FOOD & SHELTER: YOU CAN MAKE A DIFFERENCE

Amelia* was just shy of her 20th birthday when a drunk driver hit her and her co-worker as they were on their way to work. From that moment on, her life was forever changed. After a 51-hour surgery, one of the longest in history, Amelia survived but found that she would be bound to a wheelchair for the rest of her life. Despite this hardship, Amelia says she was determined to fight on. She married George*, a man she had known since she was young, and together they built a life together. When Amelia speaks of George, her eyes glisten, and her voice slightly trembles. Three years ago she lost George to a sudden illness. Feeling lost and in despair, life’s twists & turns eventually led to Amelia becoming homeless and hungry.

Today, Amelia lives in a Venice apartment building for formerly homeless people with disabilities. She is the friendly face that often greets the Meals on Wheels West volunteers at the gated entrance when they come to deliver. She enjoys the company of the volunteers who are often the only people she may see in a day. “Everyone is so great, very sweet; we always have a good talk,” says Amelia. Amelia suffers from seizures and often cannot cook for herself. The meals provided help her balance her diet, maintain her weight and keep her healthy. “It keeps me alive, that’s what it does,” says Amelia.

Subaru Santa Monica staff, Meals on Wheels West staff, MOW West clients Donn and Jean and volunteer Anna sing “Put a Little Love in Your Heart” during the annual Share the Love Event at the Subaru Santa Monica/LA CarGuy showroom. Subaru continues to support MOW West by donating $250 for every car sold in November and December. Our volunteer, Anna and clients, Don and Jean were prominently displayed in the nationally televised Subaru commercials!

Thanks to Subaru/Santa Monica/LA Car Guy for their continuing friendship and support
WE NEED YOUR HELP!

Did you ever imagine that there were individuals in your community that just did not have enough to eat or could not cook or provide food on their own? Unfortunately Hidden Hunger exists even in the most affluent communities.

Every day Meals on Wheels West provides nutritious meals to people living in the Westside communities of Santa Monica, Pacific Palisades, Malibu, Topanga, Venice and Marina del Rey.

Your donations help us provide nutritious daily meals to seniors, veterans, those recovering from surgery and illness, and the formerly homeless who are now housed and need our supportive services. You also help us keep people and their pets together by helping provide pet food in addition to daily meals.

Delivering Hope - $1 to 100,000

We need your help to serve 100,000 meals this year. Imagine if everyone donated just $1 to go towards a meal. Join us in our $1 to 100,000 campaign. You can donate as little as $1 or $50,000 – each dollar raised will go towards our efforts to provide 100,000 meals.

VOLUNTEER APPRECIATION BREAKFAST

CELEBRATING OUR VOLUNTEERS!

On April 25th, 2017 at the Fairmont Miramar Hotel
Meals on Wheels West will show our appreciation to our devoted volunteers and community partners!

To sponsor our Volunteer Breakfast please contact LaShanda at (310) 394-5133 ext. 6

MEALS ON WHEELS WEST

Delivering More Than a Meal

Volunteer Appreciation Breakfast

Keeping People & Pets Together program is the real deal

One of our clients, “Frank”, has two cats that he adores and he cat sits for a couple more in his apartment complex. One of those cat owners did not want to deal with her frail, sickly, elderly cat Tigger, because it continuously missed the litter box. When she threatened to kick it outside or have it put to sleep, Frank offered to adopt the cat. With the assistance and financial aid of the MOW West Keeping People & Pets Together program he took it to the vet and discovered it had a G.I. infection which was contributing to the “accidents”.

Frank spent countless hours researching Tigger's' problem and nursing him back to health. Tigger has put on a couple pounds and when he’s not cat napping on his very own elevated perch, he shows Frank his gratitude by rubbing against him and purring VERY loudly. In addition to being passionate about cats, Frank has always been interested in cat behavior and care. He is now so knowledgeable about cat various issues, he has offered to help other Meals On Wheels West clients with their cat's problems.

Donate online: www.mealsonwheelswest.org

Your donation to KEEPING PEOPLE & PETS TOGETHER provide pet food and vet service for those homebound folks who are fortunate to have the companionship of their pets.
AMERICAN LEGION, VETERANS ADMINISTRATION LOS ANGELES BACK MOW WEST
SUPPORTING VETERANS ON THE HOMEFRONT PROGRAM

Meals on Wheels West’s pilot program with USC Los Angeles Veterans Collaborative has resulted in new partnerships with Pacific Palisades American Legion Post 283 and the VA Greater Los Angeles Healthcare System. These organizations are donating resources to serve veterans and their spouses in local coastal communities.

