

# NEWS WHEELS

FOR FRIENDS OF TORRANCE/LOMITA MEALS ON WHEELS

SPRING ISSUE 2020

## Spotlight

### PALOS VERDES RESALE

#### MOW Supporter

Palos Verdes (PV) Resale has been a welcomed fixture in Lomita for the past 15 years. In August 2005, founder Helen Frances (Fran) Pitts saw her dream come to fruition when she successfully spearheaded the creation of a thrift shop that disburses notable sums of money to charitable organizations (not receiving federal funding) in the South Bay and greater Los Angeles area. She combined the outreach ministry with her parish at St. John Fisher Catholic Church, years of National Charity League experience, an awareness of the needs of the poor and an incredible ability to organize people, into a win-win situation for volunteers and the recipients of the volunteer labor.



Fran Pitts, founder

By 2012, the thrift shop had donated over \$1.4 million, a milestone Fran was able to witness before her passing due to a degenerative brain disease, corticobasal degeneration. To date, PV Resale has donated over \$5 million to the fifteen agencies it supports, which includes Torrance-Lomita Meals on Wheels.

“MOW has been affiliated with PV Resale since it’s beginnings,” said volunteer store manager Marty Hunt. “When Fran was launching the thrift shop, she would store incoming goods in her mom’s garage. At the time, her mom, Helen, was receiving MOW meals, and the delivery people got to know Fran as they made their deliveries. When it came time to determine the initial charities to work with, Fran chose MOW as one of the beneficiaries, and we’ve been connected ever since.”

Proceeds from the thrift shop are disbursed in a very democratic fashion. Volunteers donate their time working at the shop sorting, pricing, organizing items, or working the sales floor. About a dozen volunteers work each day. For each hour of their time, the volunteer receives one vote to cast for one of the fifteen affiliated charities of their choice. More hours served at the shop equals more votes. Each quarter, votes are tallied and the proceeds are distributed. With several of our MOW volunteers serving at the shop on a weekly basis, needless to say, we have reaped the rewards of this system, receiving on average over \$11,000 per quarter in pro-



Volunteer Carolyn Pohlner, hard at work.

ceeds. Mary Fair, Mary Kessler, Carolyn Pohlner, Ron Smith and Kath Wundes are among the volunteers who have made a weekly commitment, along with many others who volunteer when they can.

The store has been thriving from the very beginning. Within its 2000-sqft main store, and 1500-sqft annex for furniture (shown by appointment on Saturdays), there are many gems to be found amongst the gently used clothing, accessories, books, housewares, and furniture. The system of keeping the merchandise moving is both meticulous and amazing. Anything not sold within two weeks is marked down to half-price. Any of these items still unsold after another week are put into a special “Dollar Day” sale that takes place regularly in the parking lot behind the shop. “Dollar Day” draws large crowds and is a surprisingly lucrative part of the shop’s revenue. With new items coming in daily, it’s a good idea to check in often for those hidden gems!

**Palos Verdes Resale: 2321 Pacific Coast Hwy, Lomita. Open Tuesday–Saturday, 10–4. Call (310) 534-1722 for inquiries.**



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

You're  
only as  
old as you  
remember  
you are.

~

Anonymous

# BOOK of the MONTH

**The One-In-A-Million Boy**  
by Monica Wood

“The story of your life never starts at the beginning. Don't they teach you anything at school?”

So says 104-year-old Ona to the 11-year-old boy who's been sent to help her out every Saturday morning. As he re-fills the bird feeders and tidies the garden shed, Ona tells him about her long life, from first love to second chances. Soon she's confessing secrets she has kept hidden for decades.

One Saturday, the boy doesn't show up. Ona starts to think he's not so special after all, but then his father arrives on her doorstep, determined to finish his son's good deed. The boy's mother is not so far behind. Ona is set to discover that the world can surprise us at any age, and that sometimes sharing a loss is the only way to find ourselves again.



“A must-read book ...  
Whimsical and bittersweet.”  
—Good Housekeeping

# CELEBRATING our VOLUNTEERS

Every year, TLMOW has the honor of recognizing and saying thank you to our volunteers and supporters at our annual luncheon. This year's luncheon was a rip-roaring success, held at the Toyota Meeting Hall, generously subsidized by the City of Torrance. The theme was country western titled “Yee-Haw, Hats off to our Meals on Wheels Volunteers.” There were just under 100 attendees comprised of volunteers and their guests, as well as honored guests Torrance Mayor Patrick Furey, Lomita Mayor Pro Tem Mark Waronek, and Pastor Marcus with his wife D'Laine.

