



FOOD FOR THOUGHT

**Serving the Westside
since 1976**

Fall 2010

Volume 34, Number 1

Food for Thought

is a newsletter produced by the
staff and friends of

Meals on Wheels of
West Los Angeles

900 Hilgard Avenue
Los Angeles, California 90024

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Visit our website:
www.Mealsonwheelswla.org

Officers

Wayne Koupal, President
Joanne Foley, Secretary
Dwight Heikkila, Treasurer
Richard Waldron, Past President

Ellen Horwitz, Executive Director
Pam Frieden, Assistant

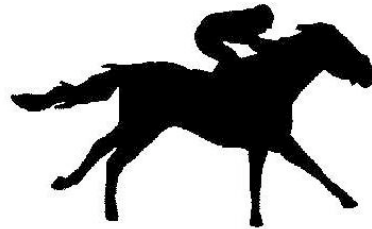
Meals on Wheels of
West Los Angeles is
entirely funded by
donations.

We appreciate yours!
Thank You!

Please Join Us for

“A Day at the Races”

to benefit Meals on Wheels of West Los Angeles



**Sunday, December 5, 2010
12:00 Noon, Racing starts at 12:30**

*Enjoy a fabulous “all you can eat” buffet in the
exclusive Turf Club at Hollywood Park.
Excellent views of the finish line, comfortable seating,
and no lines for betting.*

Valet parking is included at this special holiday event.

_____ Yes, I would like to attend.

Enclosed is my check for _____ tickets at \$95.00 each.

_____ Sorry, I cannot attend. Enclosed is my donation of \$_____.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail _____

Please make checks payable to: Meals on Wheels of West Los Angeles

Mail to: 900 Hilgard Avenue, Los Angeles, CA 90024

For additional information call (310) 208-4028

RSVP by 11/26, Tickets will be sent out to those attending

Greetings...from Wayne Koupal, Board President

As we approach the Thanksgiving and Christmas holidays in the closing months of 2010, I'm sure we all recognize the difficult economic period we have been through for almost three years. For those of us fortunate to have the wherewithal to weather such storms we need to remember the saying that *we are blessed to be a blessing!* Our non-profit, non-government funded program is now providing more meals per year to homebound individuals than at any time in our 34 year history!

Approximately 100 individuals are now receiving 2 meals a day, Monday through Friday. Last year we served more than 45,000 meals! For so many of our elderly and disabled clients the daily contact with our volunteers provides the "family" that many do not have. Due to declining donations, as a result of the economic slowdown, we ask for whatever financial support you can provide in order to continue this important service to the community,

Many of you are already full time supporters of MOW and we thank you for your on-going support through the years. We always welcome new support to our team both financially and voluntarily,

May your holidays be filled with happiness and family joy, which we strive to bring in some small way to our clients.

Ellen Horwitz, Executive Director

Dear Friends,

I would like to thank each and every one of you for your support this year – without it we could not have had such a successful year. This year we served 2,000 more meals to homebound individuals over last year. We have had help delivering meals from two local businesses. Our neighbor the W-Hotel-Westwood sends a team of two on Tuesdays and Thursdays. Also, HUB International send a team on Wednesdays – what a huge help! We really appreciate the time these companies are giving to Meals on Wheels and we welcome any additional help. As always we need donations of time, money, and for the holidays - small gift items. Anything you could send would be greatly appreciated.

*Warmest wishes for a wonderful holiday season!
We could not do it without you!*

Looking for a different way to give this holiday season?

How about a holiday card that sends more than just a friendly greeting! Each holiday card purchased sends two nutritious meals to a homebound individual in our community! Cards cost \$5.00 each.

Contact the Meals on Wheels of West L.A. office for more details.

