

NEWS WHEELS

FOR FRIENDS OF TORRANCE/LOMITA MEALS ON WHEELS

SPRING-FALL ISSUE 2021

Covid-19 Update

Our Meals on Wheels program has continued to operate with full staff and cooperation from our loving and caring volunteers. This year, we are more flexible in our services than ever before. Prospective clients can now be approved via email, or in person. Brief, friendly visits are available for those clients who wish to have them. But, if preferred, their

meals may be delivered to their prepared coolers instead.

On a daily basis, we practice continued Covid safety for our staff, volunteers, and clients, requiring masks, and distancing where necessary. At this time, vaccinations are encouraged, but not required, and the majority of our staff and volunteers have been fully vaccinated. ❤️

Spotlight

AL RIVERA

MOW Volunteer since 2001



Al Rivera has been one of our valued volunteers for over 20 years. The Mayor of Lomita, at the time, asked Al to consider vol-

unteering with the Torrance/Lomita Meals on Wheels, a suggestion that Al found to be a good fit for him. "It really inspired me that some of the clients don't see anyone for days, and being able to just say hello and for them to know that we are here for them is really amazing," Al said.

Originally from Lima, Peru, Al currently resides in the Pasadena area. He makes the trek from Pasadena to Lomita where, for over 30 years, he has been the owner of Al's Automotive Auto

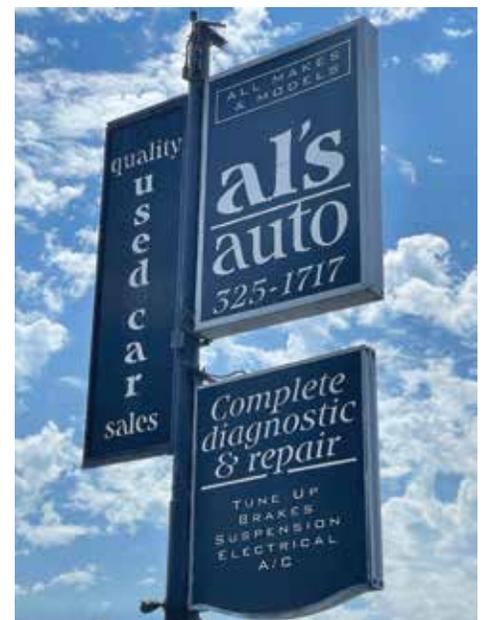
Sales and Repairs, offering high quality pre-owned cars and trucks for sale. "I'm self-employed," Al said. "Being able to just leave and volunteer is a great gift."

Last year, Al came to TLMOW with a proposal — a way to help with the funding of our services and meals. He generously offered to establish an ongoing relationship with Al's Automotive where he gives the proceeds from the sales of donated vehicles to TLMOW. Al only receives a portion of the donation, just enough to cover his expenses. We have already received funds from the sale of two cars this year. Many non-profits have found this to be a great way to help both the organization as well as the donor, and it's working out quite well for TLMOW so far!

When Al's not busy at work or volunteering, he spends his free time at the Kiwanis Club, or lending his interior design expertise to friends and family.

Al is happy giving back to the community, in this case, helping the elderly and the needy. "Seniors are often forgotten and many of them live alone. Whether you take five minutes of your

business time or an hour, being able to help someone, and especially bringing them a smile, is very rewarding." And when asked what his favorite part of volunteering is, Al said, "My favorite part is getting to know some of our clients and seeing them smile when we're bringing them their meals."



Torrance / Lomita
MEALS
ON WHEELS

(310) 542-3434
M-F, 8:30-2:30
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MAIL:
3525 Maricopa Street, Torrance, CA 90503

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

We APPRECIATE our Volunteers!

This year's National Volunteers Week was a great success. Even though current protocols prohibited gathering in a large group as we have in past years, it didn't stop us from welcoming all, as they arrived for their routes, with yummy treats, gift bags full of goodies, and even a raffle.

THANK YOU to all of our caring volunteers for your service. We couldn't do what we do without you all!

And to those of you who have not yet been able to return to be with us each week, we miss you. But know that you are still appreciated, and we hope to see you again soon.



ENRICHING REWARDS

MESSAGE FROM A VOLUNTEER

Spending time with clients sometimes reveals some extraordinary stories. One of our volunteers was so touched, after interviewing a potential new client, that she wanted to share. We'll call the client Mary, and this was her story.

“Mary sold her home after the death of her second beloved husband and moved from Paradise, CA (where there were devastating fires) just weeks before the home was burned to the ground. She moved to be near her daughter and son who, at the time, were living in the Los Angeles area.

