



the BREAD BASKET

SUMMER/FALL 2025

NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

CLIENT SPOTLIGHT: JAMES AND HIS SISTER TANYA TAYLOR BRIDGING DISTANCE WITH FOOD AND LOVE

"I couldn't have gotten better without my sister and St. Vincent Meals on Wheels, I love y'all."



We recently had the chance to connect with Tanya Taylor, whose brother James faced serious health issues after a stroke. Living in Texas, Tanya was worried about her brother, whom she affectionately calls "Lil James." After the stroke, James's weight dropped to just 95 pounds on his 5'7" frame. Concerned and seeking help, Tanya reached out to St. Vincent Meals on Wheels.

Tanya and James are Los Angeles natives who grew up in Compton, where many of their loving

extended family members still live. Although Tanya now resides in Texas, she continues to care for her younger brother from afar. Before the stroke, Tanya described James as someone "you could never keep still." However, after suffering a stroke, James became weak and bedridden.

Tanya remembered that her in-laws had received meals from Meals on Wheels years ago and had greatly benefited from the service. She contacted our client liaison, Yuri, who quickly arranged a new

St. Vincent Meals on Wheels

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A CELEBRATION OF SERVICE:

Sister Alice Marie Quinn's 90th Birthday and the Enduring Mission of the Daughters of Charity



As we celebrate Sister Alice Marie Quinn's 90th birthday anniversary, we honor her remarkable life and the founding of St. Vincent Meals on Wheels (SVMOW) nearly 50 years ago, alongside the enduring mission of the Daughters of Charity, established over 400 years ago by St. Vincent de Paul and St. Louise de Marillac.

"Their commitment to compassion and social justice ensures they will continue to be a source of hope for generations to come."

The Daughters of Charity have a rich history of serving the poor and vulnerable, driven by compassion, humility, and respect for human dignity. Their faith-based values inspire them to tackle social injustices and provide vital services to marginalized communities worldwide.

Sister Alice Marie embodied these values, founding SVMOW to deliver nutritious meals and companionship to the homebound. Her work reflects the Daughters' belief that every act of service, no matter how small, can make a significant difference.

The Daughters of Charity remain dedicated to supporting Los Angeles's most vulnerable populations, fostering a lifelong commitment to service that inspires new leaders within the community.

As we reflect on Sister Alice Marie's contributions, we also look forward to the future of the Daughters of Charity. Their commitment to compassion and social justice ensures they will continue to be a source of hope for generations to come.

We invite you to support the vital work of the Daughters of Charity by contributing to the Sister Alice Marie Quinn Legacy Society. Your gift, whether a bequest or planned donation, will sustain their mission and honor Sister Alice Marie's legacy. Together, we can create lasting change for those in need.

To explore how you can make a lasting impact, please contact Julie Delgadillo at (213) 484-7775 ext. 120 or email jdelgadillo@stvincentmow.org.

CLIENT SPOTLIGHT - JAMES AND TANYA TAYLOR

client assessment for James with SVMOW social workers Vanessa and Fiona. Yuri, Vanessa, and the rest of the SVMOW team supported her through this difficult time, providing comfort with regular updates that reassured her he was not only being cared for, but also making progress. "Yuri and Vanessa are my heroes," Tanya said, relieved to know that James would receive the support he needed despite the distance.

What Tanya and James didn't expect was how extensive and thorough his care would be. Not only did SVMOW's Registered Dietitian, Itchaquiera, create a dietary plan to help James regain strength and weight, Vanessa and her team also assessed James's mobility needs and tapped into our Home Sweet Home program to install grab bars, a rail along the front steps and other safety features in his home.

"Yuri and Vanessa are my heroes," Tanya expressed, relieved that James would receive the support he needed despite the distance between them.

During our conversation, Tanya expressed her deep gratitude for the support James received, noting his impressive improvement from a fragile 95 pounds to a healthier 166 pounds! "I could finally find some peace of mind," she said, knowing her brother was being fed and well cared for.

According to James, who is a father of three and a grandfather to 7, "I was on my deathbed and couldn't have gotten better without my sister and St. Vincent Meals on Wheels, I love y'all. The meals are delicious, and receiving the fresh fruit and other food items has changed everything. You helped me get back on my feet!"

Tanya's unwavering love and commitment to her brother are clear. She highlighted the vital role SVMOW played in enhancing James's quality of life. Tanya noted that Yuri and Vanessa encouraged her to call anytime for updates on James's progress, which she does regularly, helping to ease her worries from afar.

Itchaquiera explained how SVMOW tailors its services to meet each client's unique medical

needs. "The loss of independence after a stroke can make food preparation and eating challenging," she noted. "Malnutrition is an unfortunately common consequence and can hinder recovery. I am so glad we could be there for James during his time of need by delivering balanced, therapeutic meals to help rebuild his strength and cognitive resilience."

"Yuri and Vanessa are my heroes," Tanya expressed, relieved that James would receive the support he needed despite the distance between them."

