

LOVE IS THE ANSWER - Cont.



Lovingly carrying forward Janet's philanthropic spirit, her devoted husband Ross has also embraced the mission of SVMOW. Guided by the same passion and shared purpose, he intends to continue the legacy of love that Janet began by expanding the Bone Apetit pet food program. Plans include adding additional services such as mobile pet grooming and increasing the number of pets to the food for pets program. For Ross and Janet, love is the answer—an answer which embodies their dedication to serving and making the lives of the more vulnerable among us better.

Though Janet is no longer with us, the love, compassion, and commitment of her husband Ross remind us that answering the call to help those in need transcends the limitations of time and space. Through SVMOW, Janet's spirit will live on and continue to nourish the hearts and bodies of those society often forgets. Love is the answer, and through their acts of generosity and kindness, Janet and Ross ensure the mission of St. Vincent Meals on Wheels will continue to flourish.

Youth Volunteers: Making a Difference One Act of Kindness at a Time



In today's fast-paced and technology-driven world, it's easy for young people to become consumed by their own needs and desires. The act of volunteering not only allows youth to contribute to the well-being of others but also teaches them invaluable life lessons that will stay with them for years to come.

St. Vincent Meals on Wheels is an organization that understands the true significance of volunteerism and has witnessed firsthand the positive impact it has on the lives of both the volunteers and the individuals that are served.

One of the most inspiring aspects of St. Vincent Meals on Wheels is the involvement of youth volunteers. These young individuals, supported by their parents, have truly made a difference in the lives of our homebound seniors.

Take, for example, Akshara, an eighth-grader who dedicated her time to create 100 handmade cards for the seniors. This simple act of kindness touched the hearts of those who received them, reminding them that they are seen and cared for. Declan and his mother Monica volunteered together to deliver meals during the holidays, spreading warmth and holiday cheer to those who may have otherwise spent the day alone. Angelo, along with his father, delivered meals to our seniors, spreading love and compassion along their route. The list goes on, with Jonathan and Logan, among many others, dedicating their time and energy to make a difference.

As we encourage and empower young people to volunteer, we are sowing the seeds of a brighter future. Together, we can create a community fueled by compassion, kindness, and the understanding that each act, no matter how big or small, has the power to transform lives.



Food is LOVE! Celebrating Valentine's Month with St. Vincent Meals on Wheels

Every February, love is in the air and St. Vincent Meals on Wheels celebrates not just one day but the entire month with our "Food Is Love" campaign. During this special fundraiser, we partner with renowned Los Angeles restaurants to raise funds for our vital programs. From sweet treats to savory delights, this annual fundraiser brings together delicious food and the heartfelt commitment of our restaurant partners to bring food and love to our homebound clients all year long!



This year, Chef-Owner Kamil Majer and his team at Blu Jam Cafe created a special heart-shaped Crunchy French toast dish, stuffed with sweet cream cheese and topped with fresh berries, this indulgent breakfast treat takes comfort food to the next level. Every time a customer orders this heart-shaped delight, \$2 goes directly to supporting St. Vincent Meals on Wheels!

Angelini Angelini Osteria, another longtime FiL partner offers its beautifully complex Beetroot Risotto and Burrata dish. With its vibrant colors and sophisticated flavors, this appetizer is a true feast for the senses. Made with creamy burrata cheese, earthy beetroot, and a medley of other carefully selected ingredients, every bite is a culinary delight.



And let's not forget Muddy Paw Coffee, a beloved coffeehouse renowned for their delightful brews and commitment to animal welfare. Known for its cozy atmosphere and a unique feature that welcomes pups, kits and their human companions, Muddy Paw Coffee combines enjoying delicious coffee and unique tea blends while also getting a chance to cuddle with adorable furry friends.

Every order, every bite, every sip, directly impacts St. Vincent Meals on Wheels and our mission to deliver nutritious meals and provide love and support to homebound seniors and others in need.

Together, we make a difference and spread the message that "Food Is Love" all month long.

Sign Up For The

LA BIG 5K HAVE FUN AND RAISE \$\$ FOR OUR SENIORS

There is still time to strut your stuff at the LA Big 5K – where running and raising funds is fun! Join Team St. Vincent Meals on Wheels on March 16, 2024, for a race that welcomes everyone, whether you're sprinting, strolling, or just trying not to trip over your own two feet.

Help us raise funds to bring food and love to homebound seniors across LA – because who says doing good can't be a blast? Picture yourself racing through Elysian Park, pretending you're being chased by a pack of Shohei Ohtani fans. Plus, you'll score a race shirt, a medal (bling, baby!), post-race snacks, and unforgettable memories.

