

NEWS WHEELS

FOR FRIENDS OF TORRANCE/LOMITA MEALS ON WHEELS

FALL ISSUE 2019

Spotlight

DON LUKE
MOW Volunteer since 2011

The first thing you notice about Don is the beautiful calmness in his voice, making one immediately feel cheerful and at ease. After working in the technical world of airborne radar in El Segundo, Don wanted to spend his retirement working with people and began his volunteering.

His endeavors are vast, to say the least. He begins his week on Sundays overseeing fifth grade Sunday School and writing the church's newsletter with his wife. Every Wednesday morning he's at a Chinatown clinic freeing up the medical staff's time to spend with their patients. He then rushes off to teach English to seniors at an adult day care center. Thursday mornings are spent driving a local senior on her shopping errands with the BCHD Errand Volunteering program, then he's on to an afternoon math tutoring session with a homeless seventh-grader. Friday mornings are set aside to spend with hospice patients, most of whom have no family locally. It is when Don explains that he



is simply there to learn from and listen to people that you realize what an incredible source of happiness he is to so many.

To top off Don's week, for the past 8 years, we at Meals on Wheels have been so fortunate to have him and his wife volunteer for us.

Most people would think that after Don's week of volunteering, he'd want a restful weekend, but not Don! He's also an avid runner, recently participating in his annual marathon relay race in Seattle with his brothers.

Few people are lucky enough to have someone like Don in their community!

#GIVINGTUESDAY

Help support us on December 3, 2019

On Tuesday, December 3, 2019, nonprofits, families, students, businesses, and community centers around the world will come together for one common purpose: to celebrate generosity and to give! We ask for your donation in support of Torrance/Lomita Meals on Wheels.

How Does It Work?

On Giving Tuesday, Facebook and Paypal team up to match funds for the first \$7 million in donations made through Facebook. The matching starts at 5am PST. All donations come directly to Meals on Wheels. No fees are deducted. 100% of your donation supports meals for housebound citizens!

How To Donate:

Visit Giving Tuesday's Facebook page at www.Facebook.com/GivingTuesday.

Last year we raised over
\$1700.00

(Let's do it again!)

We are always happy to accept direct donations via mail or our website: www.tlmow.org

Torrance / Lomita
MEALS
ON WHEELS

www.tlmow.org
(310) 542-3434
M-F, 8:30-2:30

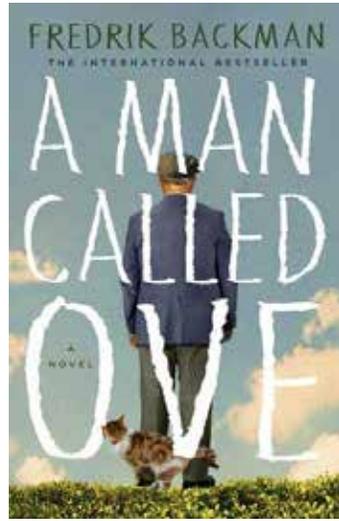
Email:
office@tlmow.org

FOLLOW US ON SOCIAL MEDIA
Instagram: @mealsonwheels_tl
Facebook: Torrance-Lomita Meals on Wheels

Age is
an issue
of mind
over
matter.
If you
don't
mind, it
doesn't
matter.

~
Mark Twain

BOOK of the MONTH



A Man Called Ove by Fredrik Backman

In this novel, a lonely and sad old man hides behind a grumpy exterior, leading his neighbors to call him the bitter neighbor from hell, but it all changes when chatty young neighbors with young children move next door to him. At times funny and at other times breathtakingly heartbreaking, *A Man Called Ove* explores the power of intergenerational friendship and makes us want to love our neighbors a little bit better.

WORDS on WHEELS

Are you or is someone you know a resident of Torrance who cannot get to the library and would like library books and/or listening materials delivered to you? Words on Wheels, through the Torrance Public Library, has volunteers who will deliver library items such as books, audio-books, machines from the Braille Institute, and music CDs to your home! This delivery service is available

to adults and children, and volunteers can deliver to private or group homes, retirement facilities, hospices, and hospitals. Once you sign up for the service, your assigned volunteer will select material and schedule regular delivery and pick-up times at your convenience.