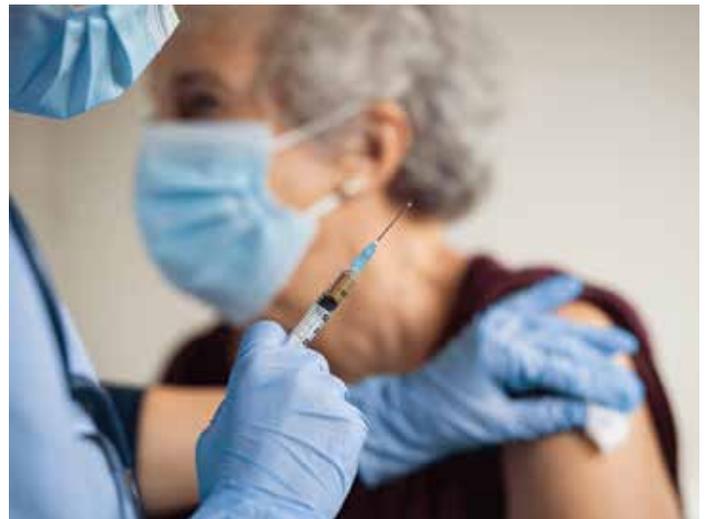
Her 31 year old granddaughter died tragically in her 5th month of pregnancy. She told her husband she wasn't feeling right, and by the time he got her to the hospital, she had died from an aneurism that took not only her life, but also the 5 month old baby girl she was carrying. It would have been Mary's first great grandchild.

This January 21, Mary lost her 70 year old son to Covid. He had been sick for only two weeks. She describes him as a man who gave his time and talent to his family, church and community all his life. She says, all his life he was a baby, child, teenager and adult who brought laughter and love to all he encountered. His funeral was attended by so many, many who were strangers to the family, wanting to tell stories of how he touched their lives.

Mary is trying to deal with the grief but is suffering because her circle of safe “bubble” family and friends whom she has visited and cared for, is not allowed to see her now and for the past year. Nevertheless, she is convinced God loves her and will provide comfort as she fights these losses. Her home is filled with cards of love, support and consolation from friends and family. She is a woman of deep faith (she misses her time singing with her church group at local nursing homes and eldercare facilities which she did before the Covid shutdown). I have never been so touched by one of my interviewees in all my time with MOW. It was a privilege to do this interview and I hope we can serve her for a long, long time.”

FIRE DEPT to the RESCUE

Earlier this year, working with Torrance Memorial Medical Center and the Torrance Fire Dept. we did a survey and identified 15 clients who wanted but had not yet received a vaccine. Many didn't know how to navigate the technology and are homebound with no help. After an unsuccessful attempt to work with Los Angeles County to set up possible mobile units to vaccinate our clients, the Torrance Fire Dept came to our rescue! In March, they sent out a mobile unit to vaccinate them and they did it expeditiously. “I have received phone calls from some of those clients who are most grateful. I will be honest, tears in my eyes for most of them because they were truly the needy and no one had yet helped them,” said Office Manager Laura Bohm, who had been tirelessly working on getting the job done. Thankfully, the majority of our clients have now received the vaccine.



The best way to find yourself is to lose yourself in the service of others.

~

Mahatma Gandhi



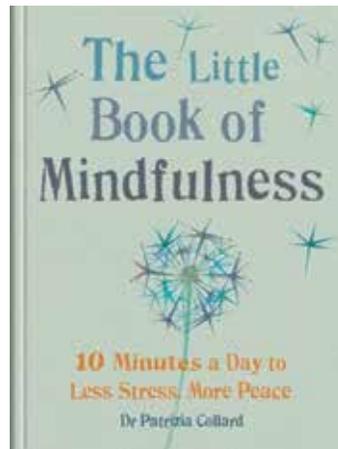
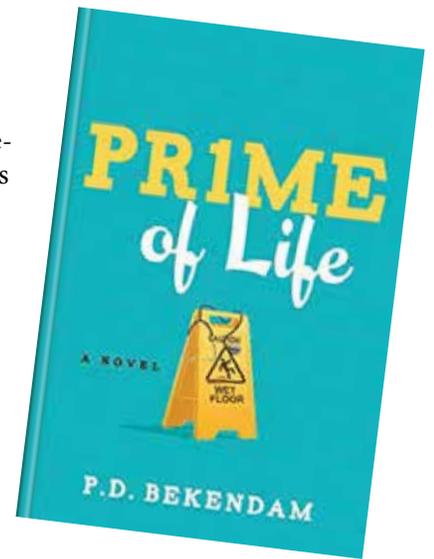
There's
nothing
I believe
more than
this,
that
laughter
adds time
to one's
life.

