



FOOD AND SHELTER

Helping maintain stability, health and wellness for the formerly homeless



“Meals on Wheels West has never let me go hungry. Some days, you guys make me feel so special. It has really been a blessing. I wouldn’t be able to make it without you.”

.....Diane, MOW West Client



Diane was a working mom, with a husband and family around her. One day, she was hit by a drunk driver. Her foot was crushed – she went through multiple surgeries, she lost her job. As if this one incident wasn’t difficult enough, Diane got into another car accident a couple years later, which left her in a wheelchair. Diane lost her home and became homeless. After years of struggle she is now living in a Venice Community Housing owned building and has been receiving meals from Meals on Wheels West for three years.

Meals on Wheels West works with St. Joseph’s Center, Step-Up on Second, Community Corporation Santa Monica and other agencies to provide home-delivered meals to formerly homeless individuals living in permanent supportive housing. Our Food & Shelter program is also Delivering More Than a Meal to formerly homeless people in transitional housing. According to the 2018 Los Angeles Homeless Count, approximately 26 percent of the homeless population is aged 55 and older, like Diane. The number of homeless seniors grew by 22% in LA County last year.

Our daily delivery of healthy meals and a Wellness Check promotes independent living and enhances the stability of those transitioning back into society. By partnering with housing providers, Meals on Wheels West can help provide a critical supportive service for those who have experienced chronic homelessness as well as support those with disabilities. By eliminating food insecurity, we help people thrive in their new residences and stay off the street.



Team Building

The Oracle team has been supporting Meals on Wheels West for a year. Teams of twenty Oracle volunteers deliver multiple routes in one day several times a year. Businesses and organizations can deliver once a week, once a month, once a year or whatever suits a organization’s needs. Not only has volunteering been crucial for Meals on Wheels West’s ability to provide our community-based services to our clients, but it’s also a great way for employees to connect and bond.

Meals on Wheels West is very grateful for all the wonderful support we receive from our AMAZING volunteers both individuals and groups, who make ‘Delivering More Than A Meal’ – a reality every day for our home-bound neighbors!

Every dollar matters....every donor makes a difference

Join our Legacy Society

Consider donating a portion of your estate to help Meals on Wheels West. Estate gifts enable Meals on Wheels West to meet the needs of the homebound in your community for years to come.



Legacy Society *Bequests sustain our future*

Estate of Miriam Bland
Estate of Kimi G. Cunningham

Estate of Barbara Roche George
Estate of Marilyn Gunther

Estate of Malcolm Neal
Estate of Donna Romens



MAKE AN IMPACT IN YOUR COMMUNITY

Volunteer with Meals on Wheels West

Monday - Friday from 10:30 a.m. to 1 p.m.



Brighten the world of your homebound neighbors. Our volunteers are often the only visitors our clients have.

"The most enjoyable time of the day is when the volunteers come over to bring the meal. I really enjoy their visit and their smile and kindness can brighten up my day."Santa Monica client

To volunteer contact Jennifer: email Volunteer@MealsonWheelsWest.org
or call 310-394-5133 x2

MOW West Partners in Service



Qantas Airways



City of Santa Monica Public Works



Girl Scouts Troop 716



Wildebbee.st



Santa Monica Police



Watt Company

Meals on Wheels West is so fortunate to be a part of such vibrant and giving communities

SAVE THE DATE - FRIDAY, OCTOBER 25, 2019

Meals on Wheels West presents its annual Halloween FUN-raiser



Monster Bash



MARRIOTT MARINA DEL REY ROOFTOP BALLROOM



Join us in your best costume



EAT, DRINK AND BE SCARY!

Costume Contests - Casino Games - Silent Auction - Dancing

amazon smile

**Support
Meals On Wheels
West.**

When you shop at smile.amazon.com,
Amazon donates.

Go to smile.amazon.com

amazon smile

A few coins goes a LONG way!

If you're like many of us, buying a cup of coffee may not seem like a big deal. But add one cup of coffee a week, and it can add up to about \$150 a year. Add one cup of coffee a day, it can add up to \$910. Imagine if you decided to give that money to Meals on Wheels West. What's the impact? To help provide meals we are asking you to save that coffee money and donate it to nourishing and enriching the lives of your homebound hungry neighbors of all ages.