To sign up or for more information, contact the Words on Wheels Coordinator at (310) 618-5950.

MOW GETS a PROMOTION

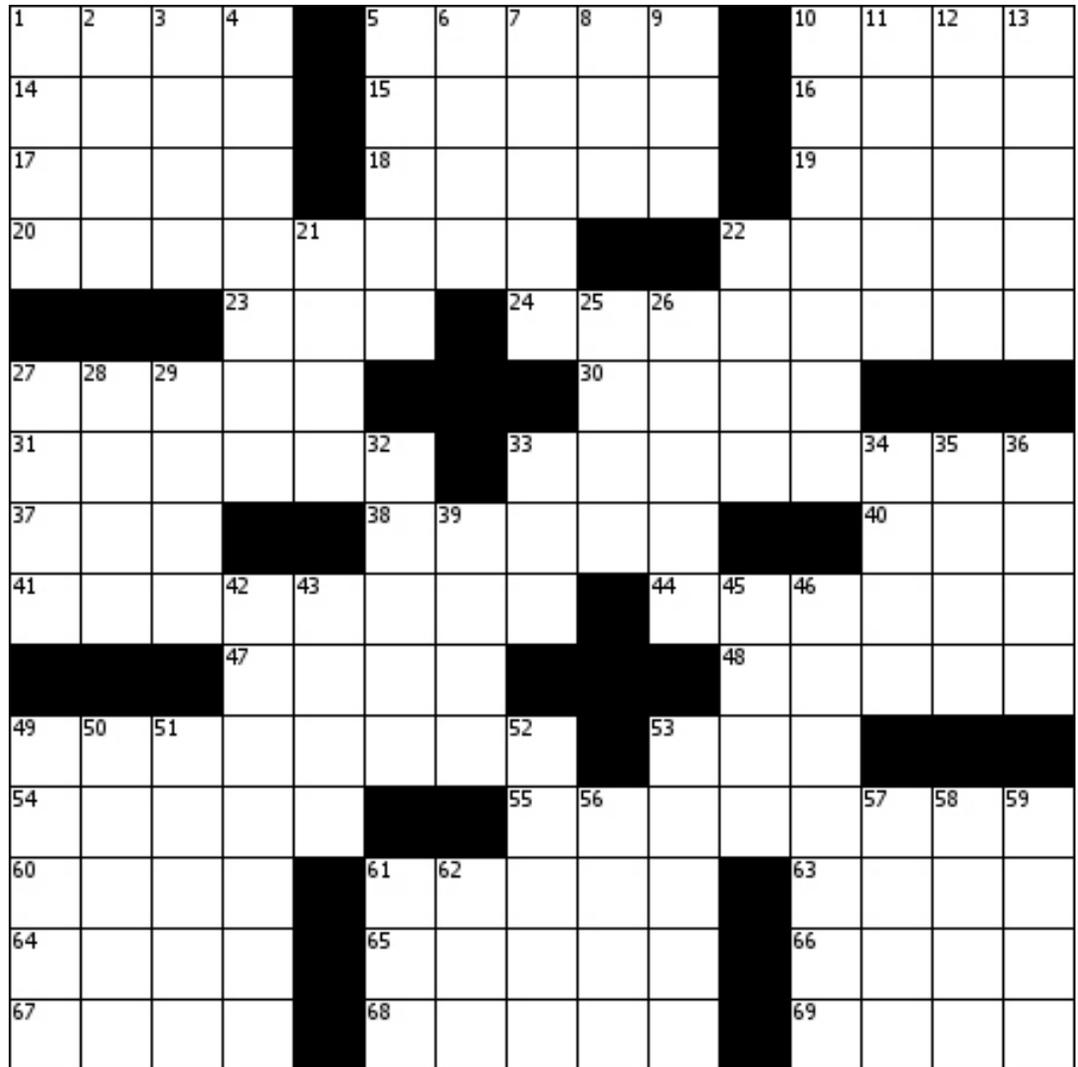
If you've visited our website or Instagram page recently, you may have seen our new promotional video produced by the talented Christine Lee of Kimbop TV. Getting the word out about our service is an ongoing challenge. With the help of this video, hopefully we can reach more people in need. If you haven't seen it, check it out and share!

