

NEWS on WHEELS

FOR FRIENDS OF TORRANCE/LOMITA MEALS ON WHEELS

SPRING ISSUE 2022

The Pandemic Turns 2



Hard to believe! Two years ago, on March 11 2020, the World Health Organization (WHO) declared Covid-19 a global pandemic. Here at Meals on Wheels, we were presented with a challenge that many businesses had to face—how to continue providing our much needed service without much disruption, in the safest way possible.

Covid caused us to completely rethink our daily operations, and some changes we made still continue:

Meal Deliveries

- We no longer require riders to ride along with our drivers. Folks are welcome to go in pairs if comfortable, if they have someone normally in their bubble, but for the most part we have been delivering solo for 2 years, and we have no plans to change that.
- We no longer provide directions in the form of a route book, but

rather just a route sheet. With our volunteers having smart phones more and more, they can navigate easily to the deliveries. For those who don't, we are happy to provide a pre-route sheet so they can map out their driving.

- Many volunteers needed to discontinue service once the pandemic hit. Very few of them have returned to delivery status, but we are so thankful for those who did!
- Our 3-day per week option alternative for clients is a huge success and we are retaining many more clients now that they have the flexibility in meal deliveries.

The Office

- Office hours are back to normal.
- Beginning in the 4th quarter of last year, we brought back some favorite activities such as Angel Tree,

Thanksgiving meals, and the Annual Luncheon. We also reinstated daily office snacks for volunteers.

- Board meetings have left Zoom and are back in person.
- We continue to be flexible with staff hours, and those who can work less hours do so, saving us a few dollars.
- We became Amazon Prime Business status so that all of our supplies are ordered online and delivered.
- St. Vincent has reinstated daily meal deliveries to us (a cost of \$300/month), no longer requiring us to do daily pick-ups. We now sort the meals in-house, whereas in the past, routes came ready to be delivered.

Like before, we adjusted our sails, continue to operate and serve the community, and are grateful to each and every one of you who has a part in our success.

Torrance / Lomita
MEALS
ON WHEELS

(310) 542-3434
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FOLLOW US ON SOCIAL MEDIA
Instagram: @mealsonwheels_tl
Facebook: Torrance-Lomita Meals on Wheels

CELEBRATING the HOLIDAYS



We are happy to report that our annual Angel Tree was back in full swing this past holiday, after a year hiatus. We put out the call to all of our volunteers, and through their generosity, we were able to collect enough gifts to provide for ALL of our clients—and such lovely gifts they were!

Thank you to all the donors who participated in making this a special holiday season. Thank you to all the delivery volunteers who had multiple gifts to distribute on their routes.

And thank you to the Angel Tree Committee for your time, decorating skills, collection skills, organization skills—ALL the skills and enthusiasm that made this endeavor possible. ❤️



Our small but mighty team of elves: Amber VanBuskirk (top), Toni VanBuskirk and Geri Spulecki.



MEET the BOARD



Ellen Jenkins
President

Torrance-Lomita Meals on Wheels 2022 Board of Directors

Hello and happy Springtime...the world is opening and getting back to, albeit a new, normal.

The 2022 Torrance-Lomita Meals On Wheels Board of Directors is in place and is looking forward to an exciting year. We would like to take a moment and thank our T-L MOW office staff and volunteers for their commitment to the organization the past two years. Simply amazing what a small group of dedicated individuals can accomplish. Thank you! ~E.J.



Jerry Steele
Vice President



Dan Delfoss



Elizabeth Dodge
Secretary

CONTINUING BOARD MEMBERS



JoAnn Ramirez



Ron Smith
Treasurer



Geri Spulecki



Laurie Ellsworth



Laura Medina

CELEBRATING our VOLUNTEERS

Volunteer Luncheon 2022

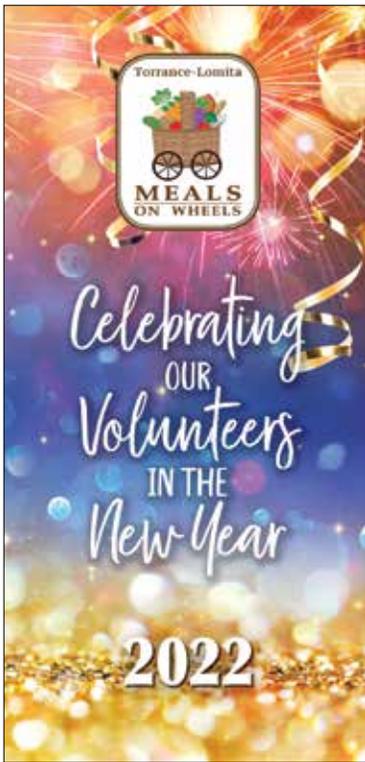
Every year, TLMOW has the honor of recognizing and saying thank you to our volunteers and supporters at our annual luncheon. Sadly, we were unable to hold the celebration last year. But with all the necessary safety measures in place, this year we were able to once again host a fabulous luncheon at the Toyota Meeting Hall in the Torrance Cultural Arts Center, generously subsidized by the City of Torrance. We rang in 2022 with the theme “Celebrating Our Volunteers In The New Year.”

