See Your Support in Action!

To save resources better spent on food for our seniors, the 2020 St. Vincent Meals on Wheels Annual Report to Donors has moved to our website.

Please take a few minutes to see the impact of your generous support and how much we grew to meet L.A. seniors’ needs in 2020—thanks to you!

Go to: stvincentmow.org/2020report

“I was famous for my cinnamon rolls,” said Shirley, a caterer and private chef.

CLIENT PROFILE

Shirley Still Sparkles at 86

Born and raised in Los Angeles, Shirley started working for her family’s catering company at an early age.

Later, she took over the business and went on to have a 55-year career as a caterer and private chef, most famously to actor James Stewart.

“I’ve had a fabulous and blessed life,” Shirley said. “I worked until my legs gave out on me. Now I need a walker and I can’t cook anymore.” She enjoys her healthy meals and credits them with helping her lose 110 pounds.

Shirley motto is “be kind to everyone.” She is known in her senior apartment building for her friendly manner, her smile and her flowered dresses.

Over the years, while she worked for many famous people, Shirley also donated food to many people in need. Today, she asks her friends to donate to St. Vincent Meals on Wheels. “I love this program,” she said, “and I want to give back.”

Volunteer Tea drives five hours every week to deliver meals to seniors.

Now I need a walker and I can’t cook anymore.
FROM OUR CEO

Thanks to you, we answered the call of 2020

Though 2020 was challenging for us all, it gave us the opportunity to provide a true lifeline of support, food and love for the seniors who need us.

During the pandemic over 995 additional seniors called on St. Vincent Meals on Wheels as they isolated at home. We answered the call to meet the increasing needs of seniors in our area, including those recovering from Covid-19.

Nearly 400 of those seniors eventually found other ways to get food from family, friends or grocery delivery. That leaves 600 new seniors who need to remain on our program indefinitely.

With your loyal support... We doubled the number of meals we produce each week. We added breakfast for most of our clients who have no other way of getting food. We learned new ways to deliver food and do wellness checks while keeping seniors safe. And we learned how to keep staff and volunteers safe as they carried out this life-saving work.

But we didn’t stop there! We added a social call program to help seniors who are lonely and isolated. Trusted volunteers call our seniors weekly to check in on them and visit.

Now we’re launching a pilot program to help seniors use iPads and tablets for video doctor, family and volunteer visits, and to participate in social groups and educational offerings. (See page 4)

We couldn’t have done it without you, and we are so thankful you’re part of our St. Vincent family.

Warmly,

— Veronica Dover
CEO/Executive Director

PLANNED GIVING

Tax Laws Change—Your Legacy is Forever

No one knows how taxes may change, but the Required Minimum Distribution (RMD) from your traditional or rollover IRA is still in effect for 2021.

To avoid 2021 taxes if you are age 70.5 or older, consider making a Qualified Charitable Distribution (QCD) of up to $100,000 to your charities of choice. Every dollar you donate reduces your RMD by the same amount. If the total is equal to or greater than your RMD, you’ll have no taxable RMD income.

While this is a immediate way to save taxes, make 2021 the year you also consider the big picture of your personal legacy.

Take action to finally get that will or trust done. Talk to your advisors about how to save taxes and make your giving go further. Create an estate plan that reflects the legacy you want to leave to your loved ones, and to your community.

We’re happy to give you a no-obligation consultation on any aspect of planned giving, including options that can provide lifetime income and tax savings.

Please contact Bing Lacson at blacson@stvincentmow.org or (213) 484-7327.
Daryl Twerdahl has retired as Director of Development after 31 years of service to St. Vincent Meals on Wheels, L.A.’s seniors and our community.

In 1989, the multi-talented Daryl had a catering company in Larchmont. She met St. Vincent Meals on Wheels founder Sister Alice Marie and volunteered to deliver meals. Later she served as president of auxiliary Cuisine à Roulettes, where she raised funds and friends for the program through memorable events.

In 2002, Sister Alice Marie asked Daryl to join the staff as Director of Annual Giving. Over the years, dynamic Daryl has made hundreds of friends for St. Vincent Meals on Wheels across Los Angeles and raised millions of dollars to support our mission.

Daryl was instrumental in St. Vincent’s fundraising events over the years, from the Beach Walk/Bike-a-thon, to Wolfgang Puck’s American Wine & Food Festival, to Evening on the Beach.

“I’m touched that so many donors, volunteers and employees have become friends. It’s been a privilege to do this work, and I will miss you all.”

Today, Daryl is a volunteer in her community, and enjoying time with her husband Jim. As soon as it’s safe to do so, she’s ready to visit their three grandchildren and take a leisurely trip to Italy.

“For years, St. Vincent Meals on Wheels has been my home away from home,” said Daryl. “I’m touched that so many donors, volunteers and employees have become friends. It’s been a privilege to do this work, and I will miss you all.”

A LEGACY OF COMPASSION

If you have provided for St. Vincent Meals on Wheels in your will or estate plans, please let us know so we can honor you and thank you as a member of the Sister Alice Marie Legacy Society.

Please contact Bing Lacson at blacson@stvincentmow.org or (213) 484-7327.

MEMBERS

Walter Ellert
Robert C. Ellis
Phyllis M. Halladay
Richard A. Jacobsen
Betty C. Merfeld
Eugenia A. Yesthal

We honor these friends whose bequest, intention or planned gift was received between September 26 and December 31, 2020.
Pilot “Video Visit” Program for Seniors Needs Tech Mentors and Tablets

A simple iPad or other tablet device can connect a shut-on senior to the outside world and reduce their isolation.

St. Vincent is launching a pilot Video Visit program that provides interested seniors with a loaned tablet device and a volunteer to teach them how to use it. This will help seniors have video visits with doctors, family, and volunteers. We’ll also offer video health education, and social gatherings.

Our partners at USC’s School of Gerontology surveyed our seniors and found interest in using a tablet. The school’s Medical Gerontology Association is now working on our health education programs.

If you want to get involved, consider buying a tablet from our wish list at amzn.to/32T5bt4

If you can volunteer a few hours a month as a remote tech mentor for seniors, please contact Laura Medina at lmedina@stvincentmow.org or (213) 484-7494.