Visit <http://tlmow.org/photos-and-video/>



BRAIN GAMES

Time to put your thinking caps on. The answers are on the back.



ACROSS

1. Circle parts
5. Following
10. Atlas entries
14. Barn's neighbor
15. Copy exactly
16. Musician ____ Clapton
17. Eve's guy
18. Lugged
19. Burrowing animal
20. Actress ____ Cruz
22. Fiend
23. Atop, poetically
24. Soak in vinegar and oil
27. Common contraction
30. Rhyme creator
31. Most competent
33. Not year-round
37. Brewed drink
38. Smells
40. Lennon's Yoko ____
41. Canadian city
44. Contaminates
47. Small bottle
48. Winter forecast
49. Church towers
53. Zero
54. Rips
55. Least dirty
60. Soothe
61. Is bold
63. Vocalist ____ Fitzgerald
64. On a ship
65. Contract negotiator
66. Slide
67. Thaw
68. Salamanders
69. Gels

DOWN

1. Urgent abbr.
2. Go by taxi
3. Family group
4. Unspecified person
5. Role player
6. Dud
7. Carved pole
8. Compass point (abbr.)
9. Tomato color
10. Keepsake
11. Smell
12. Aviator
13. Setting
21. Rents
22. Conks out
25. Imitator
26. ____ beef
27. Detest
28. Asleep
29. Bridge term
32. Whole
33. Male descendant
34. Not any
35. Opening bet
36. ____ and found
39. Distribute
42. Ingest too much
43. Puppy bites
45. Tibet's continent
46. Sickness
49. Iron setting
50. Pester
51. Artist's tripod
52. Metal fastener
53. Homes for birds
56. Fasting season
57. French female
58. Skirt opening
59. Faucets
61. Anchorman ____ Rather
62. Mature

Wellness Support

Bartlett Senior Citizens Center

(310) 320-5918 www.torranceca.gov/services/seniors

Open daily offering activities such as special interest and exercise classes, weekday hot lunches for a nominal fee, games, lapidary shop, singing groups, and more! Free legal advice and information on social services and transportation is also available.

Health Care & Elder Law Programs Corporation (H.E.L.P.)

(310) 533-1996 www.help4srs.org

H.E.L.P. is dedicated to empowering older adults and their families by providing impartial information, education and counseling on elder care, law, finances and consumer protection so they may lead lives with security and dignity.

Torrance Memorial Medical Center

(310) 517-4711 www.torrancememorial.org

Torrance Memorial Medical Center is a locally governed, 401-bed, non-profit medical center whose purpose is to provide quality health care services, predominantly to the residents of the South Bay, Peninsula and Harbor communities.

Torrance Memorial Medical Center Advantage Program

(310) 517-4666 www.torrancememorial.org/Advantage

The Advantage Program offers a free network of health-related resources for ages 50+, and has answers to questions about medical insurance, health education programs, and care-giving services.

BRAIN GAMES ANSWERS:

A	R	C	S		A	F	T	E	R		M	A	P	S	
S	I	L	O		C	L	O	N	E		E	R	I	C	
A	D	A	M		T	O	T	E	D		M	O	L	E	
P	E	N	E	L	O	P	E				D	E	M	O	N
				O	E	R		M	A	R	I	N	A	T	E
H	A	S	N	T				P	O	E	T				
A	B	L	E	S	T		S	E	A	S	O	N	A	L	
T	E	A				O	D	O	R	S			O	N	O
E	D	M	O	N	T	O	N			T	A	I	N	T	S
				V	I	A	L				S	L	E	E	T
S	T	E	E	P	L	E	S			N	I	L			
T	E	A	R	S				C	L	E	A	N	E	S	T
E	A	S	E			D	A	R	E	S		E	L	L	A
A	S	E	A			A	G	E	N	T		S	L	I	P
M	E	L	T			N	E	W	T	S		S	E	T	S

Torrance Memorial Medical Center HealthLinks

(310) 517-4711 www.torrancememorial.org/HealthLinks

HealthLinks is your resource center to the wide assortment of programs, classes, special events and support groups offered by Torrance Memorial.

Torrance/Lomita MEALS ON WHEELS — Our Mission

To deliver nourishing meals to housebound residents who cannot prepare meals for themselves due to illness, disability or poor health.