At the time of the event, there had been a rise in Covid cases in Los Angeles reducing our attendance number this year to just under 40 attendees—a comfortable amount, under the circumstances.

We welcomed honored guests Torrance Mayor Patrick Furey, Torrance Councilwoman Heidi Ashcraft, Lomita Mayor Cindy Segawa, and Lomita Councilmember Mark Waronek. Mayor Furey performed the Installation of our new Board Members and gave the City Address, Mayor Segawa gave an appreciation speech, and Councilmember Mark Waronek gave the invocation beautifully!

The luncheon menu was delicious, as always. The lunch was from Lomeli’s Italian Restaurant. Yummy carrot cupcakes desserts were provided by Kim Leonard of Kim’s Macarons. The luncheon ended with a fun raffle to win one of the 20 raffle items.

Thank you to all of our contributing volunteers who helped serve, set up, and clean up for our luncheon. And kudos to Luncheon Chairperson, Mary Fair, for doing a marvelous job with her committee including JoAnn Ramirez, Ellen Jenkins, Laura Bohm, Jana Ditmars, Dan Delfoss, and Toni VanBuskirk.



Mayor Patrick Furey (left); Councilmember Mark Waronek (right).



MOW office staff: Laura Bohm, Christie Mancilla, and Michele Long (left).



Councilmember Mark Waronek and Mayor Cindy Segawa.



MOW President Ellen Jenkins, Councilwoman Heidi Ashcraft, and Mayor Patrick Furey.



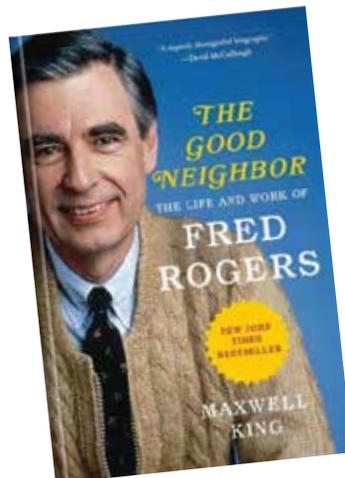
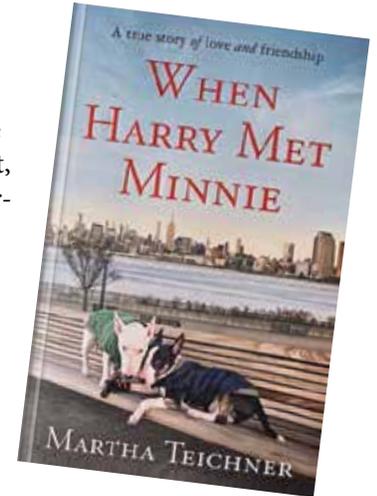
You are
never
too old
to set
another
goal
or to
dream
a new
dream.

~
C.S. Lewis

UPLIFTING READS

When Harry Met Minnie by Martha Teichner

A memoir of love and loss, of being in the right place at the right time, and of the mysterious ways a beloved pet can bring people together. A chance encounter with an old acquaintance changed author Martha Teichner's world. As fate would have it, her friend knew someone who was dying of cancer and desperate to find a home for her dog, Harry. He was a Bull Terrier—the same breed as Martha's dear Minnie. After Martha agrees to meet Harry and his owner Carol, what begins as a transaction involving a dog becomes a deep and meaningful friendship between two women with complicated lives and a love of Bull Terriers in common. Through the heartbreak and grief of Carol's illness, the bond that develops changed Martha's life, Carol's life, Minnie's life, Harry's life. Martha considers the ways our stories are shaped by the people we meet, and the profound love we can find by opening our hearts to unexpected encounters.