“The American Legion was formed out of necessity to provide for the critically wounded, widows and the children of those who served in the Great War. In keeping with that spirit of service to our veterans in need, we believe by providing the grant to Meals on Wheels West, Palisades Post 283 hopes to not only provide a warm nutritious meal but maintain the flame of espirit de corps within each veteran thereby improving morale through human contact that the representatives of Meals on Wheels West provide with every delivered meal. Every recipient and their spouse will know someone cares and cherishes their service and sacrifice to our Nation,” said Pacific Palisades Post 283 Commander Jere Romano.

We can’t thank Post 283 enough for their donation to our Supporting Veterans on the Homefront program. We serve veterans and their spouses in Pacific Palisades, Santa Monica, Venice and the communities near the VA West LA.” said Meals on Wheels West Executive Director Chris Baca. “We are excited about this opportunity to partner with the American Legion and deliver food to those who have served our country. We know there is Hidden Hunger among veterans of all ages in communities all across LA County.”

Ann Brown, the new Medical Center Director of VA Greater Los Angeles Healthcare System, has also been very supportive of this program. “VA Greater Los Angeles Healthcare System has enjoyed a long and positive relationship with Meals on Wheels West that, like ourselves, have the honor and importance of serving Veterans within our community,” said Ann Brown, VA Director. “We’re looking forward to its continued efforts for our nation’s heroes with the Supporting Veterans on the Homefront program aimed at better serving those who have served our country and have earned these kinds of high-quality supportive services.”

“Director Brown has invited MOW West Veterans’ Outreach Manager, retired Marine Iraq Veteran Sgt. Noe Aguirre to numerous outreach events at the VA WLA and encouraged VA staff to refer veterans to our Supporting Veterans on the Homefront program. Noe seeks out veterans who are younger, like himself, who may, out of pride, resist seeking help. “It’s sad. You look in the refrigerator and all you see is beer,” says Medically Retired Aguirre. “They [veterans] seclude themselves from society and many are suffering from PTSD.” Grocery stores, for some veterans, can be difficult places to go. We need the support and donations of everyone so no veteran goes hungry and gets a friendly volunteer visit and daily Wellness Check.”

WHAT CAN YOU DO TO SUPPORT MEALS ON WHEELS WEST?

Call or email your elected officials and tell them that Meals on Wheels helps people in your community

President Trump: Switchboard: 202-456-1414 or Comments: 202-456-1111
Senator Diane Feinstein: (202) 224-3841 www.feinstein.senate.gov
Senator Kamala Harris: (202) 224-3553 www.harris.senate.gov
Congressman Ted Lieu: (202) 225-3976 www.lieu.house.gov

Delivering Hope - $1 to 100,000

We need your help to serve 100,000 meals this year. Imagine if everyone donated just $1 to go towards a meal. Join us in our $1 to 100,000 campaign. You can donate as little as $1 or $50,000 – each dollar raised will go towards our efforts to provide 100,000 meals.

Programs

Delivering More Than a Meal
Food & Shelter
Heal Healthy at Home

Supporting Veterans on the Homefront
Keeping People and Pets Together
Emergency Preparedness
MORE THAN PRETTY BEACHES, MALIBU IS ALSO HOME TO THE HIDDEN HUNGRY

Stretching for more than 32 miles on the California Coast, Malibu is known for its celebrity residents, incredible beaches and fine dining establishments like Nobu. What it is not known for is hunger – but in fact, there is Hidden Hunger living within Malibu’s wealth and affluence, seniors and the disabled who depend on the daily delivery of Meals on Wheels West.

