



# ALAMEDA MEALS ON WHEELS

## ALAMEDA FRIENDLY VISITORS

FALL 2021

### MAKING CONNECTIONS

Anyone who is lucky enough to deliver a weekly meal to Lula will tell you about her beautiful smile and warm greeting.

Lula grew up with her 2 sisters and 4 brothers in Brooklyn, New York, and over the years has lived in Germany, Maryland, Texas, and California. She worked for many years for the U.S. Coast Guard and admits "it was a great job." She also worked at Columbia College for a while.

A conversation with Lula will quickly reveal one of her great loves... traveling! She describes it as one of her most favorite and fun adventures. Her eyes light up and her infectious smile spreads from ear to ear when she describes the tours and cruises she has taken with family and friends to places all over the globe. Thirteen cruises in all (so far)!

Lula's volunteer work, until the Covid pandemic, was with the Alameda Hospital and the Mastick Senior Center where she had a great experience and a wonderful social link to the "outside world".

We are happy to have had the privilege of getting to know this spark of joy named Lula.

~Hanna Fry and Elaine Carpenter



Lula with a smile!



A lucky dog getting meals from FAAS

### THANK YOU FAAS!

Tim and his dog Noodle, and Germain and her cat are just a few of the AMOW recipients who receive pet food from Friends of the Alameda Animal Shelter (FAAS). A big Thank You to FAAS for helping out so many of our recipients!



One happy family thanks to FAAS

**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.



Astrid Keene showing the coffee cups available for donations



## CARS AND COFFEE ALAMEDA

Thank you goes out to Greer® Family Mortuary and Cremation Services for sponsoring several car shows in the parking lot of their business located at 2694 Blanding Avenue in Alameda. Attendees wistfully eyed the cars and talked with owners about the vehicle features and perhaps picked up a lovely mug made by artists from the Frank Bette Center. Donations went to Alameda Meals on Wheels.

*Greer® Family Mortuary  
and Cremation Services* FD 1408

## INTRODUCING OUR NEWEST BOARD MEMBERS!

Alameda Meals on Wheels is pleased to welcome a number of experienced individuals to the Board of Directors. Their various professional and non-profit experiences are a great asset as AMOW navigates the challenges ahead.



### Catherine DeBono Holmes

Catherine is an attorney practicing in corporate and securities matters. She has had varied professional and non-profit experience that combined with her desire to serve the community make her an ideal member. As a new Alameda resident of several years she remarked, "I am inspired by the Alameda citizens I have met in the year and a half I have lived in Alameda. They are involved in multiple community organizations, and take a personal interest in making life better for others. This is part of what makes Alameda a good place to live."



### Astrid Keene

Astrid is the senior creative director and principle of Keene Studios providing graphic design and design strategy to a multitude of clients and industries. She has global experience in all phases of the product lifecycle from ideation to implementation. She says, "As a self-employed graphic design analyst and consultant I am easily motivated no matter what industry, product or company is involved. I earnestly try to make every task a success and not a chore. I am most happy when working with similar minded and motivated peers to find a solution to problems."



**Anne Whittington**

Anne retired after a lengthy career in planning with the Port of Oakland, most recently as the seaport's environmental supervisor. A long-time resident of Alameda with her husband Phil, Anne now keeps busy with volunteer activities, including tutoring adults earning their GEDs. She is interested in board development, grant writing and finance, just to name a few important areas. She observed, "As a professional planner, my strengths and interests are in making things happen efficiently. I have extensive experience in corporate strategic planning, helping people think through their goals and what they need to accomplish. I enjoy research and love numbers—budgets, demographics and any other data driven metrics."

These experienced board members have already made meaningful contributions to AMOW management and we look forward to many years of our continued work in providing meal and visiting services to our neighbors in the community.

**FINDING A FRIEND**

*I have really enjoyed my Friendly Visitors experience and have recommended volunteering to friends for a rewarding experience.*

*My goal is to bring a little bit of joy and receive a chuckle or a smile.*



Friends enjoying a meal together



Sawyer and Charlotte surprising their friend with a gift



Loretta



Two friends visiting



Dorothy and Sophia

*Sophia has been a consistent source of joy in my life since we were paired almost 8 years ago!*

*My Friendly Visitor is like a granddaughter to me. We have so much fun together.*

*We started out as just visitors, but we have become so much more.*

*Sophia has been a consistent source of joy in my life since we were paired almost 8 years ago!*

*Being a Friendly Visitor has been a really great experience that I will always remember.*



Donna Little and Dave Little Enjoy an Evening at Alley and Vine



Lauren Koehler and Zakia Barnes dining at Alley and Vine

## DINE AND DONATE FOR ALAMEDA MEALS ON WHEELS

Over many years, Alameda Meals on Wheels has organized Dine and Donate fundraisers with a lot of our favorite local restaurants. Community-minded restaurant businesses that would like to support AMOW have dedicated a day where they make a donation to help keep hot nutritious meals delivered daily to our homebound neighbors based on a percentage of the business they do that day. This is a particularly fun way to raise funds in support of the program.

This year, we scheduled approximately two Dine and Donate fundraisers each month – sometimes even three! We would like to send a big thank you to our restaurant partners listed below who have sponsored Dine and Donate fundraisers this year.

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](mailto: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](http://alamedamealsonwheels.org/news.html).



### A BIG SHOUT OUT!

thank you

Thank you to the Alameda Firefighters Association for their support of our Secret Santa program... and a big thanks to the Alameda Chamber of Commerce, Kelly Lux, and all who attended the 2021 City Manager's Update!



### CHECK US OUT AND LIKE US!



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