Chief Jim Hone; Misti Kerns, Pres/CEO SM Convention & Visitor Bureau; John Pacheco, CEO American Red Cross SM; Laurel Rosen, Pres/CEO SM Chamber of Commerce; Jean McNeil-Wyner, Community Liaison SM-UCLA Medical Center; Louise Jaffe, Chair SM College Board of Trustees; Judy Neveau Dir. Community Relations SM College; Bob McKim Board Chair Meals on Wheels West.



*Happy Mother's Day*



*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.*

Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family caregivers. These programs also encourage older people to remain active and make behavioral changes through the increased use of evidence-based disease prevention programs under the Older Americans Act as well as the use of preventive benefits available under Medicare.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age.



Dept of Health & Human Svcs  
Regional Office in San Francisco  
**415.437.8780**  
**www.aoa.gov**

**Meals on Wheels West** was one of the many booths at the Non-profit career fair at UCLA on April 6th.



Action Without Borders

*Their mission is...*

... to connect people, organizations and resources to help build a world where all people can live free and dignified lives. The online interactive site allows for an exchange of ideas & resources; post & locate volunteer opportunities, jobs, events as well as blog

The Santa Monica Corps hosted the 2nd annual Social Services Symposium April 29th where **Meals on Wheels West** shared information & sat on panel discussions & networked with the community



**Meals on Wheels West** was one of the many community organizations sharing information at the 3rd annual Unity Festival at Virginia Ave. Park. Food, music & activities for the young people were great!

**Laughter really is the BEST MEDICINE**



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

Remember the TV game show of the 1960's "Hollywood Squares" with Peter Marshall as host & the array of comics like Paul Lynde, Charley Weaver, George Gobel, Don Knotts, Rose Marie & so many more. Below are some excerpts from the show.

**Question:** Do female frogs croak?  
**Answer:** If you hold their little heads under water long enough.

**Question:** If you're going to make a parachute jump, at least how high should you be?  
**Answer:** Three days of steady drinking should do it.

**Question:** You've been having trouble going to sleep. Are you probably a man or a woman?  
**Answer:** That's what's been keeping me awake.

**Question:** Which of your five senses tends to diminish as you get older?  
**Answer:** My sense of decency.

**Question:** What two things you should never do in bed?  
**Answer:** Point & laugh.





This is a great stretch to do in the morning while still in bed. Slowly straighten both legs with arms overhead. Then reach out with your hands while pointing your toes. Hold for 5 seconds and then bring your arms back to your side and relax. Repeat 3 times.

*Please consult a physician before performing this exercise.*



While still in bed, bend one knee and gently pull it toward your chest until you feel an easy stretch in your lower back. Hold 20 seconds while breathing regularly. Repeat this stretch with your other leg.

*Please consult a physician before performing this exercise.*



### February Birthdays

Mills A, Kramer P, Mendez J, Siwinski L, Cortes L, Huizar S, Kaplan S, Bryant R, Litzko L, Atwill L, Spear R, Shakespeare N, Kobernik C, Freeman H, Cristobal M



### March Birthdays

Meader E, Harley B, Daly J, Frank J, Kunz C, Smith W, Neal M, Abarta D, Fecher M, Guizart R, Villalobos E, Mayfield L, Eggers J, Rainbolt P, Fantini A, Kiflu G, Rosen M, Nicholson F, Soltwedel N, Hiabopoulos I, McKinnie M



### April Birthdays

Vance D, Scott J, Helgeson L, Bochkovskaya S, Feilbert E, Wagner H, Lindgren H, Pepitone L, Kabbash L, Dean M, Kenney C, Gulzar A, Douglass A, Castro A, Crane D, Killebrew J, Arghavani H



### May Birthdays

Paxton F, Diano I, Nims C, Kunz G, Grosscup V, Burke A, Hanley J, Zartman J, McLoughlin H, Svenson S, Falahee H

**In memory of Sylvia Barrett** who received our home-delivered meals. Our prayers are with her daughter, Liz Hood. Sylvia attracted the love & friendship of many of our volunteers. Donations were made in her memory from Dan & Barbara Alessini, Frederick & Loretta Kearns, Danelle & Jack Moriarty, Phil & Lorraine Potter, Evelyn Rosenwein, & Cathy Sellito, Shirley Tashima, Lucien Beauchemin, Janice Bagge

**In memory of Josephine Fellows** who received our home-delivered meals. Our prayers are with her daughter, Jane Strate & her family. Josephine attracted the love & friendship of many of our volunteers. Meals on Wheels West received donations in her memory from Paula Catling, Marion Nelson, Shirley Stumley

### Keeping Your Immune System Strong

Diet, not the pharmacist, may be the best defense against cold and flu. The immune system relies on vitamins & minerals. Key vitamins include:

- ♦ Vitamin A forms white blood cells defending against infection
- ♦ Vitamin B6 & Folic Acid
- ♦ Vitamin C is an antioxidant which may decrease congestion
- ♦ Vitamin E is an antioxidant protecting immune cells
- ♦ Selenim forms antibodies
- ♦ Zinc fights organisms that cause infection
- ♦ Iron kills infection

### Factors Compromising Immunity

- √ Lack of Sleep    √ Lack of nourishment
- √ Cancer    √ Major Surgery    √ Age    √ Lack of Exercise

*Excerpt from newsletter from LA County Area Agency on Aging*



**NEW VOLUNTEERS ARE ALWAYS WELCOME!**  
No commitment necessary; between 11a - 1p weekdays 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**

### Empowering Independent Living

Should you require information & assistance of any kind regarding disabilities, mobility issues, assistive technology, home access modifications, personal care, counseling and much more.

