

Newsletter Spring 2006

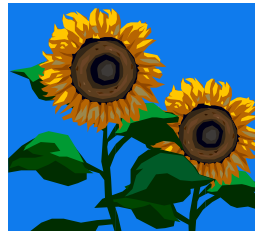
Meals on Wheels

Moving back to the Golden West Towers- JUNE 12TH!!!

The renovations and retrofitting of the Towers are mostly complete, and the kitchen area has been completed. The Board of Directors signed a new contract with the Towers owners. In the meantime St. Vincent's Meals on Wheels

will still provide our clients with hot meals. In fact, once we move back we will utilize St. Vincent's for the first several months of transition and then make a decision about whether we begin our own meal prepara-

tion at some point. We will move the office on Friday, June 9th and operations will resume at the Towers on Monday, June 12th.



New Office Staff

Since 2005 we've seen two dedicated MOW staff retire. Claire Browney in March, 2005 and Nancy Puchrik in February, 2006. We wish them well and thank them for their service. In March of 2005 Jana

Ditmars replaced Claire as the new Office Manager. Jana is in the office Wednesdays through Fridays. In February, 2006 Laura Bohm replaced Nancy as the newest staff member assisting Jana on

Monday and Tuesday. We also welcome Vivian Prorise as an assistant for back-up duty. Welcome each of them and if you are a long-time volunteer you may even be able to give them some pointers.

May, 2006

Volume 1, Issue 1

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Bits of info

- \$23,358.00 donated so far this year to our organization.
- 8,972 meals have been served thus far in 2006.
- Volunteer hours so far this year are 2,066.
- Next board meeting is June 21, 2006 at 1:30pm. at the Golden West Towers.

Volunteers Needed

Substitute volunteer drivers and riders are constantly needed to help on an occasional basis in Torrance and Lomita for 2 hours Monday through Friday. If you are willing to be a back-up person to our

regular “key people” who call for substitutes, please let the office know.

Barbara Bush: Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others.



Volunteering is food for the soul.

Winston Churchill: We make a living by what we get, but we make a life by what we give.

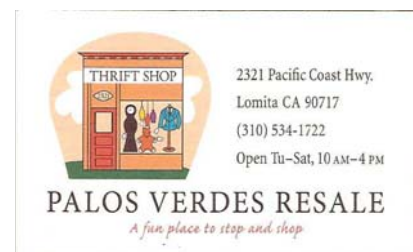
Volunteering Elsewhere helps Meals on Wheels

Did you know that another way to help our organization is to volunteer at the Palos Verdes Resale Thrift Shop. The entire shop is staffed by volunteers. For every four hours you contribute you earn one vote. Every 3 months they vote on how to distribute the funds that have been earned through the sales of merchandise. We received two checks thus far. In the Winter of 2005 we received \$2500, and in the Spring of 2006 we received \$4400. Isn't that terrific? Connie Lakowski, Gen Gor-

ciak and Teresa Deland are all volunteers at the shop and can tell you how fun it is, and what wonderful bargains they carry. Volunteers can work whatever hours they find convenient to fit their life. And if you can't volunteer, check out the merchandise.

The store is open from 10am—4pm Tuesday through Saturday. Their address is 2321 Pacific Coast Highway, Lomita, CA 90717 (310)534-1722.

“Meals on Wheels was awarded \$6,900 from Palos Verdes Thrift Shop - a fun place to stop and shop”



The Atkinson's – Volunteers since 1996!

Bill and Ester are regular faces here on Mondays at Meals. They moved here to Torrance in 1953, from the beautiful state of Arkansas. Bill was employed as a barber for 20 years and then the Groundskeeper for the city of Torrance for another 19 years before retiring. Ester retired in 1990 from PPG Industries. They have 2 children and 5 grandchildren. They love gardening and volunteering at their church in the rose gardens. Ten years ago Bill started as a driver on the Red route. Ester started as a

substitute rider for about one year and then became a Monday rider for the Green route. When the Monday driver had to leave the program, Bill moved over to the Green route and they have been a team ever since.

Their favorite part is meeting all the wonderful people working and volunteering for Meals. They also find meet-



THANK YOU BILL AND ESTER!
VOLUNTEERS ARE THE REASON
THIS PROGRAM THRIVES.

ing all the interesting people that we serve a treasure. They are so appreciative. Each Monday is a moment to look forward to as they never know what excitement the day at Meals may bring.

Meals on Wheels

Meals on Wheels
Golden West Towers
3510 Maricopa St.
Torrance, CA 90503

Phone: 310-542-3434
email:info@torrance-lomita-
mow.org



Feeding nearly 100 needy
daily!

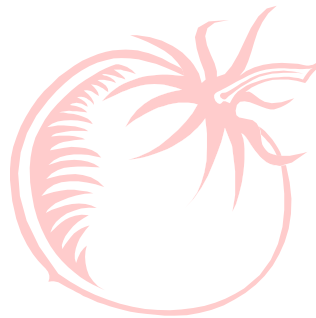
We're on the web:
[www.torrance-lomita-
mow.org](http://www.torrance-lomita-
mow.org)

Torrance-Lomita Meals on Wheels is a nonprofit volunteer community service organization that provides home delivered meals for the house-bound, without regard to age, race, sex or religion. We are a temporary service for the convalescing, the handicapped, the aged or frail, the chronically ill or the dying who are unable to prepare adequate meals for themselves.

Worthy of Mention

St. Vincent's Meals on Wheels prepares our meals for us daily since the move from the Towers to the Kiwanis Club. However, St. Vincent's will not deliver the meals to us here at the Lomita location as it's too far. Gary Thompson, past president, and regular volunteer has been committed to the daily drive for us for over a year, picking up the meals from El Segundo and delivering them to the Kiwanis location.

Thank You Gary!



Thanks to all and we'll see you soon!
Written by Teresa DeLand, Jana Ditmars
and Laura Bohm

Would you be willing to be featured in the newsletter? If so, please fill out one of the volunteer fliers and we'll see you in an upcoming newsletter.

We hope that you have enjoyed our first newsletter. If you have any comments or questions, please feel free to contact the office at 310-542-3434.