Everyone received a cowboy hat and bandana, tote bag, raffle tickets, and treats. Highlights of the event included speeches from our honored guests, the installation of our new Board officers, lunch provided by Lomeli's, and a fun raffle with amazing prizes at the end.

Hats off to our contributing volunteers and luncheon committee led by Mary Fair and including Ellen Jenkins, Carolyn Pohlner and her creative decorations, Laura Bohm, Jana Ditmars, Gary Thompson, and Toni VanBuskirk.



Mayor Patrick Furey performed the installation of officers. (right to left) President, Mary Kessler; Treasurer, Ron Smith; Vice President, Mike Nakawatase; Secretary, Frank Miles.



Mayor Pro Tem  
Mark Waronek

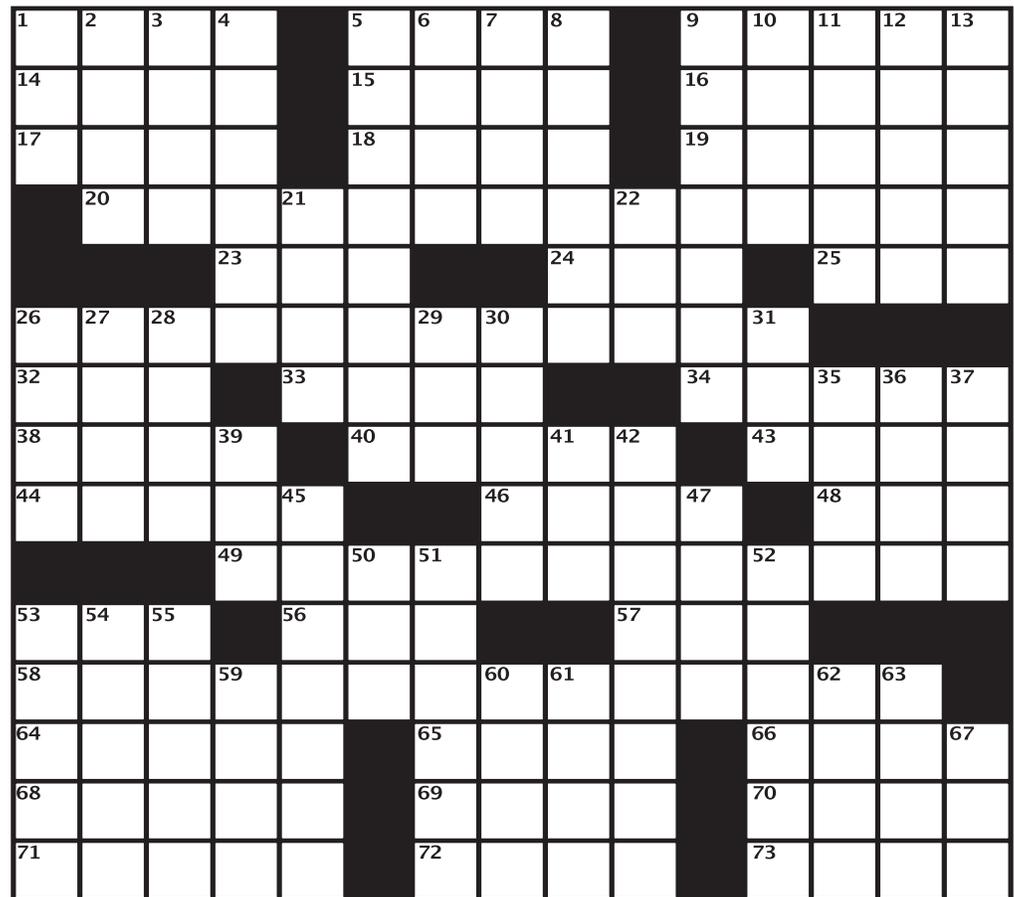


# BRAIN GAMES

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

## ACROSS

1. Convex or zoom
5. Desire
9. Baseman's bane
14. Dies \_\_\_\_\_
15. Kuwait VIP
16. Get the suds out
17. It could be floppy
18. Places
19. Wax eloquent
20. The Tramp
23. Gist of a matter
24. Believer: suffix
25. Some
26. Great clown of the silents
32. Japanese statesman
33. Precious
34. Grating
38. Baby talk
40. Truck stop
43. Party-pooper
44. Pottery fragment
46. Quick try
48. Broadcast
49. Slapstick troupe
53. Fitting
56. Fast flier
57. AL, FL, GA, VA, et al.
58. Stars of "Blockheads"
64. Relatively far-removed
65. Trim
66. "West Side Story" Jet
68. Parade feature
69. One not to be believed
70. Story
71. Painters' aids, for short
72. Pollster Roper
73. Watched carefully



