



# FOOD FOR THOUGHT

## **Celebrating 35 years of Service to the Westside!**

Spring 2012

Volume 35, Number 2

### **Food for Thought**

is a newsletter produced by the staff  
and friends of

Meals on Wheels of  
West Los Angeles

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Visit our website:  
[www.mealsonwheelswla.org](http://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!



"so no senior goes hungry..."<sup>®</sup>

**"Stop Senior Hunger by 2020"**

**MOWAA is celebrating the 40th Anniversary of the inclusion of  
Senior Nutrition Programs in the Older Americans Act.**

**Please come and join us in celebrating our  
35<sup>th</sup> year serving West Los Angeles by attending these  
March for Meals events:**

**A Traditional Afternoon Tea  
Sunday, March 11, Tudor House in Santa Monica  
Call (310) 208-4028 for more information**

**Enjoy Pasta, Salads, and legendary Pizza at  
CALIFORNIA PIZZA KITCHEN  
Tuesday March 20<sup>th</sup> & Wednesday March 21<sup>st</sup>  
1001 Broxton Ave. (corner of Weyburn & Broxton)  
Westwood Village location only  
Bring the enclosed flyer and present it to your server when  
ordering. (Includes take-out orders)**

**Delicious Food in a French Bistro atmosphere  
Monday, March 26, All Day  
Soleil  
1386 Westwood Blvd (corner of Wilkins & Westwood)  
Call for a reservation (310) 441-5384**

**\*\*Proceeds from all these events benefit Meals on Wheels of West L.A.\*\***

## **AARP'S AROUND THE CORNER HUNGER PILOT PROJECT**

In late September of 2011, AARP Foundation launched the "Around the Corner Hunger" website. This pilot program partnered with three Meals on Wheels programs and two food banks in the Los Angeles Metro area. Meals on Wheels of West L.A. was honored with the opportunity to be one of the Meals on Wheels partners. AARP Foundation collected success stories of clients from the five partner programs. These stories were placed on the website to raise awareness on the issue of senior hunger in America and to raise funds to support local hunger relief organizations. As a result of this partnership Meals on Wheels of West L.A. received a check in January for \$14,000. **THANK YOU AARP FOUNDATION!** Check out their website at [www.aroundthecornerhunger.org](http://www.aroundthecornerhunger.org). AARP Foundation is AARP's affiliated charity whose programs provide security, protection and empowerment for older persons in need.

## **HUB INTERNATIONAL'S DUAL GIFT**

In lieu of holiday gifts to their clients, HUB International sent out a holiday letter thanking their clients for their continuing business and explaining that they were making a charitable contribution to Meals on Wheels of West L.A. Their donation went to feed seniors and homebound individuals. ***But that is only part of their gift!*** For the past three years local HUB employees have been giving their time to deliver meals to our seniors every Wednesday! We look forward to seeing their smiles and we know our clients enjoy seeing new faces. Thank you HUB International!

## **LA GRANGE VELO CLUB**

For the 10<sup>th</sup> year in a row the La Grange Velo Club has sponsored a Thanksgiving Day bicycle ride with donations going to Meals on Wheels of West L.A. Our program has been very appreciative of this event. We have recently been informed that the Club would like to expand on this already successful relationship and develop additional events and collaborations in the coming year. We look forward to this new and exciting endeavor!

## **W LOS ANGELES-WESTWOOD HOTEL**

Since 2006 Meals on Wheels of West L.A. has enjoyed a wonderful relationship with our next-door neighbor the W Hotel. They have encouraged their talent (staff) to volunteer in teams of two twice a week to deliver meals to the homebound. Through the years they have generously donated box lunches, raffle prizes, and have been a venue for evening fundraising events. **Thank you W Talent and Management.** You are fantastic!

**\*\* THANK YOU! \*\***

Thanks to Starbucks (Weyburn and Broxton), Store Manager, Whitney Irving and his incredible staff who make weekly donations of cakes, muffins, cookies, etc. which go out to many of our clients.

Thank you Peets Coffee (on San Vicente in Brentwood) for donating coffee for our daily volunteers.

Thank you BRUIN BELLES and ALPHA PHI OMEGA for donating your time delivering meals!

A very very special Thank You to all the wonderful individuals who donated presents for the holidays!

**Save the Dates:** April 19 or 26th – 35<sup>th</sup> Anniversary Volunteer Luncheon  
July 28 – Theater Fundraiser – “CRAZY FOR YOU”

**Welcome To New Volunteers:**

- David Arce
- Fani Dilmani
- Mike Eghtebas
- Usman Mustafa
- Katherina Namey
- Sharmaine Newells
- Juliet Sera
- Juan Yanez

**LEGACY/WILLS**

Please consider providing for the future of Meals on Wheels of West Los Angeles by remembering us in your will.

**Retired Volunteers**

Thank you for your many years of dedicated service delivering meals!

- Marcia Korobkin.....14 years
- Doris Olgilvie.....30 years
- Eunice Ting.....18 years
- Liz Vulich.....25 years

**Thank You, Student Volunteers:**

- Buckley School:** Jack Wallan and Nick Cashdan
- Milken Community High School:** Daniel Afar, Joshua Shemian, Nicky Shemian and Chloe Shohed.
- Palisades Charter High School:** Madeline Leshner and Nathan Rad.
- UCLA Bruin Belles:** Imamah, Nicole, Alexa, Maria, Stephanie, Kylie, Kelsey, Jeannie, Jessica, Birtu, Leah, Emy, Amanda, Marinna, Megan, and Nicola.
- Alpha Phi Omega:** Tristan, Joanne, Johnny, Justin, Michael, Ricardo, Fiona, Diana, Carlos, Katherine, Holly Jungwoo, Vanessa, Olivia, Shela, Qiangian, Xinpings, Philip, Natalie, Hande, Shu-wei, Joseph, Verna, Lynn, Jennifer, Yuna, Stephanie, Jessica.

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 their own homes.



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## 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 and we will get a % back, contact the office if you are having problems with registration.
3. **Support our fundraising events:** come to both of our March events. Cannot attend? Could you please 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](http://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](http://www.mealsonwheelswla.org)

**All contributions are appreciated and are tax deductible too! Thank you!**