

NEWS WHEELS

FOR FRIENDS OF TORRANCE/LOMITA MEALS ON WHEELS

WINTER ISSUE 2019

Spotlight

RON SMITH

MOW Volunteer since 1990



With thirty years of service, Ron is truly one of our veteran volunteers. He began delivering

meals after retiring from his job in 2007. He served a 2-year stint (2008–2009) as Board President, and has been the Board's Treasurer ever since.

“What I most like about volunteering with Meals on Wheels is the contact with our clients. There have been a few grouches but for the most part they have been a pleasure to work with — and even if they are grouches it is still a pleasure to serve them,” says Ron.

Ron worked for many years as an accountant, starting as a CPA, then later as a tax analyst developing programs for processing tax returns. When his employer fired all of its COBOL programmers, Ron and his fellow “tax types” were given programming training (or go on unemployment). Eventually he retired from his job and fell into

the clutches of MOW in 1990. Claire Browney, MOW's Office Manager at the time and Ron's neighbor, persuaded him to volunteer. He was initially recruited as Treasurer, since his background in taxes and accounting made him a good fit, and he worked in this position for 18 years.

In addition to MOW, Ron shares his time throughout the community. He volunteers at Palos Verdes Resale, which provides proceeds to MOW. He volunteers at the airport, helping people as they pass through. “What man doesn't like to be a know-it-all?!” Ron jokes. And with all this, he still finds time to teach Tai-Chi at Wilson Park for Torrance Adult Ed. three times a week, with a portion of his time donated. In his spare time, Ron enjoys playing bridge.

One day my partner and I delivered to a man (I'll call Bob) who lived in a condo complex in Torrance. Bob always left his front door unlocked for us since he had mobility issues. So, we entered his unit and started to put his meals on his dining room table. Immediately we saw that the previous days' meals were still on the table. Uh oh!! We looked into the living room and saw blood on the floor and walls, and a floor lamp knocked over. Bob was in his living room chair and had probably been there for a long time. Fortunately, he was still breathing, so we called the paramedics who came and whisked him away to the hospital. Now that's a satisfying day, when you can come to someone's aid!

#GIVINGTUESDAY

Please give us your support December 3, 2019

GivingTuesday joins caring people and organizations from around the world 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 GivingTuesday December 3rd, Facebook will provide matching funds for the first \$7 million in donations made through Facebook. The matching starts EARLY, at 5am PST, so set your alarms! We will receive 100% of the donation proceeds with no fees deducted.

How To Donate:

Go to our website www.tlmow.org and choose “GivingTuesday”

Last year we raised over
\$1700.00

(Let's do it again!)

Not on Facebook? You can donate directly via mail or our website: www.tlmow.org/donation

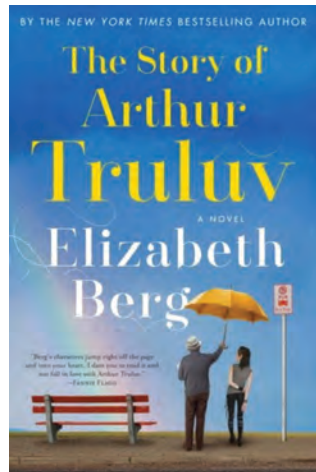
Torrance / Lomita
**MEALS
ON WHEELS**

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

EMAIL:
office@tlmow.org
MAIL:
3525 Maricopa Street, Torrance, CA 90503

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

BOOK of the MONTH



The Story of Arthur Truluv by Elizabeth Berg

A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teen who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife, and think about the lives of others. The two strike up a friendship that draws them out of isolation. With Arthur's nosy neighbor Lucille, they create a loving and unconventional family, proving that life's most precious moments are sweeter when shared.

SEASON for GRATITUDE

Studies have found that being thankful and practicing gratitude has a HUGE impact on happiness, health, and general wellbeing. So, this holiday season, try these tips to help bring more gratitude into your life:

Become a Seeker of Good

Keep your eyes peeled for all the good things happening around you. When you start seeking out the good in every situation, soon that's all you'll see.

Don't forget your Bedtime Thanks

Mentally go through your day and acknowledge all the good things that happened and all the things you have to be thankful for.

Write thank you cards

You'll find a new appreciation for all the kindnesses you've received when you write

thank you cards. Added bonus—you'll make someone's day!

Pick a "Pay it Forward Day"

Doing good deeds for others, while expecting nothing in return, has many positive benefits including making you a more grateful person. On that day, take time to think about the many ways you can help others!

