

St. Vincent Meals on Wheels
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ST. VINCENT SENIOR CITIZEN
NUTRITION PROGRAM



NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

A Message From **Veronica Dover**

When seniors ask, "Will someone come tomorrow?"

Our answer remains yes — because of you.

Dear Friends,

Spring invites renewal — and as we approach our 50th year of serving Los Angeles, we do so with both gratitude and resolve.

This milestone is not simply a celebration. It is a reminder of responsibility. Our county's senior population is growing rapidly. Families are stretched. Public resources are strained. More seniors depend on the strength of the safety net each day.

In this issue of Bread Basket,

you will meet Irene, whose life reflects resilience and return. You will hear from Sister Jessica and Julie about why urgency is increasing — and how we step forward together. You will meet volunteers like Western, and see how partners like Kroger, under the leadership of Salvador Ramirez, along with Patrick Duffy and Linda Purl, show up in meaningful, hands-on ways.

Each story carries the same truth: this ministry is community-powered. For nearly 50 years, guided by the Daughters of

Charity, we have been preparing and delivering food and love throughout Los Angeles County.

Your generosity sustains every route, and as we approach our 50th year, your continued support keeps this mission strong for the future.

Thank you for standing with us.

With gratitude,

Veronica Dover

CEO/Executive Director
St. Vincent Meals on Wheels





the BREAD BASKET

SPRING 2026

NEWS AND CURRENT EVENTS FOR ST. VINCENT MEALS ON WHEELS

After surviving war, displacement, and uncertainty, Irene built a life defined by music, resilience, and return.

Today, the house she entered in 1948 still anchors her — sustained by the steady presence of St. Vincent Meals on Wheels.



Irene: A life carried by song, sustained by home.

Irene was born in Ukraine into a culture where, as she says, “everyone sings.” When war overtook her childhood, song became more than tradition — it became strength.

She and her mother were transported from place to place amid hunger, fear, and what she remembers as “utter and complete confusion.” And through it all, she sang — to steady herself, to perform when asked, sometimes even to create moments of safety. Music sustained her long before it became her profession.

In 1948, three years after the war ended, Irene and her

mother arrived in Los Angeles and moved into a modest house — the same house she lives in today.

After years of chaos, America felt entirely different.

“When we came to this country, I thought I died and went to heaven,” she recalls. “You went someplace, you came home. The house was still there. You said goodbye to somebody and you saw them again.”

**It was permanence.
Consistency.
Kindness instead of cruelty.**

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.



CLIENT SPOTLIGHT - Irene

From that house, Irene built an extraordinary life. She became an opera singer, living for years in New York and traveling the world performing leading roles in renowned opera houses, working with celebrated conductors and singing the great operas. Her voice filled grand theaters across continents.

She might have remained in New York. But when her mother became ill, she returned to Los Angeles.

Their relationship, she shares openly, was not simple — shaped by history, hardship, and two strong personalities. Still, she came back and cared for her mother in the house they had entered together decades earlier.

It was then that St. Vincent Meals on Wheels first came to their door, delivering meals that allowed her mother to remain at home.

"They came once, and then they came again... and then they came again... they came every day."



Years later, after her mother was gone and after a lifetime of achievement, Irene found herself withdrawing.

"I became very isolated," she says. "I completely shut the world out."

Then came a familiar knock.

"I do remember the first time somebody came... smiling. And that was the beginning of my recovery."

St. Vincent Meals on Wheels had returned — this time for her.

"Being human. And showing people humanity. That's it."

Five days a week, someone comes with medically tailored meals, conversation, presence — with food and love. "They came once, and then they came again... and then they came again... they came every day."

For someone whose earliest memories are marked by uncertainty, that steady return carries profound meaning. "This is my home," Irene says. "I have my books here. My memories. My life."



The house holds everything — hardship and triumph, tension and reconciliation, music and quiet. It is where she returned between performances, where she cared for her mother, and where she continues to live surrounded by a lifetime of meaning.

For nearly 50 years, St. Vincent Meals on Wheels has helped seniors across Los Angeles remain safely and with dignity in the homes that shape their stories. Irene's family has experienced that continuity across generations.

Near the end of the conversation, we asked what she would want to say to the donors who make this work possible.

