



Torrance-Lomita Meals on Wheels Newsletter August, 2011

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Save the Date

Jan 19, 2012 - Annual Volunteer
Luncheon

The Newsletter

We want to provide information that is useful to or of interest to you so please let us know topics you would like to see addressed in future editions. Leave your ideas with one of the staff in the office or contact one of the Newsletter Committee Members at newsletter@tlmow.org, Mary Fair, Cathy Mueller, Suzanne Gemmel, or Jerry Steele.

The Volunteers

Why wait for a phone call to substitute! Did you know you could call the office and tell them what day you would like to be a driver or rider? There is a very large calendar that is kept on the sign in table where the office staff will gladly sign you up. It keeps track of when substitutes are needed. You can either sign up yourself on the calendar, or you can call in. You control the dates you work!

From the President

Hello Volunteer Angels,

We are looking forward to honoring all those who have so willingly volunteered their time and talent and vehicles to deliver meals. The date and place for the Annual Volunteer Appreciation Luncheon has been set!!

The date is Thursday, January 19, 2012 and the place is the new Toyota Museum at 19600 Van Ness in Torrance. It is a new facility that houses the first car Toyota imported to the United States, the mock ups that their engineers had dreams of making, all the movie cars-such as Batman, and even miniature cars. We are invited to browse the museum before and after the luncheon.

Toyota's outreach to the community is to provide one building for nonprofit service organizations to use for their special events. We are privileged to be able to use this facility. It seats 200 and has all the advantages of a meeting room in an upscale hotel. We

*A Special Thank You to
all our Wonderful
Volunteers, Generous
Donors and Loyal
Sponsors*

*"We make a living by
what we get, we make a
life by what we give."
Winston Churchill*

From The President - cont.

suggest that you put this date on your calendar. We are looking forward to saying "Thank you" to you in a special way.

Margaret Estrada
Board of Directors President

From the Office

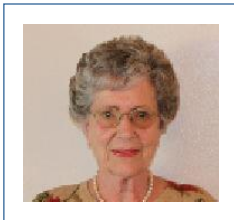
The office is looking for a volunteer willing to take on a project of organizing our supplies and weeding out the items from our kitchen and under our stainless tables. The kitchen will soon undergo a facelift by Golden West Towers and in anticipation of that it would be good to have our supplies organized. We currently have several file cabinets, desks, and nooks and crannies full of our "stuff". Someone with a keen sense of organizing could make it much more efficient.

My thank list is always long for all of those who do their part to help in any way, but this newsletter I want to thank one of my volunteers who has left us after 21 years of loyal and dedicated service. Carolyn Casey, has been a key phone caller for Tuesday's for years. I could always count on Carolyn to have her subs to me every Monday evening no matter what the week would bring to her busy work or home life. She is a single parent of two amazing daughters who are very active in sports. She is sending one off to college and plans on being available to travel there. Margaret Estrada presented her with a certificate for her years of dedication. Carolyn stated that she was thrilled to receive the lovely and thoughtful certificate. It really meant so much to her to be recognized.

Laura Bohm
Office Manager

Get to Know Our Volunteers

Gen Gorciak has been a Torrance Lomita Volunteer since 1976. She is currently responsible for interviewing prospective clients and is our past President.



Gen Gorciak.

Being the past president is not a new thing for Gen. She has been the President six times. This certainly suggests she has spent a lot of time on our Board of Directors. As President or Board Member she has been our representative to both Torrance and Lomita City Governments, to major contributors, and to the Greater Los Angeles Meals on Wheels Organization.

Get to Know Our Volunteers - cont.

Interviewing prospective clients to determine their qualifications to receive meals on wheels and to establish how we can best serve them is a difficult and time-consuming job. Gen has been doing it for over 20 years. Gen relates that once she was interviewing an elderly couple. Because the wife was nearly completely incapacitated by a stroke the husband was feeding her. When Gen told the husband that they were about to be receiving service he burst into tears. She asked him "What's wrong?" He replied, "This is exactly what we have needed for a year and a half."

In her spare time while not working for Meals on Wheels, Gen indirectly helps support us financially by volunteering her time at the PV Thrift Shop, one of our major contributors. She is also one of a group of people who work behind the scenes every year to make events like our annual luncheon successful.

Gen drives the orange route on Fridays.

The Lucy Ching Story, by Jerry Steele

Lucy Ching, a long time Torrance-Lomita Meals on Wheels customer, passed away at age 75 on May 19, 2011.

During her time as our customer, Lucy had many of our volunteers deliver her meals. I was lucky to be one of this group and I have talked to many the others who typically report something like, "Delivering to Lucy was a really positive experience every time."

Lucy, a frail woman, blind since infancy, lived in an apartment in The Sunset Gardens complex that she navigated with such confidence and skill you could easily forget that she was blind. She would always greet us with great enthusiasm, knew who was there, and could detect a person she had not met by their voice (I guess). She was marvelously organized and would sometimes have us do small tasks that required sight for her but generally had everything in perfect order. She always asked what the main meal was and, after hearing it described, never failed to respond "Oh good!" with enthusiasm. She always had something going on from inventing ways to do basic tasks to writing books with her trusty Braille typewriter. As we would leave she sometimes would say, "You are so kind." Actually, delivering to her was great, I considered myself lucky to do it.

Lucy wrote and published at least 2 books. I have read "One of the Lucky Ones." It has been published in 7 languages and has been adapted for theater and film. It describes Lucy's youth living in China and Hong Kong and her struggles to receive an education and acceptance as a blind woman. Having known Lucy, I could see her upbeat personality in the story and the writing. Lucy did receive her education, quoting from her memorial service,

"After graduating from Diocesan Girl School in Hong Kong, Lucy obtained a scholarship to receive professional training at the Perkins Institute for the Blind in the United States. She also received training in social work in the United Kingdom. In 1959 Lucy became the first blind social worker of the Hong Kong Government's Social Welfare Department, providing assistance and services for the blind and disabled. Lucy dedicated her whole life to enhance equal opportunities for the blind and disabled.

In 1975, Queen Elizabeth II of the United Kingdom awarded Lucy the "MBE" (Member of the British Empire). In the same year, she won the "Ten Outstanding Young Persons Award" in Hong Kong. In 1978, Lucy received the "Takeo Iwahashi Award for Outstanding Contributions to the Welfare of the Blind in Asia". In 1992 and 1997 Lucy was awarded the Honorary Degree of Doctor of Social Sciences and Honorary Doctor of Law from The University of Hong Kong and Hong Kong Baptist University respectively."

Lucy migrated to the United States in 1989.

We miss you Dr. Lucy Ching.

Highlights from 2010

- Delivered 50,802 meals to house-bound residents of Torrance and Lomita
- Over 200 people volunteered 7,391 hours of their time to Meals on Wheels
- Averaged 112 clients served

Ralphs Community Contributions Program

It's time to sign up for Ralphs Community Contributions Program again. The term ends August 31, 2011. The new year starts again on September 1, 2011. Please renew after Sept. 1st.

Meals on Wheels is part of the Community Contributions program at Ralphs Grocery Stores. Each volunteer can sign up online or in person with our "scan bar" code. Just pick up the scan bar code from the office and take it to your Ralphs Grocery Store. They will scan the bar code once and from then on, for one year, a portion of your purchases will be donated to Meals on Wheels. To sign up online, logon to your account at ralphs.com and select Community Rewards. From there, you can enter our organization number of 90555 or search by name starting with Torrance and enroll.

If you average \$300 a month in groceries, you will average \$4 a month to be contributed to MOW. If 100 volunteers sign up, then MOW will average \$400 a month donated to MOW!