



FOOD FOR THOUGHT

Celebrating 36 years of Service to the Westside!

Spring 2013

Volume 36, Number 2

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

mealsonwheelswla@verizon.net

Visit our website:

www.mealsonwheelswla.org

Officers

Wayne Koupal, President
Dwight Heikkila, Vice President
Joanne Foley, Secretary
Chris Gordon Clark, Treasurer

Ellen Horwitz, Executive Director
Pam Frieden, Assistant

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

We appreciate yours!
Thank You!

★ **MARCH**
★ **FOR**
★ **MEALS**

"so no senior goes hungry..."®

"Stop Senior Hunger by 2020"

Join Us This Month for **Three**
Appetizing Events

Enjoy Pasta, Salads, and legendary Pizza at

CALIFORNIA PIZZA KITCHEN
Tuesday March 5th & Tuesday March 12th

1001 Broxton Ave. (corner of Weyburn & Broxton)
Westwood Village location only

**Bring the enclosed flyer or mobile coupon and present it to your
server when ordering. (Includes take-out orders)**

Please Join Us For Our Final March for Meals Event
Delicious Food in a French Bistro Atmosphere at

Soleil

**For Lunch or Dinner on
Thursday, March 21**

1386 Westwood Blvd (corner of Wilkins & Westwood)
Valet parking will be available

Please Call for a Reservation (310) 441-5384

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

THANK YOU LA GRANGE VELO CLUB!

Last year in the spring issue of Food For Thought we mentioned an expansion of our relationship with the La Grange Velo Club and we are happy to report at this time what a success this year has been. Thanks to Kathy Robbins (organizer extraordinaire) we have been fortunate to have members of the club delivering meals (in their cars, not on bicycles!) covering between four and eight routes in June, November, and February. What a great help that has been! Special acknowledgement goes to Jan Silverman who after delivering with the club, as part of the group, has become a regular Friday volunteer delivering weekly!!!

On Sunday August 5th we had the privilege of staffing a booth at the La Grange Grand Prix event in Brentwood. We were able to share information about Meals on Wheels with the community and sell t-shirts, posters, hats and water bottles for the event with a percentage of all sales coming back to Meals on Wheels of West L.A.

Then in November 2012 for the 11th year in a row the La Grange Velo Club sponsored the annual Thanksgiving Day bicycle ride with all donations going to our program. In early December a check arrived bringing the total received to **\$6,000** from the La Grange Velo Club and its members: proceeds from water bottle sales, the Grand Prix and Thanksgiving Day!!! Thank you La Grange Velo Club members for an incredible year! We hope you will continue this relationship with our program.

Welcome LRN Volunteers!

Special thanks to Maria Studnicka, who organized LRN staff to take a route once a month delivering meals to homebound in our community. A team of two delivered on August 24, September 28, October 26, November 23 and December 21. Thank you Maria, George, John, Maureen, Scott, and all others who volunteered. Meals on Wheels of West L.A. received a \$200 check from LRN through Act Locally - a program they created contributing monetary donations on behalf of their employees who have volunteered their time and effort as a team towards a charitable cause. LRN believes that the good deeds they perform in the local community will ultimately have a beneficial effect on humanity as a whole. That this is the ultimate testament of their mission of doing something significant and changing the world for the better. Thank you LRN!!!

HUB beginning its 5th year of weekly delivery!

Thank you HUB International for your ongoing support!!! Every Wednesday a smiling team comes to the office to deliver Route 4! You are all terrific volunteers and your help is very much appreciated.

**** 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.

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

Welcome To New Volunteers:

Stephanie Boclave
 Sheri Brown
 Kelly Burke
 Jill Cotu
 Mahsa Dousti
 Mona Dousti
 Mick Gram
 Michael D. Horvitz'
 Thomas Igoe
 Robert Kotecki
 Erzsebeth Kukta
 Neelou Malekpour
 Neyaz Mazgani
 Klaus Nissen
 Marco Pirozzolo
 Jenny Pham
 Julie Roback
 Maria Romero
 Barbara Ruskin
 Bita Shakiba
 Sasha Sheffel
 Jan Silverman
 Joanna Soderberg
 Vai Suliafu
 Zeba Vanek
 Shelby Walter

Save the Date:

April 19 or 26 - Volunteer Recognition Tea
 July – Theater Fundraiser – “SPAMALOT”

LEGACY/WILLS

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

Thank You, Student Volunteers:

California Lutheran University: Steven Ellis
Crossroads: Casey & Jamie Roback
Paul Revere Junior High: Daisy Berry & Haider Vanek
Notre Dame Academy: Mitra Djabbari
Notre Dame High School: Kiana Schwarz
St. Paul the Apostle: Robert Henderson

UCLA Groups

Alpha Phi Omega
 Bruin Belles
 PDSOP – Pre dental association
 PPA – Pre Med association

PLEASE CHECK YOUR RALPHS GROCERY RECEIPTS.
 IF OUR NAME IS NOT AT THE BOTTOM AND YOU WANT
 TO HAVE A PERCENTAGE GIVEN TO US, YOU NEED TO
 REGISTER YOUR CARD. RALPHS NO LONGER PROVIDES
 US WITH A LIST OF WHO IS LISTED OR NOT SO WE NEED
 TO RELY ON YOU.

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.



900 Hilgard Avenue
Los Angeles, California 90024

NONPROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 681
LOS ANGELES, CA

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 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 Escript:** 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! Thank you!