



# 2024 IMPACT REPORT



**LOOKING AHEAD:  
MORE GROWTH, MORE IMPACT, MORE LIVES CHANGED**



**MEALS on WHEELS**  
**LONG BEACH**

**Long Beach • Lakewood • Signal Hill • Leisure World Seal Beach**



# DEAR FRIENDS & FAMILY



## Meet Bill

At Meals on Wheels of Long Beach, our mission is to ensure no one in our community is forgotten or left behind. We are dedicated to delivering nutritious meals and compassionate care to homebound individuals; helping them maintain their independence, dignity, and connection to others.

We embrace the power of diversity and are committed to cultivating inclusive volunteer engagement. By welcoming individuals from all backgrounds, we build a dynamic and compassionate network united in service to our community.



Beyond meal delivery, we are focused on enhancing our Client Support Services to address the physical, emotional, and social needs of our clients. This holistic approach allows us to adapt and respond to the challenges our clients face.

To sustain and grow our impact, we are pursuing innovative strategies to increase financial resources, ensuring the stability and expansion of our mission. These efforts will enable us to reach more people, broaden our services, and strengthen our foundation for the future.

Together, we are creating a stronger, more caring community—one meal, one connection, and one act of kindness at a time.



Bill Cruikshank  
Executive Director

# A CLIENT'S STORY



Dear Sir or Madam,

My name is Lalao Sue. I am in my late 70s and live by myself in a section 8 senior apartment in Long Beach. I have shoulder, back, and knee pain as I am afflicted by arthritis and arthrosis. I am also Type 2 diabetic and have a heart condition.

My problem is that I cannot cook for myself anymore. I cannot stand for more than 4 minutes without having to sit down. My balance has become very poor, and I now use a cane indoors and a walker outdoors.

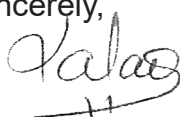
I also have a small, fixed income which I use to pay for my rent and utilities and bare necessities, but I simply cannot afford to buy adequate groceries to create a balanced and healthy diet for the week in addition to being now unable to cook for myself.

I do love your Meals on Wheels incredible program. I love getting visits from your volunteer nursing students. Everyone is so professional and compassionate, and I truly appreciate the authenticity and the love everyone from your organization is showing me.

I hope your organization will keep on helping me with the social visits and the food deliveries as they are truly lifesavers for me.

In hopes that your organization will continue to provide me with social visits and prepared meals, I wish you a wonderful rest of the year full of positivity and health for your participants.

Sincerely,

  
Lalao Sue

## Meet Lalao



# THOSE WHO MAKE IT HAPPEN

## Volunteer Spotlight Meet Kathi D.

For Kathi, volunteering isn't just something she does—it's a part of who she is. Raised by a philanthropic mother who founded a nonprofit for mentally challenged individuals, Kathi grew up immersed in the values of service and compassion. By her early teens, she was already following in her mother's footsteps, dedicating her free time to helping at her mother's nonprofit. "Volunteering was just how I was brought up," she says. "I come from good stock."

After a successful career leading an analyst group for an airline, Kathi retired and continued her lifelong commitment to service, volunteering at a food bank in Texas. But when she moved to California to be closer to her daughter, she found herself searching for a new way to give back. She unexpectedly found her answer in an online auction.

Scrolling online, Kathi stumbled upon a Meals on Wheels Long Beach auction and placed a bid. When she arrived to pick up her item, she was struck by the energy of the volunteers packing meals, working together with purpose. That day, she decided to join them.

Three years later, Kathi remains a dedicated volunteer, bringing warmth, passion, and a lifelong commitment to service. "My purpose here is to help people," she says, "and I love the camaraderie with the other volunteers."

Giving back isn't just about making a difference for Kathi—it's also about community, fostering connections, and carrying forward the legacy of generosity with which she was raised. At Meals on Wheels of Long Beach, she's found the perfect place to do just that.





# 2024 STATISTICS

JANUARY 1, 2024 - DECEMBER 31, 2024

## Clients & Meals

Clients Served

**713**

Meals Delivered

**167,718**

Wellness Checks

**83,859**

Over  
**5,000,000**  
Meals Delivered Since 1971

**40%**  
of Clients  
are  
Fully  
Funded

**60%**  
of Clients  
Pay  
Privately

## Volunteers

Volunteers

**335**

Nursing  
Students

**57**

Interns

**115**

Total: **507**

**36,408**

Volunteer Hours

Administrative Costs

**18%**

**82%**

of Donations  
Used for  
Program Costs



## Pets are Family, Too

Dogs Served

**123**

Pounds of Food Delivered

**38,362**

Cats Served

**132**

**255**

Pets Kept with Their Loving Owners



# BOARD OF DIRECTORS

## Executive Committee

Robert Shannon - President  
Karen Harmon – Vice President  
Michael Wylie – Treasurer  
Matthew Vinson – Recording Secretary  
Noreen Evans – Corresponding Secretary  
Nancy Lewis – Immediate Past President  
Bill Cruikshank – Executive Director



## Board of Directors

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Ariel Pe  
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Beth Severson  
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Judith Pedneault  
Barbara Schorr  
Iris Schutz



## IN 2025, WE PLAN TO:

- ▶ Grow financial support
- ▶ Expand Client Support Services
- ▶ Increase volunteer opportunities
- ▶ Serve more homebound neighbors in need

# FOUNDATION & COMMUNITY PARTNERS



Our deepest gratitude to our donors and partners whose extraordinary generosity helps us to carry out our mission and vision every day.

*Special thanks* to the Peck Family for their continued generous support to Meals on Wheels of Long Beach.

*Special thanks* to The Grandpaws Foundation, Bloomfield Animal Hospital & Plato Treats for their generous donations of pet food and treats.

*Special thanks* to the Port of Long Beach for their generous support through sponsorship of Meals on Wheels of Long Beach special events.



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Join us in bringing  
our vision to life.

To learn more or to get involved,  
reach us at:

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**www.mowlb.org**

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