310 208-4028

Thank You Student Volunteers:

AGBU Manoogian Demirjian School – Arno Ekmekji

Beverly Hills High School – Erin Strickland, Camile Yona & David Yona

The Buckley School – Jack Wallan

Harvard Westlake High School – Ryan Levine

Le Lycee Francais de Los Angeles – Samiya Sayed

Leo Baeck Temple – Jake Morgansen

Magnolia Science Academy – Jessee Valore

Marymount High School – Hayley Di Naso

Palisades Charter High School – Madeline Leshner & Nathan Rad

Santa Monica High School – Lauren Penney

Windward – Eric Benjamins

Santa Monica College – Yasmin Mossanen & Pauline Yasmeh

Syracuse College – Dylan Beery

UC Berkeley – Peter Le

ATTN: SCHOOLS AND PARENTS:

Student volunteers are always welcome to volunteer at Meals on Wheels of West LA.

A younger student, paired with one of our regular drivers or with a parent, can help deliver food to our clients or with various tasks in our office. High school and college students who are already licensed drivers are especially appreciated as reinforcements to our regular corps of volunteers.

We are always in need of student volunteers!

We will be happy to record your community service hours for you and send that information to your school.

Please contact Ellen or Pam at (310) 208 4028,

For 3 days in July **Chevrolet** extended it's "**Cars to People**" program to Meals on Wheels of West L.A.

Volunteers were given the opportunity to drive Camaros, Malibus, Equinoxes, Traverse Crossovers & Silverado Hybrids.

Thank you **Chevrolet!**

For more information see July 1 entry at <http://www.thefutureiselectric.com>

Wish List

Meals on Wheels of West L.A. is seeking small gifts to distribute to our clients during the "holiday season". Items such as hand and body lotions, lap robes or lap blankets, slippers, stationery, holiday decorations, handkerchiefs, playing cards, picture frames, placemats, magnifying glasses, herbal teas, crossword or Sudoku books, and holiday gift wrap are all appropriate and appreciated. Gifts should be delivered to our office by December 15, 2010, between the hours of 9:30 AM and 3:00 PM. Thank you!

Welcome To New Volunteers:

Issa Bowser

Natalie Chitayat

Rohan Damani

Farzad Fathegazam

Jenny Franchina

Robert Harper

Jonathan Lemor

Jeff Maroz

Mimi Rogers

Carlos Salinas

Maria Santos

Kathi Smith

Thomas Nichols

Steven Valore

David Vannier

Corporate Thanks To:

HUB International CA, who provides a team per week to deliver meals.

LRN, for donating recyclables

Peet's Coffee, (Brentwood) for coffee bean donations

Starbucks, (N.W. corner of Weyburn & Broxton) for twice-weekly pastry donations.

The **W Los Angeles - Westwood Hotel** talent, who deliver meals two days a week

Call Ellen or Pam at 310 208-4028 to learn more about how your company can participate and help homebound individuals this season.

Meals on Wheels of West Los Angeles is dedicated to helping the disabled, aged and chronically or temporarily ill by providing nourishing food at a nominal cost during a period of need and to assuring a friendly interest and a helping hand so that people can remain self-sufficient in his or her own homes.



900 Hilgard Avenue
Los Angeles, California 90024

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ADDRESS SERVICE REQUESTED

Come Be a Part of Meals on Wheels of West LA!

1. **Become a volunteer:** Help deliver meals between 10:30 am and 12:45 pm any Monday-Friday.
2. **Shop at Ralphs Market:** sign up at [www. Ralphs.com](http://www.Ralphs.com) Our NPO # is 82591 for Meals on Wheels of West LA to get a % of your purchases, contact the office if you are having problems with registration.
3. **Support our fundraising events:** come to our Race track event December 5, 2010. Cannot attend? Send a donation to show your support
4. Sign up at **Good Search** <http://www.goodsearch.com> or **Goodshop** <http://www.goodshop.com>, which will donate approximately 1 cent for every search you make or a percentage of your purchases.
5. **Sign up for Escrip:** at www.escrip.com. This will give Meals on Wheels of West L.A. a % as well.
6. **Donate by mail or on our web site:** use the enclosed envelope /or see us at www.mealsonwheelswla.org

All contributions are appreciated and are tax deductible too!