



# ALAMEDA MEALS ON WHEELS

## Alameda Friendly Visitors

Newsletter

Spring 2012

## Our Volunteers: What would we do without you?



MOW volunteers from left to right: John Wessenberg, Luisa Vallejos, Jim Ferris, Carmen Sanchez, and Jim Cook

Luisa ( pictured above) writes:

Volunteering opens a door of opportunity to all – the experience one doesn't get out of books. We don't get paid or receive a pension. What we get is SATISFACTION – We are giving back to our community. We meet nice people and best of all we come home with a worthwhile feeling.

Volunteering is working for a cause. We give our time, we share our smile and kind words. MOW gives perhaps the only hot meal that day to recipients. Some of us cannot let a week go by without helping someone. So, be a volunteer – It's the best medicine. One cannot explain the reward – you have to do it!



### Volunteer Appreciation Event – September 2011

Thanks to Ron and Barbara Mooney for use of Clinton Pool, Tucker's for the ice cream sundaes, and the Herbert Mims Quartet for music.



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Thanks to Alameda County Meals on Wheels for generously underwriting the purchase of T-shirts for our volunteers

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## Alameda Friendly Visitors Volunteers



AFV volunteers from left to right: Joanna Simino, Bean Clark, Greta Moss, Shabnam Anderson, Damian Smyth, Mary Ann Wright

### Profiles of some of our volunteers:

**DAMIAN** (pictured above) was born and raised in Ireland, speaks five languages, is a published author and retired attorney. In his law career he handled many elder abuse cases which alerted him to the dangers and frequency of this dilemma. When he retired, he decided he wanted to offer something positive to elders in his community. We placed him with a woman born and raised in Germany, and a new friendship was born. They speak in German and have found a common interest in birding. Damian is thankful for all he has learned about listening, being open and the surprises that come along in this visiting relationship.

**DOROTHY** is 94 years young and has been visiting Florence for the past 4 years. At first it was challenging as Florence has a serious hearing deficit, but they have found ways to communicate and enjoy their time together. Emailing helps and when together they play dominoes. Dorothy arrives for a visit and gives Florence a big hug and kiss, and Florence lights up. "I bring some fun to her days" says Dorothy. Dorothy is a woman who has volunteered all her life and sums it up by saying "I just like to help."

**JOANNA** (pictured above) often brings her children with her for visits with Dot and Toshiko. She feels they bring joy to the visits and sees how their presence seems to energize the recipients. For Toshiko, memories of youth surface as 16 year old twins (Alex and CeCe) share photos and stories of soccer matches, and 8 year old Dominique brings her artwork with loving comments. Pictures are saved on Toshiko's refrigerator. Dot has macular degeneration and so appreciates the "sight" Joanna and Dominique bring to her shopping trips. She also loves their stop at Starbuck's afterwards. Joanna says they consider these ladies part of the family.

**JULY 15, 2012**

**16TH ANNUAL COMMUNITY FAIRE AND  
WINE TASTING**

**1:00 – 5:00 P.M.**

**ROCK WALL WINE COMPANY, 2301 MONARCH ST., ALAMEDA**

**More details to follow in the mail**



### Thanks to our community

Because of your generous spirit, we were able to give each of our recipients (for MOW and AFV) a Christmas gift. For too many, this was the only gift they received. Please know how much they were appreciated. THANK YOU!