Deliver holiday love to three times more seniors!

Thanksgiving is coming and your help is needed to deliver holiday meals to more than 2,000 hungry shut-in L.A. seniors.

Today, a group of generous donors will triple every dollar of your Thanksgiving contribution, up to a total of $100,000.

If you haven't made your Thanksgiving donation, please reach out now to provide seniors with holiday meals, wellness checks...and love!

Go to stvincentmow.org/Match by 11/27/19 to serve three times more seniors.

CLIENT SPOTLIGHT

New Friendly Visitors Bring Comfort and Joy to One Senior at a Time

Loneliness and isolation negatively affect seniors’ health and well-being. Our Friendly Visitors like Lee, here with senior Heidi, are making a difference.

Lee leads a busy life as a Production Manager in entertainment news, yet she looks forward to her visit with Heidi every Saturday afternoon. She said, “It’s a highlight of my week.”

St. Vincent Meals on Wheels meal client Heidi, 83, lives in L.A.’s Westlake area. She has multiple health issues and uses a walker to get around her apartment. Her four daughters and eight grandchildren live in the Philippines, New York, Alaska and San Diego, so she has few visitors. “I’m really lonely here,” she said.

Lee and Heidi are part of our new Friendly Visitor program that connects seniors with a buddy who comes to their home once a week. They can do whatever they like; most enjoy talking, doing a puzzle, playing a game or going outside for fresh air and sunshine.

When Lee and Heidi get together, they talk and laugh and catch up on each other’s lives. Lee enjoys

“This began as a volunteer commitment, but now we’re true friends...”

Continued on page 2

INSIDE: An Evening on the Beach, page 5
learning about Heidi’s family and her Filipino culture. They do craft projects like painting seashells. And they happily munch on potato chips.

Lee began volunteering for St. Vincent Meals on Wheels as a meal delivery runner, but she was eager to be a Friendly Visitor to make a stronger connection with one senior.

Lee said, “This began as a volunteer commitment, but now we’re true friends who share everything and lean on each other. Every step she takes is painful, so I’m working to help her get a motorized scooter.”

“I’m so blessed to have Lee in my life,” said Heidi. “I’m alone and isolated, so her visits make a lot of difference.”

To ensure the safety of our seniors, Friendly Visitors are first screened. Then St. Vincent volunteer coordinator Laura Medina matches seniors with visitors that share similar interests or backgrounds.

“Heidi and Lee are both artistic. They love books and doing crafts,” said Laura. “They turned out to be a great fit. With a waiting list of seniors who have requested a weekly Friendly Visitor, we need more volunteers.”

Loneliness and isolation negatively affect seniors’ health and well-being. Friendly Visitors like Lee are making a difference.

To learn more about becoming a Friendly Visitor, please contact Volunteer Coordinator Laura Medina at lmedina@stvincentmow.org or (213) 484-7494.

“I couldn’t stay in my home without St. Vincent Meals on Wheels. I depend on your diabetic meals to stay healthy, as I’m not able to buy or fix my own food. Thanks to you, I know I am not alone.”

Thanks to your loyal support, Luz can rely on a daily diabetic-friendly meal and a home wellness check from St. Vincent Meals on Wheels.
Gifts and Grants

It wouldn’t be possible to meet the needs of over 2,000 hungry seniors without your generous support.

Although space doesn’t allow us to print all donors’ names, every contribution is greatly appreciated and immediately put to work delivering food and love to those in need.

AN EVENING ON THE BEACH

Bobbie, Jerry and Brett Furrey
Kristine and Jay Eagan
Accenture
Studio UNLTD

New School Consulting
Audi of America
Mansour Travel Company
Nelly Lianos Kilroy
Gale P. Runnells
Marc Spilo Living Trust
Unis Fulfillment, LLC

BEQUESTS
Ruth G. Scully

GRANTS
The Cain Foundation
Carrie Estelle Doheny Foundation
The James D. Scheinfeld Family Foundation

OPERATIONS SUPPORT
The Aidlin Foundation
Daughters of Charity Foundation
Barbara A. Martin

Individual, corporate, foundation and trust gifts of $5,000 or more received between July 15 and September 15, 2019, are included.