The Good Neighbor: The Life and Work of Fred Rogers by Maxwell King

The Good Neighbor is the definitive portrait of a beloved and influential figure, Fred Rogers, children's television pioneer and American cultural icon. As the creator and star of Mister Rogers' Neighborhood, he was a champion of compassion, equality, and kindness, fiercely devoted to children and taking their questions about the world seriously. Based on original interviews, oral histories, and archival documents, The Good Neighbor traces Rogers' personal, professional, and artistic life through decades of work.

WORDS on WHEELS

Are you, or someone you know, a resident of Torrance who cannot get to the library?

Would you like library books or listening materials delivered to you?

WORDS ON WHEELS delivery service is the answer! Torrance Public Library provides this service and has volunteers who will deliver library items such as books (including large print), audio-books, and music CDs to your home. They also serve group homes, retirement facilities, hospices, and hospitals.

Once you sign up for the service, your assigned volunteer will select material based on your interests and/or specific requests, and schedule regular delivery and pick-up times at your convenience.

Machines from the Braille Institute are also available.

The service is free, and registration is easy. For more information, please contact the WORDS ON WHEELS Coordinator at 310-618-5950, or visit their website at www.library.torranceca.gov/services-library and select the Words on Wheels link.



BRAIN GAMES

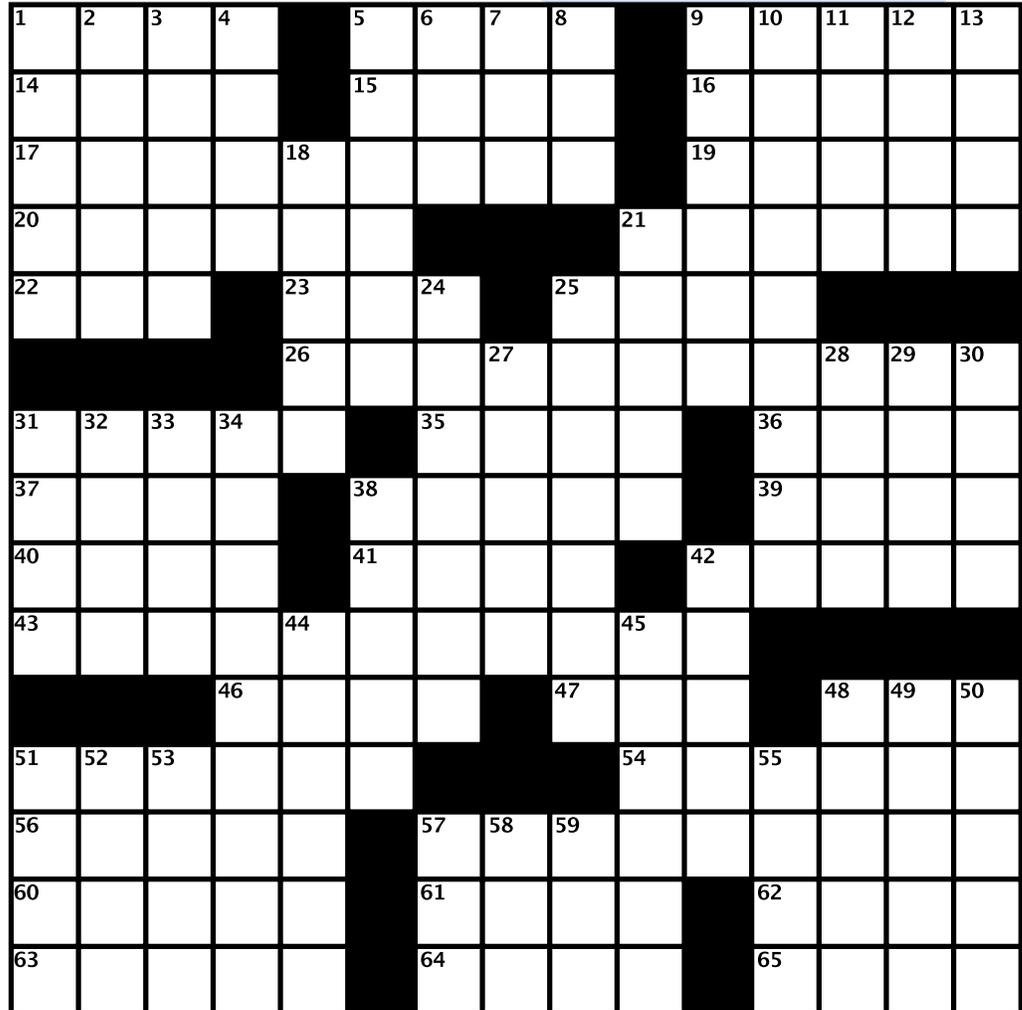
Time to put your thinking caps on.
(answers on page 7)

Online

If you like challenging word puzzles, the online word game **Wordle** could be for you! Go to [nytimes.com/games/wordle](https://www.nytimes.com/games/wordle) and try your luck solving the daily puzzles.