~
Norman Lear
(age 99)

UPLIFTING READS

Prime Of Life by P.D. Bekendam

Ben used to be a cardiothoracic surgeon before he suddenly abandoned his career and became a janitor at a retirement facility. Now, other than dealing with minor problems such as an unhealthy obsession with prime numbers, an inept boss, and a feud between two cantankerous retirees, he lives a relatively stress-free life. There is even hope for romance when an attractive podiatrist shows an interest in him. But it is not long before his past catches up with him and his carefully protected world begins to unravel. Filled with humor and quirky characters, Prime of Life delivers a satisfying and entertaining read.



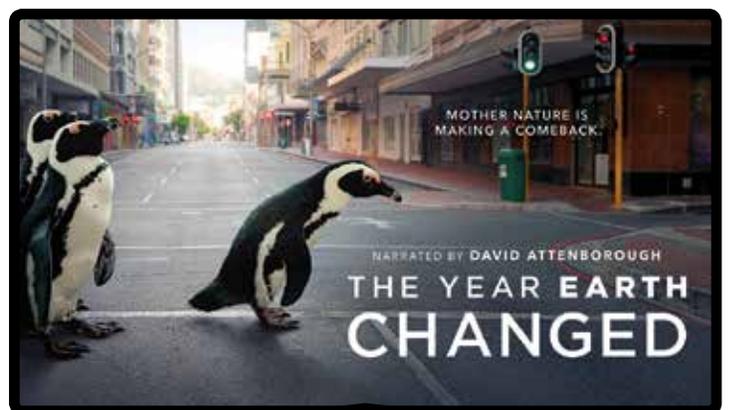
The Little Book of Mindfulness by Dr. Patrizia Collard

Mindfulness is the easy way to gently let go of stress and be in the moment. This book promises to bring a moment of calm with simple thought exercises that only take 5 or 10 minutes of your day. Coming in at under 100 pages, the book itself is a quick read but will leave you with strategies for coping with anxious moments that you will be able to use for a lifetime.

UPLIFTING VIEWING

The Year Earth Changed Streaming on AppleTV+

Showcasing footage from around the world after an unprecedented year, “The Year Earth Changed” is a timely documentary special that takes a fresh new approach to the global lockdown and the uplifting stories that have come out of it. From hearing birdsong in deserted cities and seeing whales in Glacier Bay, to meeting capybara in suburbs across South America, people worldwide have had the chance to engage with nature like never before. In this documentary special, viewers will witness how the smallest changes in human behavior — reducing cruise ship traffic, closing beaches a few days a year, identifying more harmonious ways for humans and wildlife to coexist — can have a profound impact on nature. The documentary, narrated by



David Attenborough, is a love letter to planet Earth, highlighting the ways nature's resiliency and ability to bounce back can give us hope for the future.

BRAIN GAMES

Time to put your thinking caps on. The answers are on page 7.

ACROSS

1. Fernando or Lorenzo of old TV

6. Strands at dinner?

11. Depressed

14. Rep

15. "American Idol" contestant Clay

16. Plumbing fitting

17. Financing, as a play

19. Planet, poetically

20. Gloss target

21. For each

22. Supersecretive U.S. org.

23. Takes, as an offer

27. Movie that rates 0 stars

29. Greek "P"

30. They're slithery and slippery

32. Elude waterproofing

33. Thou, squared

34. Doesn't exactly flow

36. Drizzles or pours

39. Bookie's numbers

41. More crafty

43. Take a seat inelegantly

44. Scouting mission

46. Arab League member

48. "So ___ heard!"

