



# ALAMEDA MEALS ON WHEELS

## ALAMEDA FRIENDLY VISITORS

SPRING 2020

### ALAMEDA MEALS ON WHEELS NEEDS YOUR HELP!

Why now? Alameda Meals on Wheels (AMOW) must:

- ☑ **cancel its annual July fundraising wine event**
- ☑ **meet increased requests for food to our Alameda home-bound seniors and neighbors at risk**
- ☑ **purchase supply of emergency shelf-stable meals**
- ☑ **increase staff to handle the increased demand for services**
- ☑ **purchase additional sanitizing supplies**

Due to the evolving pandemic, we have increased the meals we provide, bought prepared shelf ready food and protective gear. As a valued member of our community, won't you please consider making a significant donation now? Your support will go a long way toward maintaining the independence, friendship, dignity and well-being of our homebound seniors, veterans, and disabled neighbors during this unprecedented emergency.

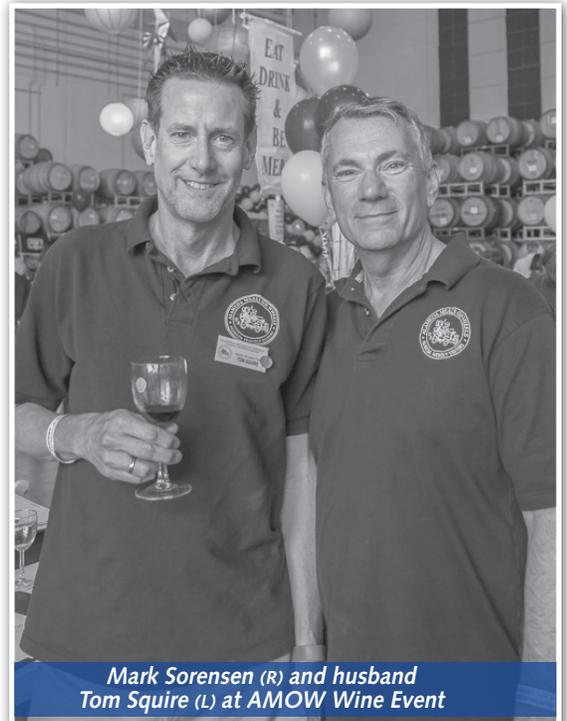
AMOW has been providing our homebound neighbors with a hot meal every day since 1973, and Alameda Friendly Visitors, our sister program, has been providing weekly visits by volunteers with caring hearts to those in need of a friend. **Because of our unfailing commitment to serving everyone in need without age restrictions, we cannot, and do not, accept any government funding.**



### MANY THANKS TO MARK SORENSEN, PAST PRESIDENT

There are a number of individuals that have been instrumental in promoting the growth and vitality of AMOW since its inception in 1973 and Mark Sorensen is one of them. Mark has been a long-time board member, chair of our annual Alameda Community Faire and Wine Tasting Fundraiser and Board President for many years. Just recently, Mark retired from the board and is now soaking up the sun in Palm Springs and enjoying a well-deserved rest from the hustle and bustle.

We are grateful to Mark for many reasons. For many years he led the board as board president with the care and dedication in serving our community that is an example and inspiration to others. He was a staunch advocate of the program and there wasn't a community event that he attended where he did not have his AMOW hat on. As if it were not enough, Mark also chaired our Annual Community Faire and Wine Tasting Fundraiser for many years leading a committee of the entire board to see that every aspect of the event was covered. It should be mentioned that by virtue of being the "first husband" and later a board member, Tom was also an integral part of this effort. Of all of the years that Mark chaired this event, the funds raised provided for a countless number of meals to be distributed in the community. Mark, the board and the community celebrate all of your good work and wish you a happy and healthy retirement!



Mark Sorensen (R) and husband Tom Squire (L) at AMOW Wine Event

### CHECK US OUT AND LIKE US!



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

AMOW WEBSITE:  
[alamedamealsonwheels.org](http://alamedamealsonwheels.org)



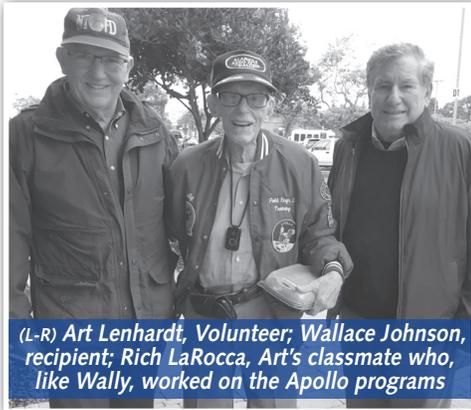
[www.instagram.com/  
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## WELCOME TIK THURSTON, NEW AMOW BOARD PRESIDENT

With the recent retirement of our past-president, Mark Sorensen, he left some big shoes to fill but luckily for us we had just the right woman to take on the challenge. Our long-serving Vice President, Tik Thurston, had served on the board in many roles including a stint as Treasurer, Personnel Committee member and taking a very active role in our major fundraiser, just to name a few. With a long resume of non-profit experience and board governance, she was just the right leader to step in and keep AMOW rolling. We are grateful for her commitment and leadership and look forward to a bright future serving the community.



