



# Torrance-Lomita Meals on Wheels Newsletter Summer, 2011

Torrance-Lomita Meals on Wheels, 3510 Maricopa St, Torrance, CA 90503  
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## **Office Staff**

**Office Manager:** Laura Bohm

**Office Staff:** Vivian Prosisie

## **Board of Directors**

**President:** Margaret Estrada

**Vice President:** Janice Plank

**Secretary:** Frank Miles

**Treasurer:** Ron Smith

## **Board Members:**

Shirley Bogan

Jana Ditmars

Mary Fair

Sue Gemmell

Gen Gorciak

Jackson Henry

Cathy Mueller

Bernice Rose

Jim Ryan

Jerry Steele

Gary Thompson

## **Save the Date**

Jan 19, 2012 - Annual Volunteer  
Luncheon

## **The Newsletter**

This is the first newsletter to be published in several years and we hope to make it a regular part of our on-going efforts to stay in touch with our dedicated volunteers. We want to provide information that is useful to or of interest to you so please let us know topics you would like to see addressed in future editions. Leave your ideas with one of the staff in the office or contact one of the Newsletter Committee Members at [newsletter@tlmow.org](mailto:newsletter@tlmow.org), Mary Fair, Cathy Mueller, Suzanne Gemmel, or Jerry Steele.

## **The Volunteers**

Volunteers are the heart of Torrance-Lomita Meals on Wheels. The dedicated volunteers deliver almost 2,000 meals each month. All policy is set by the all-volunteer Board which oversees the operations, budget and activities of TLMOW. We are truly a volunteer organization!

## **The Office**

At the time of this writing we are operating with only two part-time staff members in the office. Office Manager, Laura Bohm and Office Assistant, Vivian Prosisie. Luckily for all of us, both are experienced and seasoned professionals who continue to "rise to the occasion" to greet us all with a smile and to provide excellent service to our volunteers, our clients, and the public. We are fortunate to have them both and hope to provide some help to them soon. In the meantime, please try to be especially sensitive to the fact that they are more over-worked than usual.

We will all miss Kimberly Erwin who resigned in order to seek full-time employment and Pauline Meyer who has retired.

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*A Special Thank You to  
all our Wonderful  
Volunteers, Generous  
Donors and Loyal  
Sponsors*

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*"We make a living by  
what we get, we make a  
life by what we give."  
Winston Churchill*

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## Service

Meals are prepared, cooked and packaged by St. Vincent Meals on Wheels, Los Angeles. Each delivery consists of two meals: one hot meal to be eaten at midday and a cold meal for the evening. The meals are delivered between noon and 1pm, five days a week, Monday through Friday, except on holidays. Meals are planned by a registered dietician and are nutritionally balanced to include each of the four main food groups and provide two-thirds of the Recommended Daily Allowance. Trained volunteers donate their time as well as the operation of their vehicles to deliver the meals.

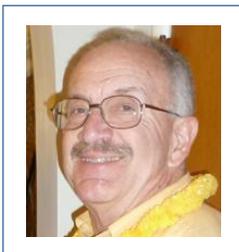
## From the President

I want to express my thanks and appreciation to all the volunteers who so willingly give of their time to deliver meals to our citizens who are in need. Because of your generosity and caring hearts Meals on Wheels organization is able to provide and deliver 50,000 meals each year to the homebound. As many of our clients speak of you as "Their Angels" you truly are their "Angels". Your dedication will never go unnoticed. Thank you again for your dedication and generosity.

Margaret Estrada  
President MOW Board

## Get to Know Our Volunteers

Ron Smith, a 22 year volunteer for MOW, was nominated by the Board of Directors for the "Distinguished Volunteer" Award by The Torrance Chamber of Commerce. We are very proud to have had him as our nominee. Ron began with Meals On Wheels when the previous Treasurer was ready to move on. Claire Browney, a former office manager, who lived in the same condo complex as Ron, asked him to take over. The rest is history!



*Ron Smith.*

Ron has been on the board as Treasurer for 22 years. When he retired 5 years ago, Ron began delivering meals, as both a sub and a regular. Ron also has served two years as Board President.