49. Good bit

51. Classy wheels, briefly

52. One of the Bobbseys

53. Divide

56. Brutally attacked

58. Hardened campaigner

59. Santa ____, California

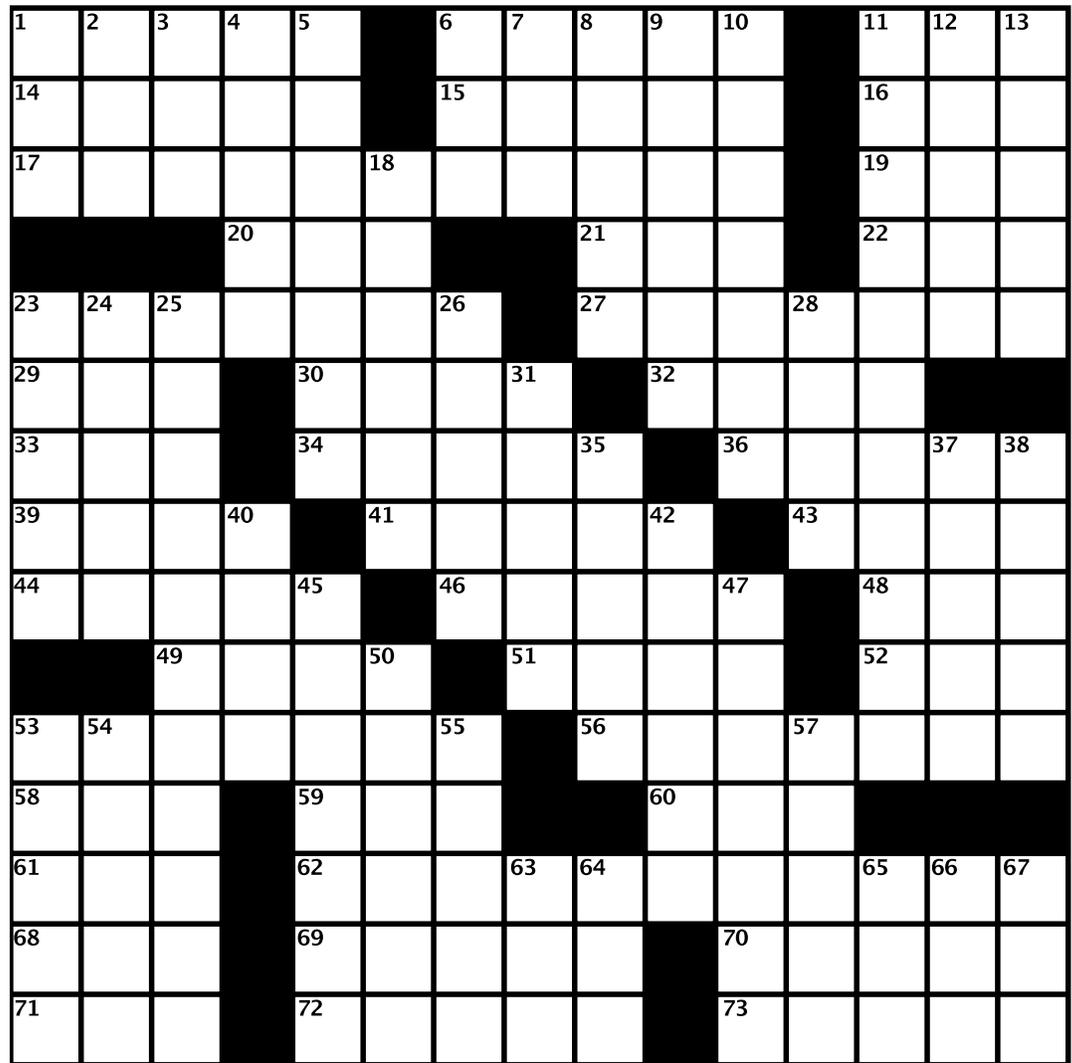
60. Tierra ___ Fuego

61. Boxer portrayed by Will Smith

62. Like the most popular books

68. Finish in first place

69. Beamed



70. Ore sources

71. Seasonal drink

72. Opposite of ally

73. Adrift

DOWN

1. Science class

2. Khan's title

3. Some grown-ups

4. Foot part

5. Like a zebra

6. Chum

7. Requiring nursing

8. Omits

9. Articles of faith

10. More steamed up

11. Storing up

12. Eagle's residence

13. Not allow to practice

18. Decision-makers?

23. Full metal jacket?

24. Chastise

25. Tough job for salespeople

26. In the way of 41-Across

28. Tide variety

31. Purposeful pitch

35. 18-wheelers

37. Fading stars?

38. Shell out

40. Recital numbers

42. Like some classic movies, now

45. Distinguished

47. Short long story?

50. Catch a radio program

53. Salmon's progeny

54. Jonas Salk's study

55. Grammar school goo

57. Parcel out, as property

63. Rum ___ Tugger ("Cats" character)

64. Bug someone?

65. Some people are bounced after revealing them

66. French word before a maiden name

67. Government procurement organization

THANK YOU! Donors

A special Thank You to all of our supporters who stepped up to help sustain us during this challenging time.

