



Meals – Wheels West UPDATE

SERVING SANTA MONICA, MALIBU, PACIFIC PALISADES, and TOPANGA

Volume 10

Issue 3

1823 A Michigan Ave. Santa Monica CA 90404

September 2011

Distractions for your Homebound Loved One

Any activity for your homebound loved one, especially when a family member or friend is also involved makes it a very special time. The interests of the senior/ disabled person as well as his/her physical and mental limitations will dictate what is a possible activity. Not only are these moments a distraction from the isolation and boredom, they bring fun and fond memories along with treasured moments with family & friends.

☺ **Make a Picture Album:** This project can take days or even weeks depending on the amount of old photos, captions & other imaginative touches. Maybe give your loved one a simple-to-use digital camera to take any kind of fun & present day photos and allow this album project to continue

☺ **Telephone Activities:** Telephone conference calls through a toll-free number to engage in trivia, bingo, reminiscing and more. Check for availability in your area.

☺ **Play Board & Card Games:** Easy, stimulating & family togetherness!

☺ **Computer Activities:** Using the computer opens up many opportunities to write stories, become engaged, play computer games, surf the Net & email or Skype the grandchildren. Keep the lessons simple!



Please take the time to review AARP publications as they are most informative & have many resources benefiting everyone!

Their website, www.aarp.org, is full of free online advice, advocacy & activities. For amusement & free online skill games, puzzles, brain games, card games, sports games, & much more...use the link below

<http://games.aarp.org/>

Our mission is to nourish and enrich the lives of individuals of all ages through services that promote independent living and dignity. Our vision is to eliminate hunger, isolation and to foster independence.

Join us for our annual **Friend-raising Event**
Havana Night & Silent Auction
casino games - silent auction - cigar lounge

Saturday, Oct 29, 2011 7 pm - 11 pm
at the Loews Santa Monica Beach Hotel



Have fun with our Havana theme & don linen outfits, tropical shirts, fedoras & maybe a Carmen Miranda look.

More info inside or call Kevin
310.394.5133 ext 5



HONDA



Join **Team Meals**
Running 4 Meals
at the **LA MARATHON**
March 18, 2012

For all runners & walkers - *no experience necessary* - seeking a personal challenge and raise funds for home-delivered meals for the homebound person.

When you join Team Meals YOU GET:

- ☺ FREE registration & training (available)
- ☺ Carbo-load dinner & more fun team events
- ☺ Team t-shirts & swag
- ☺ Fundraising tools incl. personalized webpage
- ☺ **Team suite @ Dodger Stadium** day of marathon

Contact: Liz 310.394.5133 ext.7

email: Elizabeth@mealsonwheelswest.org

www.mealsonwheelswest.org

After receiving your registration form, we will send you a Welcome Packet with important race, training & fundraising information.

**Direct deposit of Federal benefit checks
will be mandatory by March 1, 2013**

Everyone receiving federal benefits by paper check will need to switch to electronic payments - **direct deposit** to a bank, credit union account or to the **Direct Express®** Debit MasterCard® card.

Direct deposit is the safest way to get your federal benefit payment so you'll feel more secure. A separate enrollment to the electronic payment for each benefit check is necessary.

The US Dept. of Treasury sponsors the **Direct Express®** & **Go Direct** campaigns. For more information on converting your paper checks to electronic deposits call the number below:

800.333.1795 or visit their website

<http://godirect.org/>



DELIVERING SMILES AGAIN

We love parades!

Santa Monica 5th annual July 4th parade



Our parade crew posing and our golf cart @ the end of the parade route on the beautiful SM beach!

Join us next year for a walk down Main St.!



NEW VOLUNTEERS ARE ALWAYS WELCOME!

No commitment necessary; between 11a - 1p weekdays only. **Call 310.394.7558 to join us!**

Can't hear well on the phone?

Now you can read captions during your calls, just like on your TV. The CapTel captioned phone provides word for word captions of your callers conversation.