Meals on Wheels West works in partnership with Pepperdine University and local volunteers, who provide meals for residents living in Malibu. Volunteers pick up daily meals from Pepperdine University and deliver Monday through Friday. Allan Manheim is one of those longtime volunteers. As a Malibu resident himself he can certainly understand the difficulty residents may have in being able to purchase and provide food for them. “The Pacific Coast Highway is pretty long and unless you are near a shopping center it can be difficult. And a number of the people we serve don’t drive,” says Manheim. Manheim has delivered one day a week for several years. He knows the importance of the daily contact he provides. “Most of the clients are very grateful,” says Manheim. “They are grateful for the daily interaction. It is almost as important as the food, if not a more gratifying experience.” Meals on Wheels West volunteers provide a daily Wellness Check each time they visit, ensuring that seniors are doing well and not in need of additional help. Manheim recalls one time while he was delivering to a man who was in extreme distress. Allan was able to call an ambulance and get our client to the hospital. He later survived. It’s stories like this that makes the daily contact from volunteers so vital.

The City of Malibu has also been a longtime supporter of Meals on Wheels West, providing grant funding year after year. We currently serve seven clients living in the Malibu area from ages 53 to 95. Mayor Lou LaMonte and Councilmember Laura Rosenthal have each personally delivered meals. Lou LaMonte’s wife is a longtime MOW West volunteer.

Meals on Wheels West has established a Legacy Club to celebrate and thank those individuals who share our vision to nourish and enrich the lives of our homebound neighbors by providing nutritious meals. Members of the Legacy Club are individuals who have made the decision to include Meals on Wheels West in their estate planning. These Legacy Gifts will help sustain Meals on Wheels West for future generations and help us continue our work to promote independent living and wellbeing through our home delivered hot and healthy meals and Wellness Checks. Members of our Legacy Society will be recognized in our publications, on our web site and will also receive a MOW West Legacy Society special recognition pin. Every year, the Legacy Club will meet at a very special and exclusive event as our special guests. Estate gifts provide opportunities for Meals on Wheels West to be flexible in their spending, enabling us to provide meals to more individuals in need. If you are interested in finding out more about our Legacy Club/Estate Planning please contact LaShanda at (310) 394-5133 ext. 6 or via e-mail at lashanda@mealsonwheelswest.org.
MOW West’s Community Champions Day

Every March, community stakeholders across the country show their support for the Meals on Wheels programs by delivering meals to homebound people. This event increased public awareness of the prevalence of hunger and isolation in our communities.

MOW West: Melissa Dagdag, LaShanda Maze, Tish Tisherman, Rob Sherman, Melissa Sweeney; SM Chamber of Commerce President: Laurel Rosen; MOW West: Kevin McNulty, RoseMary Regalbuto

Santa Monica Woman Returns to her Roots, Volunteers for Meals on Wheels West

by Dolores Grijalva

I have been volunteering for Meals On Wheels West since August 2016. Prior to relocating back to Santa Monica June 2015, I was employed with the Department of the Navy as a civil servant for over 30 years. The majority of my career was spent with the Navy where I provided administrative support to civilians and active duty military. I also worked as an Ordinance Equipment Helper during Desert Storm era.

My main reason for relocating from Long Beach was to help my mother and sister in Santa Monica. Unfortunately, within months of my relocation my mother became suddenly ill and passed away. So needless to say, I had a lot of time on my hands and felt it was necessary to keep busy to avoid the empty feeling and depression from my mother’s death.

My family members and I are natives of Santa Monica; we attended the local schools St. Anne’s, Will Rogers, John Adams, Santa Monica High, and Santa Monica City College. I have not lived in Santa Monica for 35 years, what better way to get acquainted with Santa Monica and find my way around the city again by volunteering! While living in Long Beach I volunteered with my church and the American Legion Auxiliary, Lakewood CA, where I’ve been a member of the organization for six years now and currently volunteer with the Bob Hope USO-LAX.

The experience with Meals on Wheels West has been great! Meeting the different clients, some share their stories and many of them are grateful that we volunteers take the time out of our day to deliver food to them and sometimes we’re the only person they see for the day. It helps put my life in prospective and be thankful to wake-up daily, appreciate what I have, my health and of course, our Heavenly Father watching over me every day.
Dear friends and supporters:

"Meals on Wheels sounds great but to take the federal money and give it to the states and say, look, we want to give you money for programs that don't work -- I can't defend that anymore." said U.S. Budget Director Michael Mulvaney.

The facts are that Meals on Wheels programs do work. A Brown University study documents the effectiveness of providing nutritious meals. Our Delivering More Than a Meal program helps reduce healthcare costs. 

http://www.mealsonwheelsamerica.org/theissue/research/more-than-a-meal

MOW West can feed someone for a year for the cost of just one day in the hospital.

