



St. Vincent Meals on Wheels
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www.svmow.org

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ST. VINCENT SENIOR CITIZEN
NUTRITION PROGRAM



NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

A STRONG RETURN

25TH ANNUAL MOVE 4 MEALS

After a four-year hiatus, the St. Vincent Meals on Wheels community came together again in Santa Monica for the 25th ANNUAL MOVE 4 MEALS.

It was a fun, meaningful day — walking, jogging, and biking along the beach while raising support for the homebound seniors who depend on us.

Friends, families, volunteers, and longtime supporters gathered at Dorothy Green Park and set off along the boardwalk, enjoying a chance to reconnect.

We're grateful to BOX Chicken for providing lunch — their chicken tenders, potato salad, and miso mochi cookies were a welcome treat. The raffle added energy to the morning, with prizes that included two bikes and several generous gift baskets.

Most of all, it was a reminder of what this event has always been about: community showing up so that we can continue delivering food, love, and connection to homebound seniors across Los Angeles County.



WHAT A DAY!

25th Annual
St. Vincent Meals on Wheels
Move 4 Meals
Walk · Bike · Jog





the BREAD BASKET

WINTER 2025

NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

IN THE PRESENCE OF A FIGHTER

"But those who hope will renew their strength; soar on wings like eagles, run and not grow weary, walk and not be faint."

— Isaiah 40:31

ST. VINCENT MEALS ON WHEELS

Board Chairperson

Sister Joyce Weller

CEO/Executive Director

Veronica Dover

Director of Development

Julie Delgadillo

St. Vincent Meals on Wheels
is sponsored by the
Daughters of Charity Ministry Services Corp.



REFUSING TO GIVE UP HOPE

When you meet Cary W., you quickly realize you're in the presence of a fighter — someone who has spent a lifetime turning obstacles into victories. Born with severe bone deformities, Cary spent much of his childhood in treatment. At age nine, an orthopedic specialist placed him in heavy leg braces and confined him to bed for a year. Instead of giving in to frustration, Cary found escape in books — his first glimpse of the determination that would carry him through life.

When he could finally stand and walk again, his family expected he'd attend a school for children with special needs. But administrators who met him saw something else — a bright, curious boy who belonged in a mainstream classroom. They urged his parents to enroll him at Gage Middle School, where he thrived academically.

It was there that Cary first realized he was "different."



Cary W.

A Message From Veronica Dover



HERE'S A SPECIAL GIFT FOR THE PERSON WHO HAS EVERYTHING!

How about a charitable donation card?

These festive cards let your loved ones know that you have made a donation to SVMOW in their name.

10 cards for \$100.

Please respond by December 5 using the enclosed envelope or by contacting:
Lourdes Claravall at
213.484.7775x115
lclaravall@stvincentmow.org

Dear Friends,

As we enter this season of thanks, I find myself reflecting on the many ways this community lifts up the seniors we serve — especially in a year marked by uncertainty and rising need.

In this issue of our Bread Basket, you'll meet Cary, whose resilience shows us what strength looks like. Even after losing his sight, he continues forward with purpose. Our team is proud to support him with meals, safety upgrades, and regular wellness checks — a reminder that our mission is always lived out one person at a time.

You'll also find highlights from our 25th Annual Move 4 Meals. While it was wonderful to gather again at the beach, what mattered most wasn't the walk itself but the spirit of togetherness it reflected. That sense of community is what has sustained this work for nearly 50 years.

For almost five decades, St. Vincent Meals on Wheels has

been guided by the Daughters of Charity's spirit of service and grounded in the simple mission of feeding the hungry and comforting the lonely. In this issue, I was grateful to sit down with our Board Chair, Sister Joyce Weller, D.C., to reflect on the faith, heart, and community that continue to move this mission forward each day. At the same time, many seniors are frightened by the turmoil around federal food programs. We hear their questions every day: "Will you still be able to bring my meals?"

Our answer is yes — because of you.

Your support makes it possible for vulnerable seniors to feel seen, remembered, and cared for. Thank you for believing in this mission and helping us continue delivering food and love across Los Angeles County.