**Westside Center for Independent Living**  
1527 4th St. #250 Santa Monica CA 90401  
**310.394.9871** email: [santamonica@wcil.org](mailto:santamonica@wcil.org)

**Mother is another word for Angel!**

“The hand that rocks the cradle usually is attached to someone who isn’t getting enough sleep”  
*John Fiebig*



**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>Associate Executive Director</i>
Yuliya Sullivan	<i>Client Coordinator</i>
310.394.5133	
Mona Phillip-Guide	<i>Bookkeeper</i>
310.260.0165	
Joanna Vasquez	<i>Director of Operations</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*

**Everybody is a Big Wheel - delivering smiles a meal at a time**  
 Some fun photos of our wonderful community of volunteers



The crew gave their meal delivery a rave review. Expect reruns.

***Santa Monica Lions Club ...  
 ...delivers meals with a roar!***

John Pacheco,  
 Pres/CEO  
 SM American  
 Red Cross &  
 Louis, volunteer



Ho Nguyen, Katie Morgan, Carol Emmitt & Alan Parr

*"We make a living by what we get, but we make a life by what we give"*  
 Winston Churchill

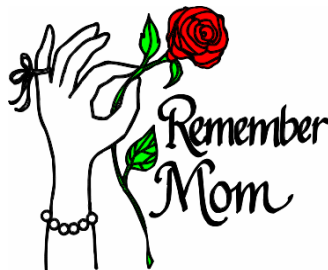


Suzanne, volunteer  
 & Jim Hone,  
 SM Fire Chief



Joanna Vasquez, Director of Volunteers,  
 Ken Genser, SM Mayor, & David, volunteer

*Volunteers don't necessarily have the time; they just have the heart"*  
 Author unknown



Timothy Jackman, SM Police Chief,  
 Naomi & Megan, both volunteers



Judy Neveau, SMC Director of  
 Community Relations & Geneva, volunteer

**Southern California EDISON is offering rate discounts  
through two income-qualified programs:**

- ◆ (CARE) California Alternate Rates for Energy provides a 20% discount on qualified monthly electric bills
- ◆ (FERA) Family Electric Rate Assistance offers a discount to qualified households of 3 or more that exceed their baseline electricity usage by 30% or more

Online registration: **www.sce.com** or call **1.800.447.6620**

*You may use the source code #1040-4001 which will designate Meals on Wheels West eligible for a donation*



**On-line shoppers support Meals on Wheels West**  
*Internet shopping mall with many of your favorite merchants - over 700 !  
providing discounts for you & charitable support for us*

Please use the link: **<http://www.iGive.com/MOWW>**



U.S. Administration of Aging addresses **fraud & abuse from Medicare suppliers**

Nationwide, volunteers are staffing 'Senior Medicare Patrol' to monitor and educate both the suppliers and the beneficiaries within the Medicare system. Los Angeles has been identified along with South Florida as high-risk areas for fraudulent Medicare billing procedures.

MAKING ANY CHANGE TO YOUR MEDICARE IS A SERIOUS MATTER. Contact your doctor or local Area Agency on Agency/Human Services for further assistance, information or clarification on the proposed coverage which will ensure that it is right for you.

**PROTECT your personal information:**

- ◆ Treat your Medicare, Medicaid & social security numbers like a credit card number
- ◆ Medicare **will not call you or visit you to sell anything!**
- ◆ Save Medicare Summary Notices (MSN) & Part D Explanations of Benefits (EOB) and shred them when they are no longer useful

**DETECT errors, fraud and abuse:**

- ◆ Always review Medicare Summary Notices (MSN) & Part D Explanations of Benefits (EOB) for mistakes
- ◆ Compare them to prescription drug receipts
- ◆ Visit **www.mymedicare.gov** to access your Medicare account online - look for billing errors & services not ordered by your doctor

**REPORT suspected errors, fraud or abuse or CONTACT for more information/assistance:**

- ◆ LA County Community & Senior Services: **<http://css.lacounty.gov>** or call **213.738.2600**
- ◆ LA City Dept. of Aging: **<http://aging.lacity.org>** or call **800.510.2020**
- ◆ Center for Medicare & Medicaid Service: **[www.cms.hhs.gov](http://www.cms.hhs.gov)** or call **800.633.4227**

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## **A poem about the wonders of Meals on Wheels.....**

### **The Open Door Policy**

*The mood I'm in when I'm the giver  
Of the Meals on Wheels, which I deliver*

*Grows gladder and stronger, and springs to the fore,  
The closer I come to your open door.*

*Which tells me, not so much of your need,  
As of how you greet a friend, indeed.*

*Of how you await, at your open door mat,  
Along with the meals, a friendly chat,*

*Which enhances the day for the both of us,  
And contributes a good deal for the growth of us,*

*You talk of your family, I talk of mine,  
"Any problems with health? Oh no, they're fine."*

*We get around to talk of the times,  
The terrible tragedies, the horrible crimes.*

*Then it's, "See ya next week, we'll talk some more  
When we meet again at your open door."*

This poem was written September 23, 1997 by Arno, known as "Mr. Rhyme Man."  
At the time, Arno was 90 years young and had been delivering meals *with a poem* for 9 years.

Soon, the folks receiving the meals from him were sharing their poetry rhymes with Arno.  
Arno has since passed away but his legacy of service *with a poem* will always be a part of what we do

*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.*