Smile!

Positive energy is contagious. Simply making eye contact and smiling makes others want to smile too and shows you care.

It's
better to
grow old
with a
sense of
humor
than to
grow old
with no
sense at
all.

~

Anonymous

PROMO on CitiCABLE

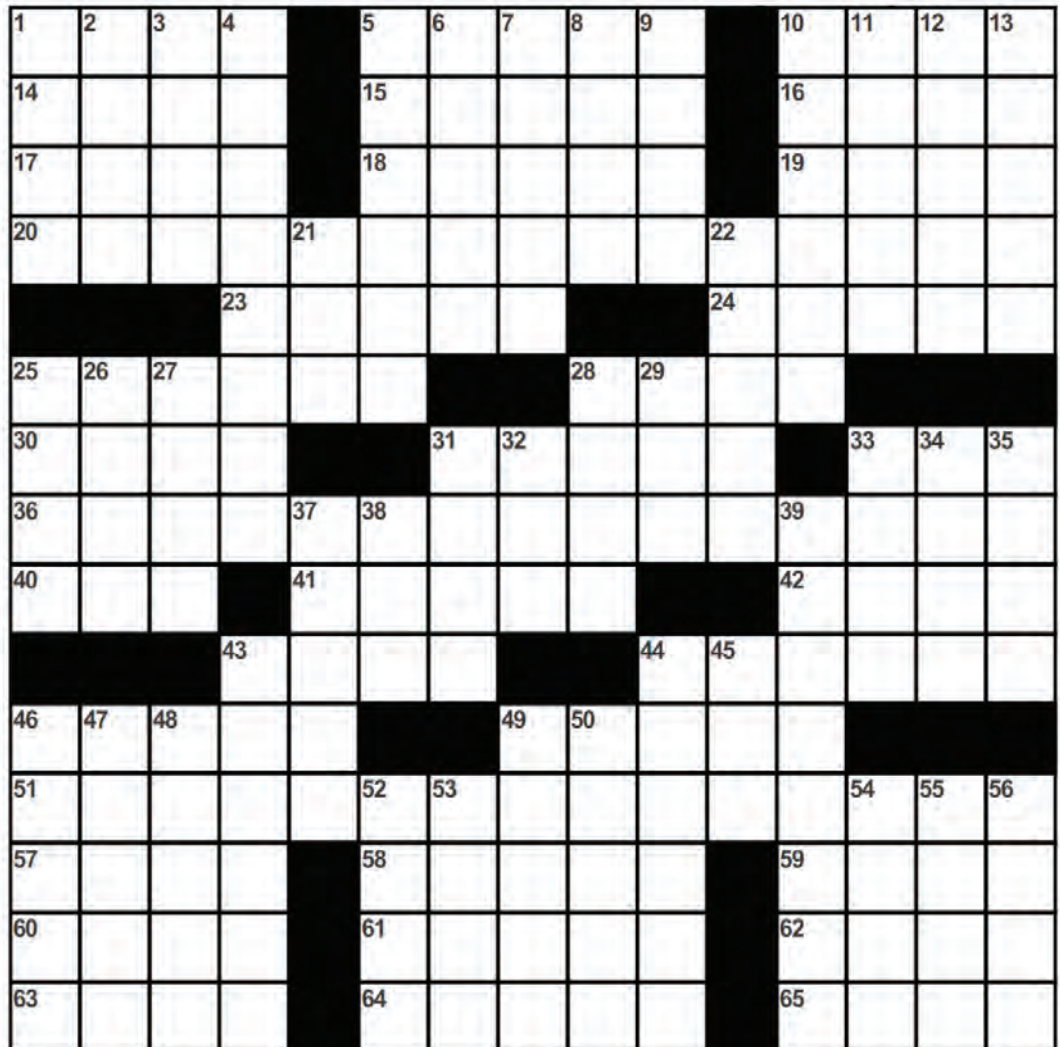
In November, we were fortunate to be featured on Torrance CitiCABLE. Volunteer and current Board Member, Frank Miles stepped up to the plate to spread our message on Newsbreak Live. As always, getting the word out about our service is an ongoing challenge. We hope this helps us reach more people in need.



