



ALAMEDA MEALS ON WHEELS

ALAMEDA FRIENDLY VISITORS

SPRING 2022

VOLUNTEER GRATEFUL TO DELIVER

It had always been my dream to volunteer for Alameda Meals on Wheels (AMOW) when I no longer had a full-time job. I recently ended my 36-year career with Girls Inc and am gratefully living my dream.

During the Shelter in Place at the height of the pandemic, I saw an ad in the Alameda Sun that AMOW needed volunteer drivers to relieve the current drivers who were in the high risk/vulnerable age group. I called right away to be put on the list. I started on May 20th, 2020 and I will never forget my first day. I went to the wrong building. Several codes to enter buildings didn't work. I was sweating. My glasses fogged up from wearing my new unfamiliar and unsettling face mask. Intercoms did not work. I delivered a meal to the wrong person and had to go back to get it when I realized the mistake. I thought to myself, "what have I signed up for?" When I finally finished my route and was the last one back, Peri asked me "How did it go and do you want to come back next Wednesday?" I eagerly replied "Yes!" It was horribly anxiety ridden and wonderfully fulfilling. I knew I could do better the next week and couldn't wait to try again. I was not going to give up on my dream! Now, Wednesdays are my favorite day of the week!

Currently, due to the Covid precautions and restrictions, we leave the meals in bags hung on door knobs. I was lucky enough to get to see a man named Bob every Wednesday in his apartment lobby. He was a faithful Raider and A's fan and always thanked me with a smile for bringing him his meal. Sadly, Bob passed away recently. I miss talking to him. I shine a smile every time I pass his building on Shoreline Drive.

I often write little notes to the people on my route. I have received a few thank you notes back, which really touch my heart and make my volunteer time worthwhile and rewarding.



Pam Williams enjoys Wednesday deliveries

AMOW POEM

by Susan Hitomi

*Merrily roll
Ride along in cars
Gently down streets
Nutritious prepared food ready to eat*

*Find a wheel as it goes around it skims along
Since many don't cook
We enjoy veggies and meat of Alameda Meals on Wheels
Happy to see volunteer's greetings and smiles*

*Meals for retired and housebound
Food like mothers used to cook
Healthy and lowers blood pressure
Saves a trip to the store*

*Handmade Valentines and Christmas cards
So thoughtful and nice
Uplifts our days with kindness along the way
For reasonable fees
Alameda Meals on Wheels is key*

*A cheerful attitude with meals makes days bright
Many Alameda Meals on Wheels brings happiness
A salute and waves to you all
A thank you from our hearts*



Adam Fayngersh helps his mom Kate deliver meals every Thursday

CONTRIBUTIONS CAN BE MADE ONLINE AT www.alamedamealsonwheels.org

Just click on the **Support Us** link and then the bright red Donate Now button in the bottom-left corner of the page. Contributors can securely use PayPal or a credit card.

Thank You

Thank you to St. Philip Neri-St. Albert the Great Parish and Christ Episcopal Church for the wonderful Thanksgiving meals for our recipients. Thank you to the Alameda Quilt Guild for the beautiful placemats and the Alameda Knitting Guild for the colorful hats. Thanks to Barbie Wong, Alameda Tea Club, Secret Santas, Harbor Bay cooking club, Crown Harbor, Red Cross Youth, and all the others who gave presents and cards for our recipients during the holiday season.

BRINGING SMILES: VOLUNTEER LINDA WILLIAMS

Spurred on to volunteer by her church, St. Joseph Basilica, Linda Williams began delivering meals for AMOW more than 19 years ago. While she enjoyed making the food deliveries, Linda realized that her favorite part of being an AMOW volunteer was meeting and talking with the meal recipients. "I tried to make sure everyone still got their meal while it was hot, but I was often long on delivering because I just loved chatting with everyone!" Linda chuckles. Soon after, Alameda Friendly Visitors (AFV) was formed to address exactly what Linda was providing - companionship for people who were isolated, lived alone or simply wanted to meet a new friend. Linda immediately joined AFV and has been volunteering for the program ever since. "My first visatee was Melba, who I visited with for more than 10 years. I've sometimes had four visatees at a time. I'm so grateful for all the friendships and wonderful memories I've made," says Linda. As a Friendly Visitor, Linda's primary goal is to make her visatees laugh and to bring some joy to their lives. She's done that and more by taking people out to lunch, organizing card games, playing bingo, and bringing small holiday decorations and treats along with her positive and generous spirit. "I recently developed my own 'music therapy' by putting together playlists to cheer up some of my visatees in senior facilities," adds Linda. Making her community a better place is a "win-win" she says. "Being a part of the AFV program has made me so grateful in my life. It's brought me so much happiness." Her advice for anyone thinking about volunteering? "You have more than enough time. You can learn so much from others and your life will be so much richer!"



All smiles for Linda and Mary

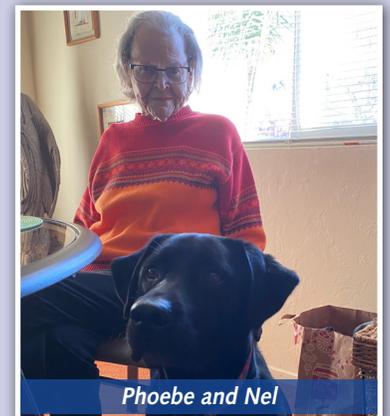
To volunteer for AFV, please contact **Jane Neal** by email at friendlyvisitors@sbcglobal.net or by calling **510-748-0342**.