## WALLACE JOHNSON ~ VISITING WITH APOLLO FELLOWS



(L-R) Art Lenhardt, Volunteer; Wallace Johnson, recipient; Rich LaRocca, Art's classmate who, like Wally, worked on the Apollo programs

Wallace Johnson – a Recipient of Meals on Wheels and Alameda Friendly Visitors – enjoyed a special visit from Rich LaRocca and Art Lenhardt. When Art found out, at a recent class reunion, that his high school classmate, Rich, had worked on all of the Apollo antennas, he felt he might be interested in meeting Wally. He set it up, and they had lunch in December, where they talked about the Apollo program and discovered all the things and people they knew in common and the experiences they had shared. Art learned, among other things, that the microwave oven was an offshoot of all the things that developed from the research necessary to send a person into space. Wally gave Rich a copy of his book, *"From One To Infinity With Synergy,"* and will probably expect a report when they lunch again, which they both promised to do.



## ALAMEDA FRIENDLY VISITORS COME THROUGH, EVEN WHILE SOCIAL DISTANCING

During a time when in-person visits are suspended due to the Coronavirus, Alameda Friendly Visitors is continuing to stay in touch with the people we visit. Here are just some of the ways that our volunteers are creatively continuing to keep company with the isolated community:

- ✓ Letters and cards sent with love
- ✓ Beautiful stationery along with self-addressed, stamped envelopes to keep the thread going
- ✓ Fresh flowers cut from the garden and left on a porch
- ✓ A phone call to ask if groceries are needed
- ✓ Special delivery of a favorite ice cream
- ✓ A restaurant meal delivered to a care facility in celebration of a birthday
- ✓ A bouquet of flowers to someone sitting at their window in a care facility
- ✓ Mailing of books because reading brings them so much joy
- ✓ A tap on the window as a mother and daughter wave to their friend on the other side
- ✓ Photos mailed to share past moments
- ✓ Phone calls to brighten their days

Thanks so much to all of our volunteers for their wonderful work!



## ALTARENA PLAYHOUSE HOLIDAY SING ALONG

Thank you to the Altarena Playhouse for sponsoring the Holiday Sing Along and raising funds for AMOW!



Setting the scene...



Group singing the 12 days of Christmas



Small Santa getting ready to sing

## ALAMEDA STRONG

During this difficult time, it is astounding to see our community taking care of its own.

Bay View Nursing prepares meals for our recipients and is committed to assisting our program. They have helped us order and provide storage for shelf-ready food, if needed.

Alameda City Hall has responded and has provided help with staffing the office.

Volunteers in our community are eager to help. So many that it is difficult to place them all - a good problem to have! And, our regular volunteers are always front and center.

Our Board of Directors are on-call if any difficulties arise.

Alameda Police Officers Association is willing to volunteer.

So many donations from our generous and caring community, like the East End Homeowners Association.

Thank you. I wish you all could hear the calls from recipients expressing their gratitude.

We not only provide a nourishing meal, but are a place of connection for them.

Thank you Alameda.

Rosemary Reilly, Director

Alameda's business community has generously come to the rescue during the Covid-19 pandemic. Thank you to our stellar local businesses who are supporting AMOW during this crisis. [To donate, visit www.alamedamealsonwheels.org](http://www.alamedamealsonwheels.org)



Director Rosemary Reilly (L) receiving donation from fourth grader, Analiz, and first grader, Sarina, after they held a neighborhood blueberry-lemonade stand with the help of volunteer (and their uncle!) Brian Cash... such a creative and thoughtful fundraiser!



Alameda resident, Aaron Kraw of Park Social, representing the Jimmy Rollins Family Foundation, presents a check donation to AMOW's Peri Drake

Thank you

### A BIG SHOUT OUT!

Thank you to Alameda's own **St. George Spirits** for their delivery of five gallon buckets of sanitizer to keep our food containers clean

If you would like to be notified of future events by email, please contact us at [Alamedamow@aol.com](mailto:Alamedamow@aol.com)



Long-time volunteer Carol Lohr and Mayor Marilyn Ezzy Ashcraft delivering meals during March for Meals month. Our mayor is a former volunteer along with her children. Meals on Wheels has over 150 volunteers – Alameda community at its best.



*Students from New Highland Academy and their Valentine Cards for AMOW recipients showing they're ready to tackle litter with their supplies.*

## CIRCLE OF FRIENDSHIP THROUGH CARDS

**Christmas Cards and Valentine Cards** – Thank you to Tracy Dordell and her K-5 New Highland Academy. Tracy has had classes do cards for different occasions over a 10-year period. After giving Christmas Cards to recipients of meals, a volunteer who delivers meals found information about the class and teacher. He sent the class a Thank You and gave a donation for the class to decide how to use. Teachers and students struggled with ways to utilize this donation in a way that would continue to help the community. The students bought supplies so they can pick up litter along the Estuary. A Wonderful Circle of helping in the community.

**CONTRIBUTIONS CAN BE MADE ONLINE AT [www.alamedamealsonwheels.org](http://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.