With gratitude,

Veronica
CEO/Executive Director

CLIENT SPOTLIGHT - Cary W.

"I had no idea I was disabled until I got there," he says. "At first that was hard. But I decided that if I worked hard enough, I could do anything."

And he did. Cary graduated with honors and became the first in his family to attend UCLA. His father was so proud he ran door-to-door down their block showing the acceptance letter to every neighbor.

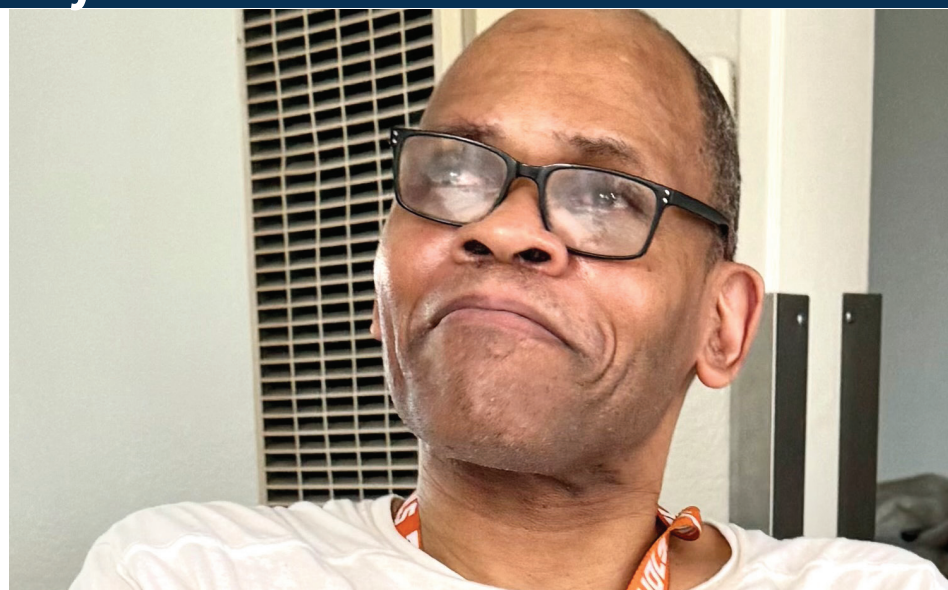
"— they go above and beyond."

Cary went on to a successful career in IT, traveling the world and even helping program computers for Team USA at the Athens Olympics. Then another



challenge appeared: glaucoma, a disease that eventually stole his sight.

Once again, Cary chose resilience over despair. "I decided I could still make a difference," he says. Today he volunteers at the Braille Institute, helping others adjust to life without sight and



showing them that purpose doesn't disappear in darkness.

That same light shines in the way Cary talks about St. Vincent Meals on Wheels. "I can't believe how much they care," he says. "From the drivers who bring my meals with kindness to the social workers who make sure my home is safe — they go above and beyond."

Through our Home Sweet Home program, social worker Fiona arranged grab bars, motion lights, and a sturdy walker so Cary can move confidently around his apartment — small changes that have made a big difference in his independence.

Like Cary, St. Vincent Meals on Wheels meets every challenge with courage and hope. Through fires, pandemics, and funding cuts, we've

continued to serve our community with the same steadfast spirit — finding light in hardship and strength in love.

Cary's story reminds us that perseverance is at the heart of who we are. His determination reflects our mission: to move forward together, one meal, one visit, and one act of care at a time.

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





A CIRCLE OF CARE, ROOTED IN GRATITUDE

**"WE FEEL GRATEFUL TO GIVE —
AND EVEN MORE GRATEFUL FOR
WHAT WE'VE RECEIVED IN RETURN."**

At St. Vincent Meals on Wheels, every act of giving helps ensure that homebound seniors are cared for and never forgotten. Longtime Circle of Angels donors Michelle and Charlie Kirkpatrick embody that spirit. For them, giving is not charity but a shared responsibility — a way to care for our clients with dignity, love, and faith in action.

