



Meals on Wheels of Long Beach newest Board member, Becky Ramirez delivering to a client.

**We Nourish ♥ We Comfort ♥ We Protect**

# **We Need Your Support**

**Bringing fine dining to our clients at an affordable price . . .  
Meals on Wheels of Long Beach Announces New Food Supplier**



"MOWLB Operations Director, Bill Cruikshank, welcomes Chefs Omar and Frank Lara of Gourmet Senior Solutions to the Meals on Wheels of Long Beach team."

(from left to right Omar Lara, Bill Cruikshank & Frank Lara)

We are pleased to announce that *Meals on Wheels of Long Beach* is now working with **Gourmet Senior Solutions (GSS)** to prepare meals for our very special clients.

**GSS** is headed by *Roy McDonald*, who has over 48 years of experience in the food service industry. He is joined by two chefs, *Omar and Frank Lara* who were trained at the *California Culinary Academy*. Omar and Frank each have twenty years of experience in culinary arts

*Omar and Frank Lara have extensive resumes that include Five Star and Five Diamond Hotels and Resorts including the Ritz Carlton Laguna & Marina Del Rey, Four Seasons Hotel Newport Beach to more recently providing onsite location catering for numerous motion picture studios in Southern California.*

**All meals are planned and reviewed by a registered dietician, prepared without added salt and are designed to be flavorful while understanding the dietary needs of our clients.**

## **Client's Comments**

"The food is delicious! Meals on Wheels is a real blessing" *Carolyn T.*

"My hot meals are just like home-cooked" *Eva G.*

"It looked and tasted like a gourmet meal" *Darby J.*

"The food is great! I'm so glad I've stayed with MOWL" *Beverly R.*



Meal On Wheels has a new food service and chefs Omar and Frank Lara are promising to add flavor and freshness to the menu, while keeping it nutritious and affordable.

## **Your Support Matters!**

"I am grateful for the food and support that I receive from Meals on Wheels. As a disabled veteran the service I receive makes my life comfortable and convenient. The Meals on Wheels staff is courteous and respectful. They care about the challenges that I am facing regarding my health. I thought that in the beginning I would merely receive assistance with food but I discovered that I have made new friends who are an important part of my life. "

- **Michael Forte**, "adopted" homebound veteran

**meals on wheels**  
LONG BEACH

P.O. Box 15688  
Long Beach, CA 90815

## Join Our Team and . . . Be Part of Something Great! We need your help now!

### **"Adopt a Homebound Neighbor"**

Your contribution will provide two balanced & nutritious meals every weekday along with daily social contact from a "Friendly Visitor".

### **"Give a Helping Hand"**

If you can spare just a dollar each day, you can assist Meals on Wheels of Long Beach deliver a healthy meal each day — all year long!

### **"Volunteer your time"**

Help deliver meals, be a friendly visitor and bring a warm smile to someone's face by contributing a couple hours each week.

## **Make your donation today:**

♥ **Mail your contribution to:** PO Box 15688 Long Beach, CA 90815 ♥

♥ **Donate online at:** [mowlb.org](http://mowlb.org) ♥

♥ **or Call us at:** (562) 439-5000 ♥

## **Volunteer Recognition Luncheon**



The Board of Directors of Meals on Wheels held their volunteer recognition luncheon celebration on April 19th at The Grand in Long Beach with 150 volunteers in attendance. President Julia Mendell gave a warm welcome to the volunteers and to our special guest Mayor Bob Foster.

The mayor spoke to our volunteers telling them how special they were and what an enormous difference they make. Bill Cruikshank, Operations Director and Helene Weinberg, East Site Manager were the Masters of Ceremony for the event. Helene sang a song she wrote called, "I love Long Beach".

We watched the very touching video of Phyllis Johnson's 106th birthday party arranged by volunteers. Vietnam veteran Leroy Fedder spoke on how MOWL B has allowed him to stay home and "age in place". Mr. Fedder is a sponsored client adopted by one of our generous donors.