CapTel - captioned telephones

800.233.9130 or visit their website



Donate Your Car to
Meals On Wheels
1-888-MOW-KARI

visit our website
donate page
& click the icon

remember to select us as the program:
CA Meals on Wheels West
www.mealsonwheelswest.org

**Good communication = Healthy patients
Start with Ask Me 3**

a patient education program designed to enhance communication & understanding between healthcare providers & patients

It is critical to understand 3 basic questions - ask your doctor to provide the answers & write them down

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

This tip is provided by the National Patient Safety Foundation. For more info on nutrition, healthy living & wellness, personal health tools, health news/alerts & to find services and much more, visit

healthfinder.gov

a service of the US Dept. Health & Human Services



Please re-register your Rewards cards after Sept 1 for the next year!
at no cost to you...we will benefit

visit www.ralphs.com

- click on *services* then click *community contributions*
- click on *enroll* or click *sign in / my account*
- designate **Meals on Wheels West #82807** as your choice

Gifts & Grants

Every contribution is greatly appreciated and goes directly to providing food and love to our neighbors. Acknowledgements are for gifts received July 19, 2010 - August 12, 2011

\$ 42- \$ 149 (provides up to 30 meals)

Gilbert & Ellie Somerfield	Sullivan-Dituri Co.	William Van Vorst	Barry Weichman DDS
Southern California Gas Company <i>through volunteer John Thompson</i>	Patricia & Stephen Summers	Barbara & Donald Vatcher	Allen & Donna Weiss
Anna & Richard Sparks	Jeff Sung	Aldona & George Venk Venckunas	Bernard Weiss & Julie Heldman
Aaron & Kristi Speiser	Nancy Sussenn	Arturo & Margo Verge	Rita Weissman
Sarah Spitz	Victoria Sussman	Robert Vickrey	Mary Whitaker
Katie Srednicki	Joan Sutcliffe	Anna Villano	Julia Whitcomb
Hans & Anmira Stadlbauer	Ester Swerdloff	Solveig Villicana	Constance Whitley
Ed & Bette Stark	Alicia Syres	Ian & Gillian Wade	Clive & Margaret Whitmore
Ruth Staub	Larry & Naomi Taube	Richard Wahlgren	Robert Whitmore & Victoria Steele
Starway International, Inc.	Carmen Tebbe	Nicole Wainright	Edward Wilkinson
Harold & Rita Stearn	Marta Tehrani	Anita Walker	Gale & Dorothy Williams
Walter Stern	<i>IMO Mehdi Tehrani</i>	Mike & Elva Walling	Lynn Willis
Jay & Sary Stein	Sonia Thaler	Annie Wang	Gillian Wilson
<i>IHO Melissa Dagodag</i>	Marilyn Tiberio	Aileen Wang	Elizabeth Wilsonhoyles
Suzanne & Robert Stein	Donald & Claire Tierney	Francine Wang	Emily Woerner
Robert Steinberg	Dagmar Tomlinson	Sharon Wanglin	Susan Wolff
Henry Steinway	Patricia Thompson	Maxine Warner	Susan Wolford & Delores Komar
Roy Stephenson	William Tooley	Jane Waterman	Joe & Otheta Wood
Helen Stevenson	Larry Travis	Harry Waterstone	Heidi Wulkow
Sandra Stewart	Linda Trope	Alan & Dorothy Weinberger Fndn.	Frank Wyle
Constance Stewart	Max Trumpower	Bernard Weiss	Yasuko Yamane
Frances Stivers	Richard & Cathleen Tryon	Linda Weiss	Margaret & Eugene Yates
Claire Stockfisch	Mary & Kaya Tuncer	Nancy & Thomas Weitzel	Anthony Yohe
Judith & Alan Stocker	Jane Tuma	Donald & Terry Welch	Irving & Esther Zabin
Stockholm Design	Autumn Udell	Robert Wendt	Martha Zaharia
Nina Stoddard	Mary & Henry Ullerich	Margaret & Clive Whitmore	Esther Zaidman
Patricia Stohler	Unitarian Universalist Community Church	Lenda & Bradley Whitmore	R. J. Zawadzki
William & Patricia Stones	Nicole Vanderploeg	Gillian Wilson	Carlo & Aglaia Zaniolo
Betty & Jim Storm	Vincent & Jeane Vanos	Elizabeth Wilsonhoyles	Eden Zigman
Sharan Street	Francois & Fanny Velle	John Wintler	Marcia Zimmer
	Sonja Vinje	Ronna Wegner	George Zippel
		Terry & Donald Welch	Michael & Frances Zonfrillo

Support comes in many forms...