FROM OUR CEO

The Spirit of the Holidays Lives at our Kitchen

Fall is in the air and the spirit of the upcoming holidays is alive. At St. Vincent Meals on Wheels, the homebound neighbors we serve are family. So just as the upcoming holidays bring us increasing opportunities to connect with family far and near, we begin to plan all the things we can do to share the connection, love and warmth of the holiday season with the seniors we are honored to serve.

Holidays at St. Vincent Meals on Wheels are planned with care, from the special meals that taste delicious and fill the kitchen with the scent of home, to the special gift bag we send to each senior—a care package filled with practical items and an angel ornament.

These beautiful traditions, started by our founder Sister Alice Marie, continue each year to show the love we feel for our seniors. Volunteers, both groups and individuals, are planning what to put into the care packages this year. If you’re interested in being part of that, please let us know.

This fall we are also launching, in collaboration with the Poetry Society of America, our Poetry in Motion program. Each month, the Poetry Society of America will work with a Los Angeles-area poet to obtain a poem that will be delivered to our seniors with their meals. The first poet to be featured is the Poet Laureate of Los Angeles, Robin Coste Lewis and her beautiful poem, Avocatè.

We are so thankful for you who make our work possible. Without your support and love, these special opportunities to show love and connect with our homebound neighbors would not be possible.

I wish you joy, love and the special blessings of family and friends this holiday season.

Warmly,

Sister Alice Marie Quinn

Legacy Society Members
From July 15 to September 15, 2019

RUTH G. SCULLY
Nothing brings the holiday season to life like volunteering at St. Vincent Meals on Wheels. The smiles and hugs of gratitude you get while delivering love and nutrition to homebound seniors will be the best gifts you get all season!

There are many volunteer shifts open including weekends and holidays.

You can volunteer once a week, or once a month, Monday through Saturday, and you’re welcome to a yummy hot lunch afterwards.

It’s also a great time for your company to do something special for holiday festivities. Why not come in and prepare meals or create holiday greetings for your fellow Angelenos as a truly magical way to celebrate the season?

You’re also cordially invited to Cuisine à Roulettes’ annual Petrossian Caviar event on December 8. All funds raised go to St. Vincent Meals on Wheels.

Thank you for being part of the family, and for making sure no L.A. senior goes hungry this holiday season.

Happy Holidays!

— Betsy Rosenfeld Vargas
President, Cuisine à Roulettes

Cuisine à Roulettes is a support group that raises funds and volunteers for St. Vincent Meals on Wheels. To learn more, go to stvincentmow.org/members

For more information on planned gifts, including those that can provide lifetime income and tax savings, please contact Daryl Twerdahl at dtwerdahl@stvincentmow.org or (213) 484-7112.
The Hottest Party on the Beach Celebrates 10 Years

More than 600 generous foodies and wine-lovers attended the 10th annual Evening on the Beach, hosted by Audi. The September event at the Jonathan Beach Club featured 24 renowned L.A. chefs preparing dishes, and noted vintners and spirit makers sharing their wines and signature cocktails.

The event benefitting St. Vincent Meals on Wheels raised over $150,000—enough to deliver more than 19,000 meals to shut-in L.A. seniors. Our deepest thanks to our chef partners, vintners, spirit makers, sponsors and guests.

CHEFS
Gino Angelini / Angelini Osteria
David Feau / Church & State
Jason McClain / Jonathan Club
Genevieve Gergis / Bestia
Brian Rigby / Craft Los Angeles
Andrea Shirey / Craft Los Angeles
Hilary Henderson / CUT Beverly Hills
Mimmo Bruno / DiStefano Cheese
Zak Walters / Ingo’s Tasty Diner / The Misfit
Masa Endo, Sushi Chef / Jonathan Club
Jason McClain / Jonathan Club
Luis Perez / Jonathan Club
Charles Olalia / Ma’am Sir
Carlos Cabrera / Petrossian
Mark Peel / Prawn
Brian Bornemann / Michael’s Santa Monica
Matt Molina / Hippo
Kevin Meehan / Kali Restaurant
Mark Gold / SALT Restaurant & Bar
Sally Camacho / Tesse
Rafael Francois / Tesse
Chris Phelps / Salt’s Cure
Kriss Harvey / andsons chocolatiers
Vartan Abgaryan / Yours Truly