FOOD

- King's Hawaiian donates rolls weekly!
- Penzeys Spices donates spices that we share with our volunteers and St. Vincent Meals on Wheels.
- Through Cyndy Alatorre, we receive packaged food donations from the USO that we provide as supplemental meals for clients.

EXTRAS

- A generous donation of 1000 KN95 masks was donated to us by Meals on Wheels California.
- H.E.L.P. generously provided the van for our weekly food pickup.
- The Church of Christ for their continued support.
- Al's Auto for the proceeds of 2 car donations.
- A very generous donation came in that was originally allocated to the Salvation Army and sent to us by mistake. When we made the donor aware of her error, she insisted we keep the money since we were an honest organization who told her the truth rather than keeping the funds. She also said she would be replacing the donation for the Salvation Army. What a super lady!

THANK YOU for your generous donations:

Geraldine Lanzendoerfer, Kath Wundes, Gary Thompson, Michael Pippard

THANK-YOU FROM A VOLUNTEER

Dear Donors of greeting cards, calendars, notecards, notepads, etc.,

Thank you to all of you who have faithfully given these items for these past years. It is greatly appreciated!

Also, my thanks go to Linda Fisk and Janet Munemitsu for their help in making the placemats! FYI, new greeting cards, unused current calendars, unused notecards and pads (with no advertisements) are given to Doors of Hope Women's Shelter/Beacon Mission Light House Men's Shelter in Wilmington. The calendars and notecards are available to anyone who stays at or visits the shelter. Notepads, along with donated pens, are given when the "clients" come to "live" at the shelter for a week.

Your donations are very much appreciated. Once again, many many thanks!

~ Jean Furuya

Plus our corporate sponsors: Henry L. Guenther Foundation, Meals on Wheels of America, Palos Verdes Resale, Fidelity Charitable Gift Fund, Macy's, Porsche, Las Vecinas Women's Club, Vanguard Charitable, Facebook, AwWins Group, Knights of Columbus, Al's Automotive, The Degrood Trust, Schwab

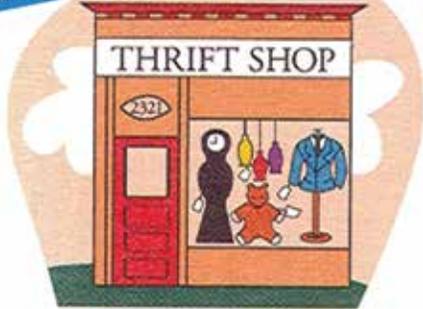


Community Contribution Program

DONATE

Supporting Torrance-Lomita Meals on Wheels is easy by simply using your Ralphs Shopper Card. Each time you shop, MOW receives a donation from Ralphs, at no extra cost to you!

Register your Ralphs Shopper Card online at www.ralphs.com. Once registered, sign in, click on Community Rewards then select Torrance-Lomita Meals on Wheels as your charity to support.



Sales help support
TORRANCE-LOMITA MEALS on WHEELS

THRIFT SHOP

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

Due to Covid-19,
please call ahead for up-to-date business hours

OFFICE News

It's been a busy and challenging year for our office. Here are some of the highlights:

- We have increased our client base by almost 65% since pre-Covid, and we continue to add new clients weekly.
- In an effort to save money, we have cut our office hours to 5 per day since we no longer have in person meetings and many of our events are curtailed.
- We began providing supplemental frozen meals plus milk, thanks to a generous grant.
- We provided a free thanksgiving meal to all clients and were open to deliver on thanksgiving. Something we have never done before with St. Vincent and decided to do this year.
- We received beautiful Easter bags from a volunteer, donated for the clients.
- We successfully started a 3-day meal program in February, as an option for those desiring fewer meals.
- We partnered with Torrance Memorial and the Torrance Fire Dept to send mobile units to vaccinate all clients in need but unable to receive the vaccine. We also provided cover letters to help our staff and volunteers qualify for early vaccination under the Food and Agricultural umbrella.
- We partnered with Al's Auto to establish a car donation program.
- We received a donation from Meals on Wheels California of 1000 KN95 masks that we shared with clients and volunteers.

And lastly, in May, after several months of doing daily meal pickups ourselves, St. Vincent began delivering meals to us again. A big THANK YOU to all the volunteers who braved unpredictable traffic driving to downtown L.A. to pick up meals during those hectic months, once again making it possible for our operation to continue running smoothly!

