



FOOD FOR THOUGHT

Celebrating 37 years of service to the Westside!

Summer 2014

Volume 37, Number 3

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
And see us on Facebook too!

Officers

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

Ellen Horwitz, Executive Director
Patricia Akaba, Assistant

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

We appreciate yours!
Thank You!

*Please Join Us for a Theater Party to Benefit
Meals on Wheels of West Los Angeles*



**Sunday, July 27, 2014
at 2:00 pm**

Morgan-Wixson Theatre
2627 Pico Blvd. Santa Monica, CA 90404
(Free parking at Venice Family Clinic - 2509 Pico after 1:30pm)

_____ Yes, I would like to attend.

Enclosed is my check for _____ tickets at \$45.00 each.

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

_____ I would like to send a senior to see the musical \$_____.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Please make checks payable to: Meals on Wheels of West Los Angeles, send to 900
Hilgard Avenue, Los Angeles, CA 90024, For additional information call (310) 208-4028

Tickets will be held at the door.

RETIRING THOUGHTS FROM WAYNE KOUPAL, BOARD PRESIDENT



On July 1st I will complete my fourth year of serving as the Board President of Meals on Wheels of West Los Angeles and will be passing this responsibility to Dwight Heikkila. It has been truly a pleasure and honor for me to work with such a vibrant and important non-profit volunteer organization and especially to interact so often with our Executive Director Ellen Horwitz. She and her new assistant Patricia Akaba operate a daily food program averaging 40,000 meals per year, delivering daily to 80-90 homebound clients. The delivery is 100% volunteer drivers and their assistants. A genuine "Thank You" goes out to all who donate their time to this wonderful service.

In my first year or two of serving on the board of directors we were facing serious financial concerns; a reflection of the nationwide economic slowdown. Recently we have been the recipient of some generous donations from past clients trusts/estates. This allows us to look beyond just getting through this year; we will for the first time be able to add a social worker to our staff to help with client assessment and needs.

A final thank you to everyone! All the hard work not only benefits our clients but ultimately is our reward for helping others.

VOLUNTEER TEA

On Wednesday, April 30, 2014, we held our annual Spring Tea to honor all of our wonderful volunteers. Special thanks to board member and volunteers: Joanne Foley and Chris Ellis for their hard work before and after the event. This year in addition to food, drink, and awards, we had Denise Walsh of Dluxuries authorized distributor of Dee Berkley Jewelry showing beautiful and fun Jewelry. Pink quartz earrings were donated for a door price at the tea. Roslyn Nelson (who volunteers with her husband Don) was the happy winner of the beautiful earrings.

The Doris Sumner award was presented to Lola and Larry Moline for their dedication and ongoing caring and consistency delivering meals since 2000! New comers Marc Forget and Patricia Akaba received Carressa Carlstedt crystal hearts for outstanding service as volunteers. Both have shown reliability, flexibility, dedication, and a willingness to volunteer even when asked last minute. They saved the day on many occasions.



Volunteers Marc Forget, Joannie Yedor and Kevin Donlin

MARCH FOR MEALS CELEBRATION

This year during our annual awareness campaign we again focused on Restaurants. Our theme was "Dining out for those who can't". We had Fundraiser support days/nights at 4 restaurants - up from two restaurants last year! New this year we made available "Thanks a Mint" business sized cards with an attached peppermint at each restaurant event. California Pizza Kitchen - Westwood increased our days from two to three consecutive Mondays, March 10th, 17th & 24th. For the fourth year in a row Soleil Restaurant gave us 15% of all sales on March 27th. We tried two new restaurants, The Counter (Century City) on 3/25, and Frida-Westwood (Mexican) on 3/18.



This year for the first time we were proud to have L.A. City Council member Mike Bonin deliver meals to our clients on Route 3 on Monday March 24th.

Also new this month we sent out a request to several local schools and businesses to participate with an opportunity to Raise Awareness about hunger issues in the community. St Martin of Tours school had a bake sale that was very successful!

Thank you to everyone who made this March for Meals so memorable!

In Memory: We are saddened by the loss of long time client Emile Spaulding, and volunteers Rick Droge, Sharlene Leventhal and Charles Semple.

Thank You, Student Volunteers:

Archer School: Alyssa Slagermann
Brentwood School: Alexandra & Nicholas Jalali
Billy Mitchell: Madelyn Barreno
Crossroads: Joyce So
Daniel Webster: Hannah Chua
Notre Dame Academy: Mitra Djabbari
Louisville High School: Grace Levinson
Lycee Francias: Cataliina Rojter
Palisades Charter: Molly Abrams, Aaron Rad
Alpha Phi Omega of UCLA
Bruin Belles of UCLA
PDSOP of UCLA

Thanks to those who helped with the Easter and Passover holidays!

Seder plates and Passover bags were coordinated by Ellen Horwitz with the help of Morton Margolis. Easter treats were coordinated by Patricia Akaba with help from Alpha Phi Omega and PDSOP.

Welcome New Volunteers

Homa Adler, Ray Barreno, Phillip Blake, Shannon Chua, Jackie & Fred Fox, Scott Greco, Marvin Lachman, Kathy Marashlian, Johann Martinez, Lizbeth Medina, Jeffrey Moreno, Charlie Salazar, Eric Simms, Maury Zeller

Special Thanks To:

HUB International CA, who provide a team of volunteers to deliver meals every Wednesday.

Starbucks, Westwood @ Lindbrook, & Weyburn @ Broxton for donating goodies that go out to our non-diabetic clients.

Harvard-Westlake High School, Rebecca Katz for the "Just in Case" emergency bags.

ATTENTION STUDENTS 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. Students who are already licensed drivers are especially appreciated as reinforcements to our regular corps of volunteers.. So come on in and get a head start on your community service hours for next year.

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

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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 % back, contact the office if you are having problems with registration.
3. **Support our fundraising events:** come to our Theater event July 28, 2012. Cannot attend? 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 at www.mealsonwheelswla.org

All contributions are appreciated and are tax deductible too!