For \$150, you can provide 19 meals for our homebound clients, an emergency preparedness program, and a daily Wellness Check. For \$910, you can provide 115 meals!



Its easy to donate your old vehicle!

call 888-669-5271
or visit our website
www.mealsonwheelswest.org

Remember to select CA-MOWW
as the benefitting program



***Help us buy meals while you shop
Register your Ralphs card***

Go to www.ralphs.com
CLICK on "Community Contribution"
and designate Meals On Wheels West
or use our NPO #82807



Casino FUN at the 2018 Monster Bash

2018 Monster Bash FUN



Girls just want to have fun!



SPOOKTACULAR costumes



A packed house of MOW West friends & supporters. Casino games, silent auction, dancing, great food and drinks, and amazing company!!

Save the date for Monster Bash Friday, October 25, 2019!



DJ Maasha



THANK YOU to our amazing friends!
Your support of our 2018 Monster Bash helped Meals on Wheels West to deliver 120,000+ meals!

SUPPORTING VETERANS ON THE HOMEFRONT

Charles has spent his life giving to others. As a Vietnam War veteran and a nurse, Charles has been of service to others many times over. He never thought that he would be on the receiving end of services. He was diagnosed with cancer and needed help. Seeing the Meals on Wheels West flyer at the VA Hospital several years ago was the ticket he needed to help get his health back in order. "It's not just about the food... it's been a really changing experience to be loved like you [MOW West] do to us. It's amazing."

Connecting veterans with the right resources at the moment that they need it remains a huge challenge today. Collaboration with other veteran organizations has been key to the rolling out our Meals on Wheels West services to veterans that are in need of meals. That's where Meals on Wheels West has come in and not only delivered meals to veterans and their spouses but have also connected other Meals on Wheels in LA County to the veterans in their service area.

"It's been a blessing for me. You guys touch more people than you realize. Because of what you're doing... I'm in a better mood, I'm able to come home and feel like I'm going to be ok," says Charles.

For more information on our *Supporting Veterans on the Homefront* program, please visit our website www.mealsonwheelswest.org/programs



**A BIG THANK YOU to the
AMERICAN LEGION POST 283
Pacific Palisades**

Their generous support of Meals on Wheels West's *Supporting Veterans on the Homefront* program is instrumental! With their support, we are able to provide meals, a Wellness Check, referrals, and friendship to the many veterans and their spouses at the VA WLA and in Westside Communities!

Veteran and
MOW West client,
Charles



MARCH FOR MEALS

March for Meals garners attention both locally and nationally helping to raise awareness of the comprehensive nutritious meal program provided to your neighbors in need. **MOW West's Community Champions Day** was attended by the Santa Monica Police Department, City of Santa Monica, Amazon/IMDB, Bird and many more.



MOW West Volunteers, Bird, RPA Advertising, Amazon/IMDB, SM Police Department, SM City Human Services Division, Pacific Palisades Womans Club, SM Rotary, First AME Church's Reverend Ford, MOW West Board Members and community supporters



2018 Volunteer of the Year and Santa Monica resident, Walt, talking about the positive impact volunteering has on both the volunteer and the community.



Julie, a longtime MOW West Volunteer, leads a team of new volunteers from Amazon/IMDB



SM Chief of Police Cynthia Renaud and her team from the SM Police Department support March for Meals



MOW West Executive Director, Chris Baca, SM City Human Services Division, Dawn and Margaret, MOW West staff Kevin and Nicole

KEEPING PEOPLE & PETS TOGETHER!

Meals on Wheels West's *Keeping People and Pets Together* program provides pet food and emergency veterinarian treatment to the pets of our low-income homebound clients.

This additional support system enables those who are homebound to be able to keep and care for their furry friends. The Center for Disease Control reports that having pets has measurable health benefits and decreases loneliness. At least twice a month, clients who own pets, receive a visit from Meals on Wheels West volunteer who brings high quality pet food and checks on both client and pet. Additionally, MOW West also provides, on a case by case basis, emergency veterinary care. When our clients' companion animals suddenly become ill, it can become very traumatic for elderly seniors who depend on their furry friends for emotional support. Since 2012, the Keeping People and Pets Together program has enhanced the lives of hundreds of pets and their owners.

To support our Pet Program, visit our website and click the DONATE button
Designate your donation to the Pet and Vet Program



THANK YOU FOR YOUR SUPPORT.