Additionally, Ron has served on (and chaired) the Promotions and Recruitment committee and, recently he served on the Budget committee. He also served on the committee that formulated the new requirements for ice in the client coolers. Ron has represented us many times at health fairs, volunteer fairs and other community activities. He has prepared grant proposals for the City of Torrance, Boeing, Raytheon, and McDonnell Douglas, to

## Get to Know Our Volunteers - cont.

name just a few. He volunteers at the Palos Verdes Resale thrift store so he takes some small credit for funds they give to us each year.

When asked if he had a special story that he would like to share Ron stated that this is not a “feel good” story but one that shows how we can make a real difference. There was a client who always left his front door unlocked for us since he couldn’t move around quickly. One day Ron and his partner entered and started to leave his meals on his dining room table only to see that yesterday’s meals were still sitting on the table untouched. When they looked around they saw that his living room was a shambles - floor lamps were knocked over, papers were strewn on the floor and there were signs the client had been injured. They found the client in his recliner; he was conscious, but not coherent. They called 911 and waited for the paramedics to arrive. The paramedics called for an ambulance which took him to the hospital. Ron stated that, “it was obvious Meals on Wheels saved this client’s life”.

Thank you Ron for the many years of service. You have really made a difference in your community and most especially for the continued success of Meals On Wheels.

## We Need Kitchen Helpers!

Pauline has retired from kitchen duty and Mary Fair has been filling in. Mary has volunteered to coordinate a few helpers to share this position on a rotating basis. It can be divided up in morning and afternoon shifts. The morning shift from 9:45am - 12:00pm, will set up the coffee and snacks, set up the wheel carts for each route, pull out the badges for the volunteers, and deliver the meals to Towers. The afternoon shift from 12:30pm - 2:30pm, will do the clean up, snack table, clean and stack the bags, empty the trash, file away the badges. If interested, please contact Mary Fair at (310) 544-6665 or maryfair@daclubhouse.net.

## Have Car, Will Donate?

If you have a car you would like to donate to charity, Torrance-Lomita Meals on Wheels (TLMOW) has two ways you can do that and benefit our organization. Both options are relatively painless: They pick up the car, sell it, send you the appropriate forms, and (most importantly!!) send TLMOW the proceeds of the sale, less expenses. Here are the two charitable organizations:

**Meals On Wheels Association of America:** Call 1-888-669-5271 for assistance with their donation program.

**Cars 4 Causes:** They can be reached at 1-888-444-2392 for help in donating your car.

In both cases, be sure to mention that your donations should go to the Meals On Wheels program in Torrance-Lomita.

## Planned Giving

A will or estate plan is a lasting reflection of values and priorities. If you choose to honor Torrance-Lomita Meals on Wheels you will be leaving a legacy of caring, nourishment and independence for many neighbors in our community. There are many forms of planned giving.

- **Bequests-** a specific dollar amount, percentage of an estate, or the remainder of an estate, can be bequeathed to Torrance Lomita Meals On Wheels.
- **Beneficiary Designation-** An easy way to include Torrance Lomita Meals On Wheels in an estate plan is by designating it as a beneficiary in a life insurance policy or a retirement account.
- **Memorials-** Inform families to direct memorials to Torrance Lomita Meals on Wheels.

A planned gift through an estate is a powerful way to impact a community and leave a positive effect for generations to come.

## Ralphs Community Contributions Program

Meals on Wheels is part of the Community Contributions program at Ralphs Grocery Stores. Each volunteer can sign up online or in person with our “scan bar” code. Just pick up the scan bar code from the office and take it to your Ralphs Grocery Store. They will scan the bar code once and from then on, for one year, a portion of your purchases will be donated to Meals on Wheels. To sign up online, logon to your account at [ralphs.com](http://ralphs.com) and select Community Rewards. From there, you can enter our organization number of 90555 or search by name starting with Torrance and enroll.

If you average \$300 a month in groceries, you will average \$4 a month to be contributed to MOW. If 100 volunteers sign up, then MOW will average \$400 a month donated to MOW!