BRAIN GAMES ANSWERS:

1	L	A	M	A	S		6	P	A	S	T	A		11	S	A	D					
14	A	G	E	N	T		15	A	I	K	E	N		16	T	E	E					
17	B	A	N	K	R		18	L	L	I	N	G		19	O	R	B					
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23	A	C	C	E	P	T	S		26			27	S	T	I	N	K	E	R			
29	R	H	O			30	E	E	L	S		31	S	E	E	P						
33	M	I	L			34	D	R	I	P	S		36	R	A	I	N	S	38			
39	O	D	D	S		40			41	S	L	I	E	R		42		43	P	L	O	P
44	R	E	C	O	N		45		46	Y	E	M	E	N		47		48	I	V	E	
				49	A	L	O	T		50		51	L	I	M	O		52	N	A	N	
53	S	P	L	I	T	U	P		55		56	S	A	V	A	G	E	D				
58	P	O	L			59	A	N	A			60	D	E	L							
61	A	L	I			62	B	E	S	T	S	E	L	L	I	N	G					
68	W	I	N			69	L	I	T	U	P			70	L	O	D	E	S			
71	N	O	G			72	E	N	E	M	Y			73	A	T	S	E	A			



SUPPORT

Torrance/Lomita MEALS ON WHEELS

Donate while you shop! Visit smile.amazon.com, select Torrance/Lomita Meals on Wheels as your charity to support, and we'll receive a portion of every purchase you make!



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Wellness Support

COVID-19 INFORMATION HOTLINE

If you have questions about COVID-19 and need assistance finding information, a statewide hotline number is available Mon–Fri 8am–8pm; and Sat–Sun 8am–5pm

(833)544-2374

California Department of Public Health

Stay Connected

The COVID-19 crisis has upended lives and social connections, leaving many feeling isolated. Physical and social distancing have left many people feeling isolated with their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. And while physical distancing is important for maintaining health during the crisis, as time at home has lengthened, loneliness has set in for many older adults.

Given the negative emotional and health impacts that isolation can cause, we offer these tips compiled from Covia, AARP, the Eldercare Locator, and engAGED (The National Resource Center for Engaging Older Adults) to help older adults find ways to stay engaged in mind and body—and connected to their communities.

CALL LINES

Many organizations have developed call lines that provide a friendly voice that can offer emotional support. Whether you are in need of the service, or wish to volunteer, here are a few:

Covia's SOCIAL CALL

As part of their commitment to fostering community, SOCIAL CALL matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and giving volunteers an opportunity to listen and learn. They are always looking for friendly, caring volunteers to provide support and friendship.

If you are interested in becoming a volunteer, contact them at 925-956-7400, or visit their site at covia.org/services/social-call for information.

If you or someone you know would benefit from SOCIAL CALL, contact them at 877-797-7299 or visit their website coviaconnections@covia.org.

Other services offering phone visits:

Institute on Aging's FRIENDSHIP LINE:

800-971-0016

AARP FRIENDLY VOICES:

888-281-0145 (English), or

888-497-4108 (Spanish)

COMPUTER SAVVY?

• Use online tools to connect with friends and family. Need help? A guide from Senior Planet contains helpful tips for getting started online, on social media and on Zoom. Visit www.seniorplanet.org/stuck-at-home-guide-get-online.

• Read a book online. You can find your local library's free offerings at www.usa.gov/libraries. Consider starting an informal book club with friends or family members.

• Attend events or tour museums from home. During COVID-19, many museums have developed virtual tours allowing visitors to explore, and theaters are offering music, dance and other performances online.

• Stay fit. Take a virtual exercise class. The YMCA (www.ymca360.org) provides many pre-recorded and live fitness classes that allow you to work at your own pace.

REACH OUT THE SIMPLE WAY

• Pick up the phone. Try to call a family member or friend every day. Whether you swap book, meal or TV recommendations, read a book to a child, or plan fun activities for the future, just making the connection can be very helpful.

• Write a note or send a card. Mailing a short note to a friend or family member is simple to do and can bring a smile to someone's face while cheering you up in the process.

STAY ACTIVE, MENTALLY AND PHYSICALLY

• Move more and sit less, if possible. Even if it's just a few gentle stretches or laps around your house, make a point to move frequently during the day.

• Flex your brain. Feeling creative? Draw a sketch, write a poem or short story, or start journaling. This is a great time to record what you're experiencing through different mediums. You can share your creations with friends or family, and even ask for one in return.

[STAY SAFE • STAY SANE • STAY CONNECTED]

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.