



# Meals \_ Wheels West UPDATE

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Volume 8

Issue 3

1823 A Michigan Ave. Santa Monica CA 90404

September 2009

Join us for our 4th annual

**More information & registration form INSIDE**

*Please feel free to use the envelope provided*

## Casino Night & Silent Auction at the Beach

**Sunday, October 18, 2009 3:00 pm – 7:00 pm**

Loews Santa Monica Beach Hotel



**HOSTS .....**

**BURT BEERS**

**ART SHOW**



Burt Beers *sitting* once a volunteer and now a meal recipient and GOOGLE, who has been regularly delivering his meals, decided to host this wonderful show displaying his works of art at their Santa Monica offices. RoseMary Regalbuto, Pres/CEO presenting *Connect LA* certificate acknowledging GOOGLE's partnership with Meals on Wheels West. Julie Wiskirchen, Sandra Warshaw & Staff of GOOGLE. **Along with the meal, friendships are nurtured as well!**

### Santa Monica youth team with local grocers to create boxes of love

Meals on Wheels West renewed their commitment to provide for the homebound person by providing shelf stable meals for times of disaster or emergency. A unique & fun campaign 'Food 4 Grandparents' attracted the enthusiasm & participation of almost 150 students from **St. Monica Elementary & High Schools, Lincoln Middle and Olympic High Schools**. With their parents and teachers, they gathered shoeboxes & personalized them with decorations & caring messages. These beautiful 'kits' were then filled with donated shelf-stable food items & water from our wonderful friends & supporters:



Mia Lauchli, Marketing Director



Kelly Layne, Manager of the Wilshire Blvd. store



A shoebox with much more than food & water!

Youthful advice for us all!

*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.*

## 2009 Volunteer Recognition Breakfast...

thanks to our wonderful sponsors

City of Santa Monica Fandango Inc.

Jackson National Life Insurance Co.

Macerich Management Co. The Bank of New York Mellon



### Macerich Management Co.

Faith Costales presenting a \$500 check to Joanna, Dir. Volunteers

**Fandango,**  
a Comcast Interactive Media company  
Mimi Vuong presenting a \$500 check to Joanna



**Jackson National Life Insurance Co.**  
Claudia Elmore presenting a \$500 check to Joanna



**Santa Monica Police has 2 'Adopt-a-Routes!**  
Deputy Chief Phil Sanchez with volunteer Mike Martini



**Business.com**  
James Martin



**Southern California Gas Company**  
Sam Kunemoto and John Thompson



## A dash of healthy eating....

### CUT BACK ON SALT

- ◆ Put the salt shaker down
- ◆ Step away from processed foods
  - ◆ Read labels for sodium content
  - ◆ Limit intake of convenience food
  - ◆ Avoid salt during cooking
  - ◆ Fill the shaker with herbs & spices
  - ◆ Try sea or kosher salt - larger crystals

### ADD POTASSIUM - focus on fruits & vegetables

- ◆ Cantaloupe
  - ◆ Oranges
  - ◆ tangerines
  - ◆ Dark green leafy
  - ◆ Tomatoes
  - ◆ Winter squash
  - ◆ Spinach
  - ◆ potatoes
- Other good sources:*
- ◆ Almonds
  - ◆ Non-fat dairy products

### Links to BLOOD PRESSURE

- ◆ Older adults are salt sensitive
- ◆ Potassium is the 'anti-salt' & may reduce blood pressure

If you have kidney problems, heart disease or high blood pressure, please consult your doctor before increasing potassium. Limit salt intake to under 2300 mg daily.

## 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!** Below are some real life funny moments between students & their teachers...

**Teacher:** Maria, go to the map and find North America  
**Maria:** Here it is  
**Teacher:** Correct. Now class, who discovered N. America?  
**Class:** Maria.

**Teacher:** John, why are you doing your math multiplication on the floor?  
**John:** You told me to do it without using tables.