The story of James and his big sister Tanya highlights the vital role of our donors, whose support allows us to provide food, love, and the ability to go #BeyondtheMeal for our homebound clients. Even though Tanya is over 1,000 miles away from James, St. Vincent Meals on Wheels acts as a bridge, making sure her little brother gets the care and support he needs to thrive. With your help, we stay committed to families like Tanya's: to see, nurture, and listen to clients like James, who might otherwise feel lost, reminding them they are valued and never alone.



VOLUNTEER SPOTLIGHT

McKinnon Powell

"I realized that our brief exchanges meant so much more than just delivering a meal—receiving that gift from her was about the connection, compassion, and humanity we shared."

McKinnon Powell is a writer whose professional journey led him to Los Angeles over fourteen years ago. Originally from the Florida/Georgia border, he was raised in a family where the values of service and community were ingrained in daily life. From a young age, McKinnon participated in mission trips and community outreach, which instilled in him an understanding of the power of giving back, not just in the lives of those helped, but also in transforming the hearts and perspectives of those who serve.

How did you come to volunteer for St. Vincent Meals on Wheels?

During a visit to my grandmother back east in July 2018, I first saw a TV commercial for Meals on Wheels. I had been volunteering at an animal shelter, but I felt a desire to do more. I remembered how my mother had once volunteered for Meals on Wheels in Georgia, and that memory sparked new motivation in me. So, I signed up on the national website. Soon after, I was welcomed into the St. Vincent Meals on Wheels family and have been volunteering regularly for several years.



Can you describe a typical day of volunteering for St. Vincent Meals on Wheels? Do you go on delivery routes? Do you help prepare food in the kitchen?

A typical day begins when I arrive at the kitchen near downtown LA. I help load the



freshly prepared hot meals and other food items into the delivery van. Sometimes I drive; sometimes I deliver meals. Each delivery presents an opportunity to connect with someone who might be waiting for a friendly face. As we drive through the streets and neighborhoods of LA, I often reflect on how small moments of connection with clients can make a big difference in their lives.

Are there any client stories or personalities that have stood out to you over your time volunteering?

Absolutely. One client I regularly deliver to always greets me with a warm smile and is often holding knitting needles. She frequently tells me how knitting keeps her mind engaged. During our interactions, she shares stories that make me laugh, but one moment stands out vividly in my mind. She once asked me my favorite color, and I thought it was just a passing curiosity. Weeks later, she gave me a beautiful blue neck warmer she had knitted for me. In that moment, I realized that our brief exchanges meant so much more than just delivering a meal—receiving that gift from her was about the connection, compassion, and humanity we shared. I was, of course, grateful for the thoughtful gift, which also reminded me of the bond I had built with her through volunteering.

(Continued on next page.)

CIRCLE OF ANGELS

Circle of Angels

Founding Members

This fall, we will launch our Circle of Angels fundraising campaign, a vital initiative aimed at ensuring that homebound seniors receive the essential nourishment and companionship they desperately need. Your support will empower us to navigate these turbulent times and continue our mission of delivering food and love to those who rely on us.

We are profoundly grateful for our Circle of Angels donors, whose generosity transforms lives. With the support of dedicated individuals like Nancy Babka and Carla Garrett, Nelly Llanos-Kilroy, and hundreds of others, we create a circle of compassion that provides hot meals and friendly visits to seniors who might otherwise be overlooked.

As we approach autumn, the looming federal budget cuts threaten to impact the most vulnerable members of our community—seniors in Los Angeles County. These cuts will exacerbate food and housing insecurity, increasing the need for

assistance. St. Vincent Meals on Wheels is prepared to meet this challenge, but we need your help. Your generous support can uplift those in need. As we celebrate the 90th birthday anniversary of our founder, Sr. Alice Marie Quinn, we are reminded of her words: "You are doing the work of angels."

Throughout their Los Angeles history, the selfless service and resilience of the Daughters of Charity have inspired countless lives. With a mission rooted in humility, simplicity, and charity, they have served those in need worldwide for nearly four centuries. Their dedication to the underprivileged and vulnerable remains steadfast, embodying the vision of their founders—St. Vincent de Paul and St. Louise de Marillac—to serve the poorest and find Christ in their plight.

We invite you to join our Circle of Angels by donating \$500 or more to help us expand our outreach, which goes #BeyondtheMeal with wellness checks, pet food deliveries, and more.

VOLUNTEER

You can make a difference! Grow your skills and advocate for the poor. The mission of St. Vincent Meals on Wheels is to prepare and deliver nutritious meals to homebound seniors and other vulnerable residents across Los Angeles regardless of age, illness, disability, race, religion or ability to pay. www.svmow.org



DONATE NOW

to Send Food and Love to L.A.'s Hungry

Over 2,000 homebound seniors across LA depend on St. Vincent Meals on Wheels—and you—for a lifeline of nourishing hot meals and wellness checks. Send food and love to L.A.'s hungry seniors—please make a tax-deductible gift today.