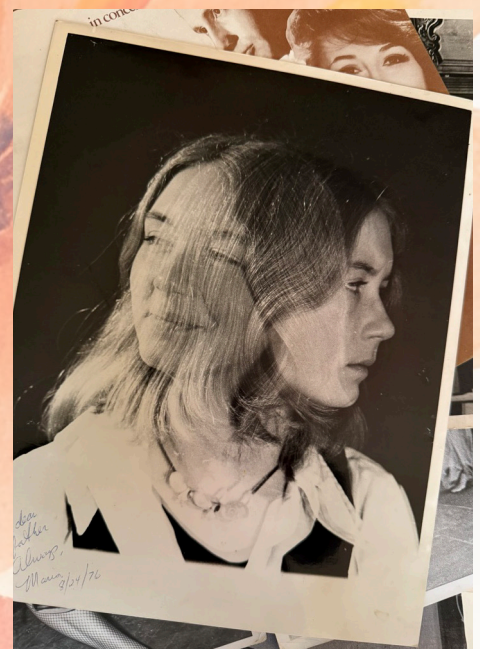
"It's a blessing," she said. "We are on this earth to help each other, to support each other. Anybody who supports an organization like this... I think they're fulfilling that humanness."

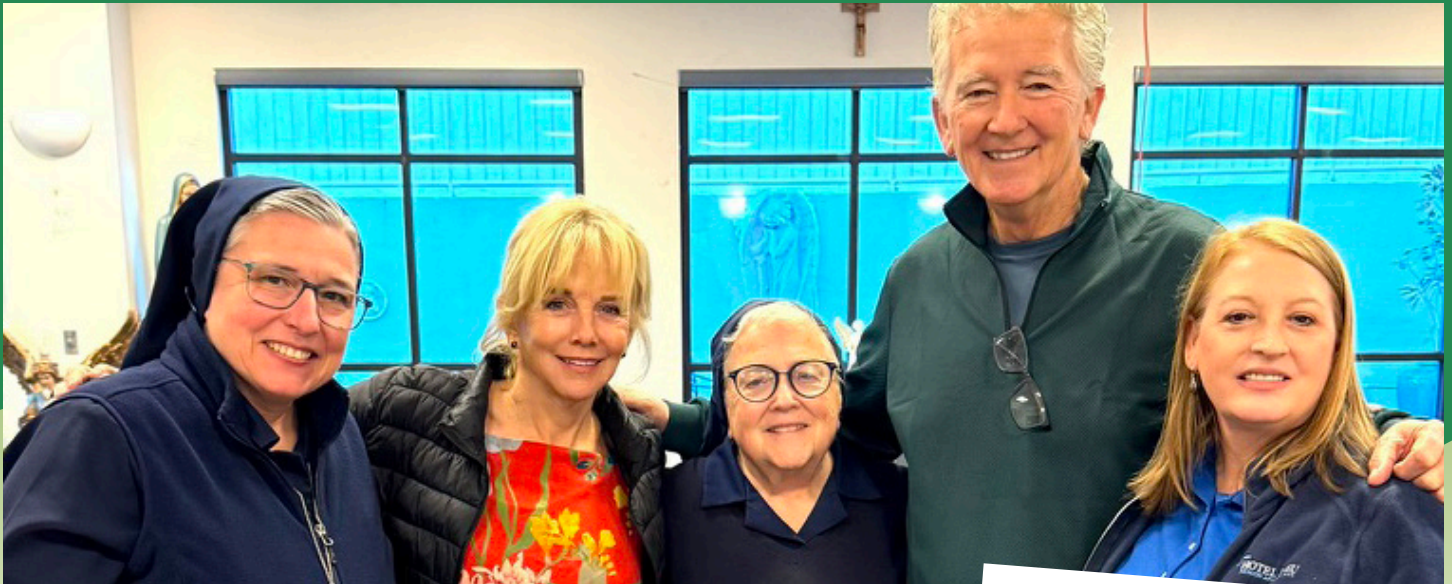
Irene's story is one of survival, artistry, responsibility, and resilience — and a reminder that generosity becomes something tangible: a knock at the door, a shared smile, the assurance that someone will return tomorrow.

Because of that generosity, permanence replaces uncertainty. Consistency replaces chaos. Kindness

replaces cruelty.

And one extraordinary woman continues to live her life exactly where she belongs.





BREAD, COMMUNITY AND SHOWING UP

“It was an honor to volunteer at St. Vincent Meals on Wheels and see the work up close,” Patrick Duffy shared. “We’re grateful that Duffy’s Dough can help support homebound seniors and the incredible

people who show up for them every day.”

On February 4, Patrick Duffy and Linda Purl joined Kroger associates from Ralphs and Food 4 Less to volunteer at St. Vincent Meals on Wheels as part of the launch of Duffy’s Dough. Together with our team, they helped prepare and deliver nearly 3,000 meals to homebound seniors across Los Angeles County.

Behind the scenes, Marrell Kinney and Dan Franco kept the day running smoothly — organizing volunteer teams, guiding groups through the kitchen, and keeping delivery routes moving without interruption.

Kroger also presented a \$10,000 gift to support our work. We are deeply grateful to Salvador Ramirez and the entire Kroger team for their continued partnership and generosity.



“Moments like this remind us that sustaining the safety net requires all of us,” said Julie Delgadillo, Director of Development.