Adopt-a-Route thru volunteer meal delivery

- ✓ **Business.com** ✓ **Bank of New York Mellon** ✓ **Edmunds.com** ✓ **Fandango** ✓ **GOOGLE**
- ✓ **Jackson Nat'l Life Insurance Co.** ✓ **Macerich Co** ✓ **Options for Life** ✓ **Pacific Palisades Jr. Womens Club**
- ✓ **Santa Monica Police Dept.** ✓ **Southern Calif Gas Co.**
- ✓ **UCLA Jr. Discovery Camp** ✓ **Watt Industries**

Hosts

- ✓ **Southern Calif Edison Co.**
annual fundraising events
- ✓ **Loews SM Beach Hotel**
Board of Directors meeting
- ✓ **Le Merigot SM Beach Hotel & Spa**
annual Retreats & Breakfasts

Adopt-a-Route thru donation of meals

- ✓ **Loews Santa Monica Beach Hotel**
- ✓ **Shutters on the Beach Hotel**

Meals on Wheels Staff

310.394.5133

extension 1	Thaoly Vu	<i>Client Coordinator</i>
extension 2	Margaret Talai	<i>Volunteer Liasion</i>
extension 3	Joanna Vasquez	<i>Director of Volunteers</i>
	<i>direct line</i>	310.394.7558
extension 4	RoseMary Regalbuto	<i>President/CEO</i>
extension 5	Kevin McNulty	<i>Associate Executive Director</i>
extension 6	Branka Sahbegovic	<i>Community Outreach</i>
extension 7	Elizabeth Adams	<i>Online networking</i>
extension 8	Mona Phillip-Guide	<i>Bookkeeper</i>
	<i>direct line</i>	310.260.0165



June Birthdays

Christina B, Elmer C, Beulah C, Joyce F, Sylvia J, Tommy L, Richedeen L, Paul S, Sheri T

July Birthdays

Adileh A, Barbara G, Maureen G, Maggie K, Eric L, Soledad M, Faramarz M, Jeanne M, Emmanuel R, Emilliano R, Beatrice S, Fred S

August Birthdays

Richard B, Matiana C, Rose D, Audrey D, Pauline F, Cleone G, Vernon H, Margaret H, Dorothy H, James K, Daisy L, Lionel M, Ilene N, Lowell R, Brenda V

September Birthdays

Geneva B, Sabino C, Cora C, Joe C, Anthony C, Lenore D, Ruben H, Charles H, Suzanne G, Norton L, Andy K, Miriam K, Lidia M, William M, Melvin R, David R, Carlos R, Maxine S, Cleonis T, Della W

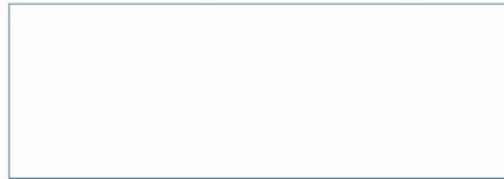
Meals on Wheels West

serving Santa Monica, Malibu, Pacific Palisades, Topanga
and parts of Marina del Rey & Venice
Delivering Smiles a Meal at a Time

1823-A Michigan Avenue
Santa Monica, CA 90404



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SANTA MONICA,
CA
PERMIT NO. 780



Invitation to join our online community

Thank you for your ongoing support. Your generosity has helped us make a lifesaving difference for so many of our homebound friends.

We are in the initial stages of implementing initiatives to curtail expenses, embrace current technologies and to minimize our environmental impact.

Our email updates will share with you stories of those who are nourished & nurtured by our home-delivered meals and the volunteers who provide a smile with their daily visit. Our online communications will never completely replace hardcopies of newsletters, invitations, and requests for support. We will be prudent with our integration of communication

Meals on Wheels West provides the information in this newsletter as a service to our clients and receives no financial gain. Meals on Wheels West makes no representations or warranties as to the accuracy or correctness of any advice rendered by included companies or organizations. All clients should verify the accuracy or correctness of advice on their own. This newsletter is not intended to provide medical advice on personal wellness matters. Please consult your physician directly.

Meals on Wheels is a 501(c)(3) not for profit organization supported by charitable donations, fundraising events and receives partial grant funding from The City of Santa Monica.