FOURTH ANNUAL "HOLLYWOOD UNDER THE STARS" Raises Funds and Lifts Spirits



A special highlight was the presentation of the Crystal Angel of Service Award to Nelly Llanos-Kilroy, recognizing her decades of support for the organization. The gala also featured a silent auction with generous donations from local businesses and a Paddle Raise led by Colleen Fischer to fund the largest privately funded senior nutrition program in the United States. Veronica Dover, Executive Director of St. Vincent Meals on Wheels, expressed gratitude to supporters and highlighted the positive impact of their contributions on the community. As the organization continues its vital work, especially during emergencies, the funds raised are crucial for meeting the increasing needs of seniors facing food and housing insecurities in Los Angeles County. This memorable evening was made possible by the generosity of corporate and community sponsors, including Kroger, Delta Dental, and Mission Community Hospital, along with dedicated supporters like Rick Llanos and Nelly Llanos-Kilroy.



On June 21, St. Vincent Meals on Wheels held the fourth annual "Hollywood Under the Stars" gala at Paramount Pictures, bringing supporters together to raise essential funds for its mission of serving homebound seniors throughout LA County. The event emphasized community teamwork and featured guests dressed in glamorous Old Hollywood style. The evening began with a Champagne and Cocktail VIP Hour hosted by The Daughters of Charity Foundation, featuring bites from VIP Angel Chef Giuseppe Gentile. Guests then enjoyed a chef-curated tasting menu from the 2025 Culinary Angels, including Chefs Mihir Lad (Arth Bar + Kitchen), Nika Shoemaker-Machado (Georgia's Restaurant), John Sungkamee (Thai Emporium), Armando Quiroz (City Club LA), and Noah Clark (BOX Chicken), along with desserts from local favorites like Saffy's and Marsatta Chocolate. A live 10-piece band, courtesy of the de Bois All Stars, entertained guests as they mingled and danced.



VOLUNTEER SPOTLIGHT - MCKINNON POWELL

What has been the most challenging aspect of your St. Vincent Meals on Wheels volunteer experience?

The hardest part is when you arrive at a client's door and can tell that they are having a tough day or are not feeling well. It's difficult to offer them comfort and encouragement during those moments, but I believe it's essential to do my best to lift their spirits, even if only for a brief encounter.

"The warmth and positivity of the staff and fellow volunteers create a welcoming environment. I feel truly connected to a community united by a shared goal of helping those in need."

What have you found most fulfilling about your experience as a St. Vincent Meals on Wheels volunteer?

The most rewarding part is seeing the joy on clients' faces when I deliver a hot meal and a smile. Those moments of connection and gratitude make all the effort worth it.

It sounds like you've been volunteering for several years and that it's a part of your overall life experience. Can you tell us what you enjoy about volunteering in general and why it's important to give back this way?

At first, I volunteered to leave the house and break the monotony before I started writing. Over time, it has become a meaningful part of my weekly routine. When I'm out of town, I miss my two mornings a week spent on delivery routes, connecting with the clients I've come to know and care about.

What is your overall experience with the SVMOW team you work with? Any shout-outs to someone who has made an impression?

My experience with the SVMOW team has been very positive. After volunteering at an animal shelter where the atmosphere was often negative, working with SVMOW has been a refreshing change. The warmth and positivity of the staff and fellow volunteers create a welcoming environment. I feel truly connected to a community united by a shared goal of helping those in need.



GET READY TO MOVE!

The St. Vincent Meals on Wheels
Beach Walk/Bike-a-Thon fundraiser is back
and celebrating its 25th year.
Just scan the QR code to get started!



St. Vincent Meals on Wheels
2303 Miramar Street
Los Angeles, CA 90057-2109
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NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS



A Message From Veronica Dover

Dear Friends,

As fall arrives, I'm reminded how our work transforms lives—like the changing season. Take James R., for example. With help from his sister Tanya and our devoted team, he's overcome life-altering challenges after a stroke. His journey reflects the heart of St. Vincent Meals on Wheels: nourishing not just the body, but the spirit—through food, care, and connection.

At our fourth annual Hollywood Under the Stars gala, we raised vital funds to carry our mission forward. We proudly honored Nelly Llanos-Kilroy with the Crystal

Angel of Service Award and are deeply grateful to Kroger for co-sponsoring the event and donating pallets of shelf-stable meals to SVMOW and Hotel Dieu. Partnerships like these remind us that we are never alone in this work.

I also want to lift up our extraordinary volunteers—like McKinnon Powell, whose path from early service to valued team member shows the lasting power of compassion.

With looming federal budget cuts threatening programs like ours, many seniors could be left behind. We're ready to fight for them—but we can't do it without you. Your support helps ensure no one faces hunger or isolation alone.

To our generous donors: thank you. As we launch our Circle of Angels campaign this fall, I invite you to stand with us—so we can keep delivering food, love, and hope where it's needed most.

With gratitude,

Veronica Dover
CEO, St. Vincent Meals on Wheels