## DOWN

1. Cover
2. Severeid
3. "The Rainmaker" playwright
4. Line meeting a curve
5. Raised properly
6. Mine, to Marcel
7. Pleasant
8. A Nixon
9. Maker
10. Drooping
11. \_\_\_\_\_ Gay
12. Miss Duke's ex
13. Very small
21. Regretted
22. FDR's successor
26. Auction nods
27. Bryce Canyon is here
28. Fountain treat
29. Trombonist Winding
30. Surrealist painter Max
31. Capture
35. Fair
36. Support
37. Hedge shrubs
39. Refuge
41. DDE's area of command
42. Mexican animal farmer
45. One might get them, just
47. \_\_\_ me mucho
50. Designer's initials
51. Fastener
52. A martial art
53. Into the air
54. Actress Prentiss
55. Special teacher
59. Harvest
60. Many a picture-hanger
61. Small amount
62. Low, sturdy cart
63. Streep's alma mater
67. And so to \_\_\_\_\_

## Riddle Me This



1. Before Mt. Everest was discovered, which was the highest mountain in the world?
2. If you were running a race and you passed the person in 2nd place, what place would you be in now?
3. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
4. It goes in dry, it comes out wet, the longer it's in the stronger it gets. What is it?
5. Which is heavier, a ton of gold or a ton of silver?

# Wellness Support

## Bartlett Senior Citizens Center

(310) 320-5918 [www.torranceca.gov/services/seniors](http://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](http://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](http://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](http://www.torrancememorial.org/Advantage)

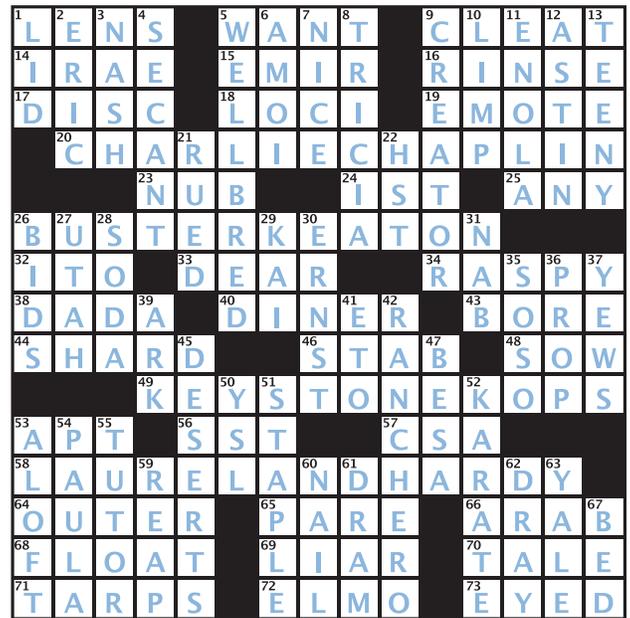
The Advantage Program offers a free network of health-related resources for ages 50+, and has answers to questions about medical insurance, health education programs, and care-giving services.

## Torrance Memorial Medical Center HealthLinks

(310) 517-4711 [www.torrancememorial.org/HealthLinks](http://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.

## BRAIN GAMES ANSWERS:



## Riddle Me This

1. Mt. Everest. It just wasn't discovered yet.
2. Second place
3. Meat
4. A tea bag
5. Both are equal. 1 ton = 1 ton



# COMINGS and GOINGS

We are happy to welcome our newest employee, Lisa Hata, kitchen staff!

It's that time of year for the changing of the guard as Board members reach the end of their terms. Our sincere thanks to outgoing Board members

Carol Graf, Mike Graf, Ellen Jenkins, Linda Jenson, and Carolyn Pohlner; and a warm welcome to incoming members Mary Kessler, JoAnn Ramirez, and Geri Spulecki.



Lisa Hata

## INCOMING BOARD MEMBERS



Mary Kessler



JoAnn Ramirez



Geri Spulecki

## 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.