Joyce enjoys Phoebe

FRIENDLY VISITORS GOES TO THE DOGS

Happy to share a lot of wet kisses and tail wags, Phoebe, a five-year-old black Labrador Retriever, is our newest Friendly Visitor volunteer. Her owner and caretaker, Jill Staten, a regular AMOW volunteer, is sharing her sweet dog with those in need of a friendly visit. The Canine Good Citizen certified pooch is making visits to seniors at home and in care facilities to bring smiles and comfort, easing anxiety and stress to those isolated, ill or alone.



Phoebe and Nel

Want to be notified of future events by email? Contact us at alamedamealsonwheels@gmail.com

CHECK US OUT AND LIKE US!

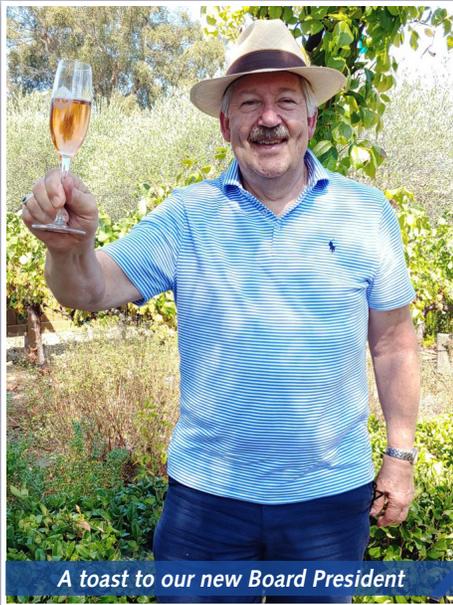


[www.facebook.com/
AlamedaMealsOnWheels/](https://www.facebook.com/AlamedaMealsOnWheels/)

AMOW WEBSITE:
alamedamealsonwheels.org



[www.instagram.com/
mealsonwheels_alameda](https://www.instagram.com/mealsonwheels_alameda)



A toast to our new Board President

KOFMAN BECOMES AMOW BOARD PRESIDENT

Long time AMOW board member, Edward Kofman, is assuming the presidency of the board once again. Having served on the board since 1990, Kofman served as the AMOW Treasurer from 1992-1999 and then as board president from 2000-2007. During his last terms as president, AMOW continued the growth of the program and our fundraising efforts and celebrated its 30th Anniversary of promoting independence to our homebound neighbors. In 2004, with guidance from former Executive Director, Rosemary Reilly, AMOW further expanded our services with the introduction of the AFV program to try to alleviate the feelings of isolation of our predominantly senior neighbors (although open to all ages).

Kofman remarked, "I am excited to come in again as president at a time when we are closing in on commemorating our 50th anniversary next year. Our organization has evolved over the years and we are determined to continue to grow so that we may better meet the needs of our community now and in the years to come."

DINE AND DONATE FOR ALAMEDA MEALS ON WHEELS

Thank you to the restaurants and AMOW donors who participated in recent Dine and Donate events. Restaurants include the following: East Ocean Seafood, The Park Street Tavern, American Oak, VJ's Sports Bar and Pizza, and Asena. On May 12th, Trabocco Kitchen and Cocktails, located in the South Shore Shopping Center, will host another Dine and Donate event. If you would like to be notified of upcoming events for 2022 and beyond, please send your email address to us at alamedamealsonwheels@gmail.com or call the AMOW office at **510-865-6131**. Please contact us if you would like to sponsor a Dine and Donate event as well. You can also find the latest updates on Facebook, Instagram, or the events page on our website alamedamealsonwheels.org/news.html.

POTTERY AND ART SALE AT ALMANAC BEER COMPANY

Enjoy shopping for pottery, art and jewelry at Almanac Beer Company. Buy a beer and view pottery, art and jewelry made by 25 Alameda and Bay Area artists who donated their work to AMOW for this sale. The event takes place on Saturday, April 30th from 12-8 pm and Sunday, May 1st from 12-6 pm. See next page for more information.

SHOP AND DONATE

AmazonSmile is a very easy way to give donations to AMOW. Sign up at smile.amazon.com on the web or tap on AmazonSmile in the app and select Alameda Meals on Wheels as the charity. Amazon will then donate 0.5% of your purchase to AMOW through the Amazon Foundation. You know you are using AmazonSmile when you see the icon in the upper left corner of the banner on the website.

CARS AND COFFEE ALAMEDA

The first Saturday of the month in May through November from 8:00am to 10:00am, you can check out special hot rods and cars at Greer® Family Mortuary. Enjoy a cup of coffee and a donut. Funds raised at these events will be donated to AMOW. Greer Family Mortuary is located at 2694 Blanding Avenue in Alameda.



Greer® Family Mortuary
and Cremation Services
FD 1408

Other ways to
donate to
AMOW

- ~ Donate to Alameda Meals on Wheels through your will!
- ~ Donate a car to Alameda Meals on Wheels!
- ~ Donate your time to deliver meals or visiting a homebound person!

Local Artists



Spring Pottery & Art Sale

Benefit for Alameda Meals on Wheels

Sat. April 30th 12pm - 8pm
Sun. May 1st 12pm - 6pm

Hosted by:

Almanac[®]

— BEER CO. —

651B W. Tower Avenue, Alameda, CA 94501



WE ENCOURAGE EVERYONE TO SHOP LOCAL!!

But if you're shopping on Amazon, please designate **Alameda Meals on Wheels** as your charity. Just go to smile.amazon.com to sign up!