The first 40 people to sign up get in for FREE! It's like winning the lottery, but with fewer numbers and more running shoes. Don't be fashionably late, there is still time to do good and have a blast—register today and let the fun in fundraising begin!



VOLUNTEER



You can make a difference! Grow your skills and advocate for the poor. The mission of St. Vincent Meals on Wheels is to prepare and deliver nutritious meals to homebound seniors and other vulnerable residents across Los Angeles regardless of age, illness, disability, race, religion or ability to pay. www.svmow.org

DONATE NOW to Send Food and Love to L.A.'s Hungry



Over 2,000 homebound seniors across L.A. depend on St. Vincent Meals on Wheels—and you—for a lifeline of nourishing hot meals and wellness checks. Send food and love to L.A.'s hungry seniors—please make a tax-deductible gift today.



THE SISTER ALICE MARIE QUINN LEGACY SOCIETY BUILDING A LEGACY OF HOPE AND LOVE

The Sister Alice Marie Quinn Legacy Society is a tribute to the enduring spirit of generosity and compassion of our founder. Through a bequest or planned gift, donors ensure their extraordinary contribution translates to an everlasting act that brings hope and love to the daily lives of our vulnerable clients.

Whether it's through a bequest, a charitable gift annuity, a charitable remainder trust, a life insurance policy, or a real estate gift, each contribution represents a pledge and an enduring promise that echoes the compassionate legacy of Sister Alice Marie.

If your heart is calling you to be a part of this circle of hope, to plant the seeds of a legacy that will flourish and sustain lives for years to come, please reach out. Your gift of kindness and generosity will help our seniors continue to thrive!

Please contact Christine Calderon Caruso who will guide you through this journey of giving, love and care that embodies the mission of St. Vincent Meals on Wheels.

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NUTRITION PROGRAM



the BREAD BASKET

WINTER 2024

NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

LOVE IS THE ANSWER JANET ORMOND ANDRIZZI'S QUEST TO BRING NOURISHMENT AND COMPASSION



Love knows no boundaries, and for Janet Ormond Andrizzi, it manifested through her longtime support for the mission of St. Vincent Meals on Wheels. Though Janet was an extremely successful attorney for 35 years, her passion for feeding homebound seniors and caring for rescue pets drove her generosity. As a lifelong advocate for those less fortunate, she blessed SVMOW with regular donations, eagerly anticipating retirement so she could volunteer her time, knowing her efforts would make an impact on the lives of many.

For Janet, the act of making a difference for those less fortunate—one hot meal at a time—was what mattered most. She understood that feeding homebound seniors nutritious meals and human connection helped marginalized Angelenos who were too often faced with isolation and loneliness.

Being actively involved with SVMOW brought Janet profound satisfaction, aligning her life-long charitable giving with a mission that made a true difference. Janet's generous donations to SVMOW improved many lives.

NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

A Message From Veronica Dover



"And now these three remain: faith, hope, and love. But the greatest of these is love."
- Corinthians 13:13

Love serves! We are so blessed by many who join us in our commitment to bring food and love to our homebound seniors. In this Valentine's Month we celebrate the volunteers, the staff, and the donors who show their love for our program and our seniors consistently throughout the year.

I am amazed every day by the depth of love that is evident in our program. One of the most amazing aspects of my job is when I receive phone calls from grateful seniors and hear directly how the love we bring them impacts their lives. Often the love that we bring to them, along with their meal, is the only expression of love they may get. One example is the calls from clients after the holidays or their birthday telling me the gift that we brought them was the only

gift they received. Another is how regularly they call to tell me how much they appreciate the short visit from the volunteer or staff meal runner when they deliver the meal and how just the opportunity to chat with someone is such a treat. Through our emergency needs program, we are able to meet basic urgent needs and our seniors are often moved to tears by the relief in having that past due utility payment made or by the walker or cane, safety rails or ramps that we are able to help them obtain. And the ability to help our seniors feed and care for their pet companions is another wonderful expression of our love and care for them. Love is the answer indeed!

We could never make this type of impact without you. We are grateful for your love and support for our program and these precious seniors. We invite each of you to visit us, tour the kitchen, hear the stories, or come to volunteer. It is a special thing to feel the impact as you visit with one of our seniors. Love is indeed the greatest gift. Love Serves!

Warmly,

Veronica Dover
Veronica
CEO/Executive Director



**St. Vincent Meals on Wheels
Board Chairperson**
Sister Joyce Weller
CEO/Executive Director
Veronica Dover
Director of Development
Christine Calderon Caruso

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