WINE, SPIRITS AND BEVERAGES
Ascension Cellars / Paso Robles, CA
Beekeeper Cellars / Sonoma County, CA
Bonaccorsi Wine Company / Central Coast, CA
Kalin Wines / Novato, CA
Malibu Vineyards / Malibu, CA
The Malibu Vineyard / Malibu, CA
Navarro Vineyards / Anderson Valley, CA
Revenant Winery / Calistoga, CA
Silver Oak / Alexander Valley
Far Niente / Napa, CA
Trefethen Family Vineyards / Napa Valley, CA
Brian Summers, Director of Spirits and Mixology / Jonathan Club
California Wineries & Vineyards
Twowey Cellars
Chopin Vodka
Dorda Sea Salt Caramel Liqueur
Red Door Highland Gin
Koch El Mezcal
Hermosa Brewing Co. / Hermosa Beach, CA
Melville Vineyards & Winery / Lompoc, CA
Benromack Scotch Whisky
Badoit
Evian
Your simple good deed can change a life!

Suffering from advanced diabetes, 67-year-old Ruby used to go without breakfast, risking a dangerous drop in blood sugar—until a simple good deed changed everything...

Ruby lives alone in a small South L.A. apartment. She depends on St. Vincent Meals on Wheels for the lifeline of a daily hot meal and a wellness check.

When we learned Ruby relies on us for everything she eats, we offered her breakfast in addition to her diabetic-friendly hot meal. She chose low-sugar items from our menu of cereal with milk, muffins, fresh fruit, yogurt and coffee or tea. We also give these clients, who rely on us for everything they eat, a healthy snack like a small sandwich with fruit.

Thanks to caring friends like you, the simple good deed of providing a $1 breakfast gave Ruby more energy and changed her life for the better!

Will you please join our Breakfast Club? Change a life by sponsoring a year of breakfasts for the one L.A. senior who needs you most. For just $30 a month—or a single gift of $365—you can give a senior in need like Ruby the healthy breakfast they need every day of the year!

To join the Breakfast Club, please go to stvincentmow.org/breakfast or call Daryl Twerdahl at (213) 484-7327.
Holiday Card Inserts Make Your Gift Giving Easy

A Generous Gift has Been Made to St. Vincent Meals on Wheels In Your Honor This Holiday Season.

This gift will help provide Seasons Greetings and warm holiday meals to our most needy seniors and shut-ins throughout Los Angeles.

Slip a holiday card insert into your Christmas or Hanukkah cards to let your friends, loved ones and associates know that you’ve made a gift in their honor.

These cards come in packets of 10 for a $100 tax-deductible donation. Please respond by December 1, 2019 and we’ll rush your card inserts to you by mail.

Please fill out this form and send it with payment to the address below.

Questions? Call Bing Lacson at (213) 484-7327.

☐ Please send me ____ pack(s) of 10 holiday card inserts for $100.
☐ My check of $__________ is payable to St. Vincent Meals on Wheels.
☐ Charge my donation of $__________ to my: 
  - Visa  - MasterCard  - American Express  - Discover
  Card # _____________________________ Exp. Date _______
  (We don’t save credit card numbers.)
  * Visa, MC, Discover: Enter last three digits of the number above your signature.
  * AmEx: Enter four digits above your embossed credit card number.

Signature __________________________________________________

Name __________________________________________
Address __________________________________________
City______________________________________________
State______________________ Zip__________________

Please mail to: St. Vincent Meals on Wheels
  Holiday Card Inserts
  2303 Miramar Street, Los Angeles, CA 90057-2109
feedback form

(Recipient ID)
(Recipient)
(Recipient address)
(City, State Zip)

St. Vincent Meals on Wheels
St. Vincent Senior Citizen Nutrition Program
2303 Miramar Street, Los Angeles, CA 90057-2109
stvincentmow.org

ADDRESS SERVICE REQUESTED

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St. Vincent Senior Citizen Nutrition Program
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ADDRESS SERVICE REQUESTED

Feed a Senior
When you shop Amazon
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Your holiday shopping can feed a senior—and it doesn't cost you a thing!

Please start at smile.amazon.com for your holiday shopping. It costs you nothing, but Amazon will donate 0.5% of all your purchases to St. Vincent Meals on Wheels, its that easy!

When you go to Amazon, check out St. Vincent Meals on Wheels wish list of Good.

It can do L.A.'s homebound seniors a world of good.

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