As we approach our 50th year of serving Los Angeles, this spirit of shared responsibility is what carries the mission forward — ensuring more seniors receive food and love.

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



DONOR ADVISED FUNDS:

Strengthening the Safety Net

As St. Vincent Meals on Wheels approaches its 50th year of serving Los Angeles, we are looking ahead with both gratitude and resolve.

Our county's senior population is growing quickly, and public resources are stretched thin. Sustainable, dedicated support has never been more important. One way many supporters strengthen the long-term stability of this ministry is through a Donor Advised Fund (DAF).

A DAF lets you set aside charitable dollars and recommend grants over time — ensuring your generosity continues to provide food and love to homebound seniors year after year.

If you have a DAF, we invite you to consider recommending a grant to:

St. Vincent Meals on Wheels

EIN: 95-3696693

Your planning today secures the safety net for tomorrow's seniors. To learn how a DAF or legacy gift can support the future of our mission, please contact Julie Delgadillo at **213-484-7112**.



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.



VOLUNTEER SPOTLIGHT WESTERN KRAMER

SHOWING UP WITH HEART

"WE'RE OFTEN THE ONLY PEOPLE OUR SENIORS INTERACT WITH DAILY. IT'S NOT JUST THE FOOD — WE'RE BRINGING HUMANITY INTO PEOPLE'S HOMES."



Western Kramer teaches science to children and families across Los Angeles, with a background in cancer research and dentistry. Service has always felt natural to him. After finishing volunteer work with The Trevor Project — and watching from afar as his grandmother in Michigan needed more support — Western felt the ache of distance. "It inspired me to find an organization where I could help someone else's grandma here in LA."

That search led him to St. Vincent Meals on Wheels. Now volunteering on routes in Koreatown, he floats between driver and runner, delivering meals to 20 to 35 seniors at a time. He even has a "signature knock" so clients know it's him. On one route, when a regular client didn't answer the door, Western sensed something was wrong and contacted family, helping ensure the client received care. "Bringing

food and a smile to someone who deserves it so deeply means the world to me," he says.

"Come along for a ride sometime," he says. "You'll find it hard not to return."

Volunteering has opened his eyes to isolation and hardship — but also to resilience. "It's mana for the soul," he says. "It's hard to have a bad day when you feel so good about the work you are doing."

For nearly 50 years, St. Vincent Meals on Wheels has prepared and delivered food and love to hungry and homebound seniors across Los Angeles County. Volunteers like Western carry that mission forward — made possible by the generosity of donors.





A CONVERSATION WITH

Sister Jessica Ramirez, DC, and SVMOW Director of Development, Julie Delgadillo reflecting on why stepping forward now matters more than ever.

For nearly 50 years, St. Vincent Meals on Wheels has served as a safety net for homebound seniors across Los Angeles County — guided by the Daughters of Charity and sustained entirely by donors. As we approach our 50th year, that safety net has never been more essential. Los Angeles County is aging rapidly. By 2030, older adults will outnumber children in California. Public resources are stretched. Families are carrying increasing responsibility. The need continues to grow — quietly and urgently.

Julie: What drew me here was the clarity of the mission. This work is immediate — you see what's at stake.

It's personal, too. As my parents age, I see how quickly everyday tasks can become overwhelming. For many seniors, those changes happen quietly, but the consequences are profound. That's where this ministry becomes essential — as a safety net and a lifeline.

Sister Jessica: The need is rarely only physical. One of the deepest forms of poverty we encounter is loneliness.

Saint Vincent Meals on Wheels

is not simply food delivery. It is presence and accompaniment — a reminder that someone is still seen and valued. We are showing up for the whole person.

Julie: Because we are privately funded, every route and visit depends on donor generosity. When broader systems are strained, St. Vincent Meals on Wheels does not step back. We step up.

For nearly 50 years — and within 150 years of Vincentian service in Los Angeles — our message has remained steady: We are here. We will continue to show up.

Recently, we received a check for 16 cents from a homebound client who wanted to support the community that brings her peace, food and love. The amount was small. The dignity behind it was immeasurable. Every gift strengthens the safety net thousands rely upon each day.

Sister Jessica: Hotel Dieu

reflects that same commitment to dignity — growth that remains faithful to the mission. Caring for seniors means asking not only if they are fed, but whether they are safe and supported.

Julie: The demographic shift ahead is undeniable: more older adults, more isolation, more vulnerability. As we approach our 50th year, donor partnership is foundational. Meeting the growing need will require continued commitment and generosity.

Sister Jessica: Hope lives in the people who make this work possible — staff, volunteers, partners, and donors. As the landscape shifts, our commitment does not.

We will continue to prepare and deliver food and love, strengthen the safety net, and ensure that homebound seniors across Los Angeles County are never left behind.

DONATE TODAY! to Send Food and Love to L.A.'s Hungry

Over 2,000 homebound seniors across L.A. 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.