ACROSS

1. Femme fatale
5. Sax type
9. Indianapolis football team
14. Commodore Perry victory site
15. Be frightened of
16. Be of service
17. Stellar plea to quit fooling around?
19. See the old gang
20. San ____ (Texas city, casually)
21. Watched over
22. Utter
23. Archipelago unit (Abbr.)
25. Karate weapons
26. Stellar Scotch brand?
31. Latin percussion stick
35. Needing straightening
36. "Hello, ____!" (cell company slogan)
37. Apiary home
38. Belgrade natives
39. Amor, to the Greeks
40. Cast out
41. Celestial bear
42. Cara of "Fame"
43. Stellar hometown politico?
46. Crying shame
47. Sinus specialist, briefly
48. Altar affirmation
51. Fruit cup morsels
54. Like some clothing patches
56. Botches completely
57. Stellar fisherman?
60. "Tiny Alice" dramatist
61. Obey a court order
62. ____ gunman theory
63. Tea leaf readers
64. Narcissist's love
65. Was in the hole



DOWN

1. "The City Without Clocks," for short
2. Match locale
3. Walter the daydreamer
4. Colombian currency
5. From square one
6. Fragrant neckwear
7. Letter after sigma
8. Surgery ctrs.
9. Life's work
10. Kitchen device that rings
11. Heap kudos upon
12. Trident prong
13. Wheelless vehicle
18. How fish may be packed
21. Reasons to cram
24. Word on a quarter
25. Beliebers, collectively
27. Biblical passage
28. Wound at the corrida
29. Bond's alma mater
30. Take a licking
31. Hayes' "South Park" character
32. Succotash bean
33. Tel ____, Israel
34. Bill-killing ability
38. High-level execs, slangily
42. Prefix with "mural"
44. Hoses down
45. Org. supported by trick-or-treaters
48. Trailing behind
49. Lorna ____ cookies
50. NO RIGHT ____
51. Many Wall St. hirees
52. Vogue competitor
53. Earring spot
55. Norse port
57. Priests (Abbr.)
58. Bit of baloney
59. Fashion monogram

FEATURED Donor

Brookdale Senior Living

TLMOW Supporter

Brookdale Senior Living reached out to us recently and has generously committed to being a regular supporter of TLMOW, providing monthly cookies, beautifully wrapped for our clients.

Brookdale is a southern California senior living community that offers a carefree retirement lifestyle for seniors, while providing a 24-hr staff for added security. Support offered includes: assisted living, independent living, memory care, skilled nursing, home health care, and hospice care.

Here are some highlights that the Brookdale community has to offer (according to their website):

Socialize With Friends

Sure we have a beautiful campus that feels like a resort, but the best part of Brookdale South Bay is the people who live here. Wine Down Wednesdays, fitness classes and the book club are just some of the ways you can connect with new friends and neighbors. And one of the best benefits of our community is

that you have help with chores so you can focus on the fun.

Explore New Passions

There are plenty of ways to get inspired here. You could take a class to learn sign language, join our language club or explore art and crafts. Devotional services, movie matinees and live music performances—our calendar changes monthly. Plenty of inspiration to explore new hobbies and interests.

Trade-In Home Maintenance

Say goodbye to sweeping walkways or mowing lawns. And no more worries about cleaning a big house or costly home repairs. Here we've got home maintenance covered in your monthly rate. Support if you need it and your independence and freedom to live life on your terms.

Enjoy A Convenient Lifestyle

Spend time with interesting neighbors over a cup of coffee in the garden gazebo. And don't forget to join us for cocktail hours in the courtyard. There's



Cookies provided monthly for our clients.

never a shortage of games to play in the game room with bridge, Scrabble and billiards, and you can even check out the putting green if you want to practice your swing. There's even a beauty salon on campus. And we're just minutes from Redondo Beach.

We encourage anyone in need of their services to contact Brookdale Senior Living. We are very thankful to Jeanne Hagmaier for working with us and providing their continued support.