To see the video, go to <https://tinyurl.com/MOW-cabletv>

BRAIN GAMES

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



ACROSS

1. Thing you can't make if you're bald
5. Cut dramatically, as prices
10. Make untidy, as hair
14. Dr. Frankenstein's assistant
15. "New Guinea" starter
16. ____ spumante
17. Church part
18. Old knockout gas
19. Chinese currency
20. Seal hunter
23. Like some jackets
24. Some Boston pros, briefly
25. Era
28. Carpentry leveler
30. Man famed by elevators
31. Evidence
33. Vast amount
36. 115-pound brawlers
40. Secure one's shoes
41. Double-reed instruments
42. Gambler's "lady"
43. Final notice
44. Long, narrow strips
46. Kirby of "City Slickers"
49. Assumed name
51. Really great tidings
57. What this is
58. Smallest detectable sensation
59. Face-to-face exam
60. Particular breath mint
61. Grammar topic
62. "Us" or "them," in competitions
63. West enders?
64. One who goes for the gold?
65. Irate (with "off")

DOWN

1. Engine knock
2. Biology lab gel
3. Amble all over
4. Expanded essay
5. Discharged
6. Carpenter's machine
7. Food for a ladybug
8. Bird feeder fill
9. Aesop's also-ran
10. Utter confusion
11. Typical
12. Begin
13. Kitchen features
21. Tango quorum
22. Genre for 37-Down
25. Display a public notice
26. Vanity case for milady
27. Ready to pick
28. Some farm females
29. Weed uprooter
31. Novel staple
32. Place for a literary catcher
33. Not open or ajar
34. Carve in stone
35. Is inquisitive
37. Mechanical man or woman
38. J. Edgar Hoover's organization
39. Gorbachev's policy
43. Beginnings
44. Evildoer
45. Move one's tail
46. Italian bowling game
47. It can create long lines
48. 180 on the road
49. Male Madison Ave. employee
50. Feudal lord
52. Homecoming returnee
53. Not finalized, legally
54. Great Lakes city
55. Utilize hip boots
56. Winter vehicle

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

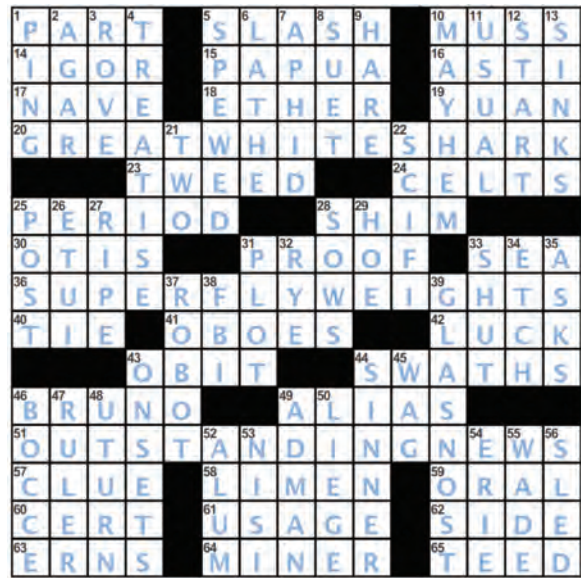
Torrance Memorial Medical Center is a locally governed, 401-bed, non-profit medical center whose purpose is to provide quality health care services, predominantly to the residents of the South Bay, Peninsula and Harbor communities.

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:



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.

THRIFT SHOP

PALOS VERDES RESALE
a fun place to stop and shop

2321 Pacific Coast Hwy
Lomita, CA 90717
(310) 534-1722
Open Tues-Sat, 10-4

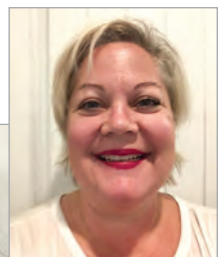
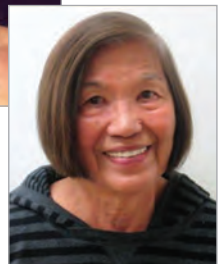
100% of their sales go to charities, a portion of which goes to Meals on Wheels!

COMINGS and GOINGS

With a warm smile, greeting all volunteers by name as they begin their shifts, Diana Hays' service as kitchen staff has been a great asset for the past 6 years. As she moves on to spend more time with family, she will be greatly missed.

Vivian Prosis's tenure began long long ago (2004 to be exact) in the kitchen for Meals on Wheels, and she has been a very loyal and strong supporter of our program for years. Now, as she retires from her position with us as office staff, she will continue her support by volunteering at PV Resale, which helps us greatly.

We're sad to see these ladies go, but we are happy to welcome our newest employees, Christie Mancilla, office staff, and Judi Huss, kitchen staff!



Clockwise from the top: Diana, Vivian, Christie, and Judi.

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.