**Teacher:** Winnie, name one important thing we have today that we didn't have ten years ago.  
**Winnie:** Me!

**Teacher:** Glen, why do you always get so dirty?  
**Glen:** Well, I'm a lot closer to the ground than you are.

**Teacher:** Tom, why is your pet story the same as your brother's?  
**Tom:** It's the same pet.

**Teacher:** Mary, what do you call a person who keeps talking when no one is listening?  
**Mary:** A teacher



## Penny Drive from Pine St. Elementary

Everybody was a winner!







### June Birthdays

Julie F, Kitty W, Elmer C, Anthony D, Tommy L, Marilyn H, Van A, Beulah C, Cheri T, Vincent R, Margaret S, Richard G, Sarita S, Angela D, Philip M, Joyce F, Christina B, Sylvia J, Olga F



### July Birthdays

Edward G, Barbara G, Robert D, Maureen G, Fred S, Guenter H, Milan M, Rosalie N, Jonnie V, Soledad M, Ethel W



### August Birthdays

Matiana C, Lionel Mendez, Rose M, Caroline G, Audrey D, Patricia C, Richard B, Fannette R, Elsie M, Roberta McR, Patricia P, Vernon H, Ilene N, Rosa T, Betty H, Brenda V



### September Birthdays

Jose N, Marilyn N, Andy K, David A, Burton C, Mary K, William M, Joe C, Geneva B, Della W, Vera J, Erich G, Melvin R, Cora C, Charles H, Miriam K, Lily B, Maria G, Mary L, Cleonis T, David R, Maxine S, Ruben H, Lenore D

### Support comes in many forms...

Adopt-a-Route thru volunteer meal delivery

- ✓ Business.com      ✓ Bank of New York Mellon
- ✓ GOOGLE    ✓ Fandango    ✓ Macerich Co
- ✓ Jackson Nat'l Life Insurance Co.
- ✓ Pacific Palisades Jr. Womens Club
- ✓ Santa Monica Police Dept. *Adopt-2-Routes*
- ✓ Southern Calif Gas Co.    ✓ UCLA Jr. Discovery Camp

In-kind Donation of Services

- ✓ Esplanade Web Works      ✓ Litco Group
- ✓ Santa Monica Big Blue Bus

Hosts

- ✓ Southern Calif Edison Co. *monthly Board meeting*
- ✓ Loews Santa Monica Beach Hotel *annual events*

Adopt-a-Route thru donation of meals

- ✓ Loews Santa Monica Beach Hotel
- ✓ Shutters on the Beach Hotel
- ✓ DoubleTree Guest Suites
- ✓ Ocean House Retirement Community



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

### What is a volunteer?

Volunteers are like Ford...they have better ideas  
 Volunteers are like Coke...they're the real thing  
 Volunteers are like Pepsi...they've got a lot to give  
 Volunteers are like Dial...they care more, don't you wish everyone did?  
 Volunteers are like VO5 hair spray...they hold in all kinds of weather  
 Volunteers are like Hallmark...they care enough to give the very best  
 Volunteers are like Standard Oil...you expect more and you get it  
**BUT MOST OF ALL...**  
 Volunteers are like Frosted Flakes...They're Great!



**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	

### 3rd annual 2009 Santa Monica

**4th of July parade**  
**Meals on Wheels West**  
**continues its legacy**  
**of delivering smiles**



# 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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CA  
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## 27<sup>TH</sup> AMERICAN WINE & FOOD FESTIVAL

OCTOBER 2, 2009  
FRIDAY NIGHT EVENT

OCTOBER 3, 2009  
UNIVERSAL STUDIOS BACKLOT

OCTOBER 4, 2009  
SUNDAY CHEF DINNER

Join us for this star-studded gathering of celebrated chefs and fine wine & spirit purveyors on the backlot of Universal Studios Hollywood. Since 1982, Meals on Wheels West has benefited from this culinary extravaganza produced by **Wolfgang Puck & Barbara Lazaroff**

For more information & registration go to **[www.awff.org](http://www.awff.org)** or call Joan Wrede **310.574.3663**

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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.*