Brookdale South Bay
5481 W. Torrance Blvd, Torrance
424-409-5294

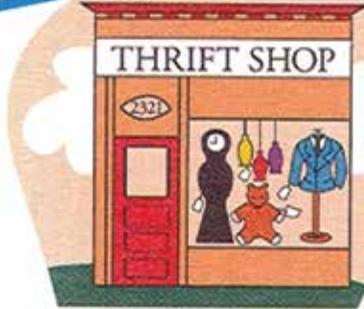


Community Contribution Program
DONATE

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



PALOS VERDES RESALE
a fun place to stop and shop
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

THANK YOU!

Donors

A special Thank You to all of our supporters who have continued to step up to help sustain us during our challenging times.

FOOD

- King's Hawaiian donates their delicious rolls weekly!
- Penzeys Spices donates spices that we share with our volunteers and St. Vincent Meals on Wheels.
- Brookdale Senior Living for partnering with us and provides monthly cookies for our clients.
- Cyndy Alatorre for providing sandwiches and Girl Scout cookies throughout the year from the USO.

EXTRAS

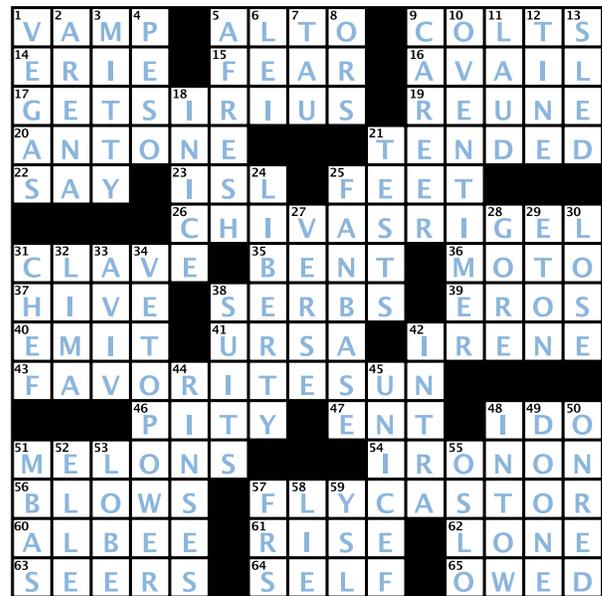
- Meals on Wheels California for their generous donation of 1000 KN95 masks.
- The Church of Christ for their continued support.
- Giving Tuesday donations raised just under \$3000!
- Office of Janice Hahn donated \$3500 for Thanksgiving.

THANK YOU for your generous donations:

Geraldine Lanzendoerfer, David C. Johnson, Kath Wundes, Gary Thompson, Pat Unangst, Jennifer Ando

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, One West Bank, Vanguard Charitable, Facebook, AwWins Group, Al's Automotive, Knights of Columbus, City of Lomita

BRAIN GAMES ANSWERS:



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auto sales and repairs
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 PCH90717@yahoo.com
 Complete Auto Diagnosis and Repair
 Foreign and Domestic • Detailing • Towing Service
 2249 Pacific Coast Highway, Lomita, CA 90717
 Tel (310) 325-1717 Fax (310) 325-9696

HELP WANTED!

Palos Verdes (PV) Resale, one of Meals on Wheels' biggest supporters, is in need of **substitute drivers**. The task is simple and requires less than a couple of hours. The best part—every volunteer hour earns dollars for MOW (or another charity of your choice). For more information, contact

Ellen Jenkins
310-617-7588
zellenjenkins@gmail.com

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!



YOU SHOP. AMAZON GIVES.

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

Over the past 2 years, the pandemic has upended lives and social connections. Many people are feeling isolated with their normal routines disrupted as senior centers, places of worship and local businesses have made adjustments to meet the crisis. Unfortunately, there are vulnerable individuals who may still need to maintain a certain amount of physical distancing for health reasons, which can be quite challenging.

To help homebound and older adults find ways to stay engaged in mind and body, and stay connected to their communities, we offer these tips compiled from Front Porch, AARP, the Eldercare Locator, and engAGED (The National Resource Center for Engaging Older Adults).

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:

Front Porch 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, or if you or someone you know would benefit from SOCIAL CALL, contact them at 877-797-7299, or visit their website at covia.org/programs/social-call for information.

Other services offering phone visits:

Institute on Aging's FRIENDSHIP LINE:

800-971-0016

AARP FRIENDLY VOICE:

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.

• OPEN LIBRARY offers free books that you can read online. Any book that you borrow is also available in audio form by just clicking the “listen” button. Visit them at www.openlibrary.org.

- Attend events or tour museums from home. During COVID-19, many museums developed virtual tours, 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.