Married for 29 years, the Kirkpatricks have two daughters who were raised with a strong sense of purpose. Charlie has spent his career helping healthcare organizations improve outcomes, while Michelle has worked in healthcare and accounting, dedicating many years to raising

their girls.

"We've been blessed in life," Charlie says. "I've always felt a pull to give to people who haven't had the same opportunities." Michelle adds, "Seeing Charlie's passion only deepens my own desire to give back."

Their connection to SVMOW began through Charlie's work with Vizient, whose employees volunteered on a delivery route. Through that experience — and through getting to know Sister SAM — the Kirkpatricks became part of the SVMOW family. "Her determination, humor, and love for the seniors she served were contagious," Charlie recalls.

"Having food is a basic right," he says. "St. Vincent Meals on Wheels fills that gap for clients who might otherwise go without." Michelle adds, "What moves us most is the appreciation we see from the seniors — you can feel what these meals mean to them."

**"St. Vincent Meals on Wheels fills
that gap for clients who might
otherwise go without."**

Some of their most meaningful memories come from watching their daughters volunteer — delivering meals, helping at events, and forming





"We absolutely get as much as we give — and so much more."

bonds with clients. "They still talk about those experiences today," Michelle says.

Charlie considers being asked to serve as a pallbearer at one of Sister SAM's services one of the great honors of his life. Another unforgettable moment came when his company's CEO joined a delivery route, met Sister SAM, and was so inspired that he wrote a \$25,000 check to buy a new delivery van. "That moment showed how powerful her spirit — and this mission — truly is."

When asked what they've gained from their involvement, both answer without hesitation: "We absolutely get as much as we give — and so much more."



Looking ahead, they're filled with hope. "We have tremendous faith in Veronica's leadership and in the dedication of the Sisters and staff," Charlie says. "With their commitment, the future of St. Vincent Meals on Wheels — and the homebound seniors it serves — is bright."



WHAT IS A DONOR ADVISED FUND?

A Donor Advised Fund (DAF) works like a charitable savings account. You contribute what you choose, receive an immediate tax deduction, and recommend grants to nonprofits like SVMOW.



ANSWERING THE CALL TO SERVE

Our Partnership with the Kroger Family of Stores

At St. Vincent Meals on Wheels, we believe the most important person is the one in front of you — and the most important work is serving that person with love.

That spirit, handed down from St. Vincent de Paul, St. Louise de Marillac, and St. Elizabeth Ann Seton, continues to guide our mission today. It's the same spirit we see in our partners at the Kroger family of stores, including Ralphs and Food 4 Less.



This past year, that shared calling came to life through the Kroger Million Meals Project, a nationwide effort to fight hunger and build community. Salvador "Sal" Ramirez, Kroger's Director of Corporate Affairs, invited St. Vincent Meals on Wheels to join their volunteer event at the Queen Mary in Long Beach — a day filled with teamwork and shared purpose.



A U.S. Marine veteran and the son of farm-working parents, Sal brings a deep sense of service to everything he does. He often speaks about the privilege of giving back in the neighborhoods where he grew up — and about Kroger's commitment to serving those who need it most with both action and heart.

That commitment was clear when Sal and a team of Kroger volunteers spent a day helping prepare meals in our kitchen. As SVMOW CEO Veronica Dover reflected afterward, service is most powerful when it's personal — when people come together to share food, kindness, and time with those who might otherwise be alone.

This Thanksgiving, the partnership brings an added warmth to our mission. Sal and the Kroger family of stores are contributing to the effort

in a way that helps make the holiday meal even more special for our seniors. SVMOW will prepare and deliver thousands of hot Thanksgiving meals across Los Angeles — strengthened by Kroger's generosity.

But Kroger is just one part of a larger circle of care — one that includes our generous donors, whose faithful support makes everything we do possible. You sustain the mission day after day, helping us prepare and deliver thousands of meals, along with safety improvements, wellness checks, and human connection.

Service begins with one person and one act of love. Together — with the Daughters of Charity, the Kroger family of stores, and donors like you — we keep that promise: ensuring that every senior we serve is fed, seen, heard, and loved.