Last week budget cut stories featuring Meals on Wheels West appeared on KNBC TV 4, KCBS TV 2, KABC TV 7, KCAL TV 9, NPR radio and follow-up stories on KCAL TV and KCBS TV. The KABC Channel 7 story captures the issues well. 


Thank you to all of our wonderful supporters for their amazing response to this threat to eliminate Meals on Wheels funding. We have received many e-mails, calls and more than 30 new volunteers have signed up. Thank you to the supporters that have responded by donating almost $6,000. A special thanks to Pretenders Dance Studio.

If all Federal funding was eliminated MOW West would lose almost $84,000. The reality is that we need financial support of many more local organizations and individuals. Every dollar donated helps us fulfill our mission of providing healthy and nutritious meals and a daily Wellness Check to our clients, your neighbors.

In the last three years we have seen growth of more than 50% in the number of clients and meals we deliver. Our funding streams have been unable to meet this growing demand and now, with the threat of losing government funding, we need your help even more to continue to serve meals to your home-bound neighbors.

We need your help to serve 100,000 meals this year. Imagine if everyone donated just $1 to go towards a meal. Join us in our $1 to 100,000 campaign. You can donate as little as $1 or $50,000 – each dollar raised will go towards our efforts to provide 100,000 meals.

Thank you on behalf of MOW West’s clients, volunteers, staff and Board of Directors.

Chris Baca

Chris Baca, Executive Director, MOW West
Get Involved and Make a Difference!

Volunteer! Share a smile and provide companionship to a neighbor who really needs it. You can volunteer daily, once a week or whenever it fits your schedule. Call 310-394-5133 ext. 2.

Refer! Do you know someone who can use our services? Seniors, veterans, disabled, those recovering from illness/and or surgery can all use our services, regardless of age. Call 310-394-5133 ext. 1.

Donate! Every gift makes an incredible difference and helps us DELIVER MORE THAN A MEAL. Call 310-394-5133 ext. 6.

MOW West Staff Contact Info

310-394-5133

Direct line for volunteers 310-394-7558

Operations & Client Manager Angel Ext. 1
Operations Coordinator Rebecca Ext. 2
Volunteer Coordinator Maggie Ext. 3
Executive Director Chris Ext. 4
Chief Administration Officer Kevin Ext. 5
Director Community Relations and Development LaShanda Ext. 6

Volunteer - Refer - Donate

Monday-Friday 9:00 am - 5:00 pm
Website: MealsOnWheelsWest.org
Email: Info@MealsOnWheelsWest.org

Feeling lost and in despair, life’s twists & turns eventually led to Amelia becoming homeless and hungry. The kindly voice of a Meals On Wheels West volunteer tells Amelia she has a meal on the way. “I’ve been through hard times,” she says, “but I’m still here.”

Amelia* was just shy of her 20th birthday when a drunk driver hit her and her co-driver. Amelia sustained a severe head injury and her leg was broken in 9 places. She spent one hour in surgery, one of the longest in history. Amelia survived but found that she would be bound to a wheelchair for the rest of her life. Despite this, Amelia says she was determined to fight on.

Aunt Sammy*, who has known Amelia since she was young, and together they built a life together. When Amelia* was 3, Aunt Sammy and her family adopted Amelia*. She moved in with them and Amelia helped her balance her diet, maintain her weight and keep her healthy. “It keeps me alive, that’s what it does,” says Amelia.

Today, Amelia* lives in a Venice apartment building for formerly homeless people with disabilities. She is the friendly face that often greets the Meals on Wheels West volunteers at the gated entrance when they come to deliver. She enjoys the company of the volunteers who are often the only people she may see in a day. “Everyone is so great, very sweet; we have fun here,” she says, smiling.

Amelia* was a singer and her voice is still strong. She sings songs for the volunteers, including “Little Love in Your Heart” during the annual Share the Love Event at the Subaru Santa Monica/LA CarGuy showroom.

Subaru continues to support MOW West by donating $250 for every car sold in November and December.

Advice offered by included organizations should be independently verified for accuracy.

Meals on Wheels West provides community based services that nourish and enrich the lives of our homebound neighbors, of all ages, by providing nutritious meals, emergency preparedness and referrals to other services that promote independent living and wellbeing.

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