



FOOD FOR THOUGHT

**Serving the Westside
since 1976**

Fall 2013

Volume 37, 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

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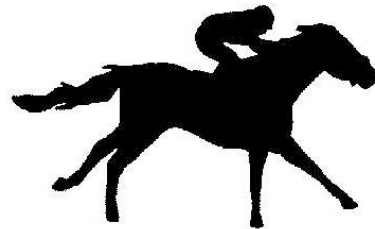
Ellen Horwitz, Executive Director
Pam Frieden, Assistant

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

We appreciate yours!
Thank You!

*Please Join Us For Our Final
"A Day at the Races"*

*at Hollywood Park, closing its doors forever on Dec 22
to benefit Meals on Wheels of West Los Angeles*



12:00 Noon - Sunday, December 8, 2013
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, and comfortable seating.*

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 11/27, Tickets will be sent out to those attending

HOLIDAY WISH LIST FOR CLIENTS

Slippers Lap blankets Stationery Mugs Herbal teas Playing cards
 Hand and body lotion Grocery Gift Cards Holiday candy/cookies
 Crossword, Word Search and Sudoku books

Gifts can be delivered to our office by Dec. 17, 2013, M-F between the hours of 9:30 AM and 2:30 PM or call and we will try to arrange a pick up that is convenient for you. *Whatever you can donate is greatly appreciated!*

VOLUNTEERING

Did you know that almost 6 million elderly people are not getting the nutrition they need? You can give back this holiday season by volunteering your time to deliver meals! Bring a friend, family member, or coworker. It's fun and besides making the world a better place, there are some benefits for you.

Volunteering boosts self-confidence, and gives one a sense of accomplishment!

Volunteering is a natural antidepressant - especially as the days grow shorter!

Volunteering can be a fun and creative outlet!

Your skill set and knowledge can be a valuable asset to a non-profit program!

When you volunteer you make new friends!

***Volunteers needed the week of Thanksgiving, November 25-29,
 Christmas / New Year, December 23 - January 3.***

Welcome To Our New Volunteers

Leonardo Arterberry, Sara Bidsal, Jenny Brady, KC Contarsy, Fred Elghanian, Suzanne Esnard, Marc Forget, Amanda Georgi, Ellie Germain, Bonnie Grad, Mary Healy, Erin Hirsh, Meg Jalali, Nancy Lewis, Patricia Lewis, Lee McAllister, Leila Omana, Tyler Robuck, Nicolas Sage, Alana Samuels,Carolynn Sanchez, Jim Sloman, Lori Walbridge, Nicole Williams.

Thank You Student Volunteers:

Beverly Hills H.S: Dominic Perlman, **Brentwood:** Alexandra Jalali, **Buckley:** Jack Wallan, David Yona **Crossroads:** Joyce So, **Lycee Francais de LA:** Catalina Rojter **Marlborough:** Isabella Kyncl

Milken: Daniel Babaoff, **Notre Dame Academy:** Mitra Djabbari, Victoria Sanchez, Kiana Schwarz

Palisades Charter H.S: Dalia Afar **St. Pauls the Apostle:** Robert Henderson.

College Students: Aichi Ali, Michael Brown, Brandon Charles, Travis Ito-Stone, Sam Law, Min Liang, Sandra Martinez, Sulana Robinson,

UCLA Student Organizations: ALPHA PHI OMEGA, BRUIN BELLES, PDSP, & AMWA.

GIFTS and ESTATE THANKS

Gifts of \$5000 or more received between March 15 & November 1, 2013

William R. Payden Estate
Deborah J. Leschin Trust
Auguste & Henriette Abadia Trust
Frederick R. Weisman Foundation

Corporate thanks to: HUB International CA, Peet’s Coffee, (Brentwood & Westwood), **Starbucks,** (corner of Weyburn & Broxton) and **Subway** (Euclid & Trask-Garden Grove).

Ralph’s Market - Don’t forget to sign up again! Each year on September 1st, Ralphs reward club members must re-register to continue to be a part of the community contributor program. Log onto Ralphs.com & designate Meals on Wheels of West L.A. NPO# 82591. For more information please call the office (310) 208-4028

Looking for a different way to give this holiday season?

How about a holiday card insert that sends more than just a friendly greeting!

*Meals on Wheels of West Los Angeles
Gratefully acknowledges a gift in your honor
From

This card represents a gift of Meals
To a needy homebound individual*

Each insert purchased sends nutritious meals to a homebound individual in our community! Include them in your Christmas or Hanukkah cards and let your friends know that you have made a generous gift in their honor! Cards are available for \$10 each or a pack of 12 for \$100.

Give family and friends something meaningful and help those who are less fortunate.

Please send me _____ pack(s) of 12 Holiday card inserts @ \$100 each.

Please send me _____ insert cards @ \$10 each

Total Amount enclosed \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please make your check payable to Meals on Wheels of West L.A.
Mail this form to 900 Hilgard Ave., Los Angeles, CA 90024

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 L.A. Check your grocery receipt on the bottom to make sure your charity choice is registered and correct.
3. 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.
4. **Sign up for Escrip:** at www.escrip.com. This will give Meals on Wheels of West L.A. a % as well.
5. **Donate by mail or on our web site:** use the enclosed envelope /or see us at www.mealsonwheelswla.org
6. **Please consider us in your will/trust.**

No donation is too small and we appreciate your kind support!