



MEALS on WHEELS
LONG BEACH



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+ LONG BEACH +

Impact Report **2025**

Every Meal Tells A Story

Dear Family And Friends

Working Together For A Stronger Community

For 54 years, Meals on Wheels of Long Beach has had the privilege of serving our neighbors with nourishing meals, the comfort of a friendly visit, and the reassurance that they are not alone. Along the way, we have built meaningful relationships that nourish both body and spirit, creating a community where every client feels like family.

What began as a mission to deliver meals has grown into a deeper commitment: ensuring that every person we serve receives freshly prepared, nutritious meals that support their health and well-being. Our work, however, goes beyond food. We provide companionship, peace of mind, and regular check-ins, while helping connect clients to additional services that allow them to live safely and with dignity.

As we celebrate 54 years of service, we also recognize the challenges that come with sustaining this work. **Unlike many programs, we do not receive federal government senior nutrition funding to support our operations.** Every meal we deliver, every visit we make, and every life touched is made possible through the generosity of our community.

We are deeply grateful for the community that stands with us. Every achievement has been made possible by the compassion and dedication of our volunteers, interns, staff, donors, and partners. Because of you, we can continue to grow our mission and expand our impact for years to come. We invite you to explore our Impact Report to see the difference you make in the lives of our neighbors every day. Thank you for being a part of our journey and for helping us continue to serve our community.

As Board President of Meals on Wheels of Long Beach, I am honored to share our Annual Report and express heartfelt thanks to the individuals and organizations who make our mission possible.

This year, we have seen growth, resilience, and meaningful impact. Every meal we deliver represents more than nourishment. It brings connection, dignity, and care for homebound seniors. None of this could happen without the generosity of our donors, the support of corporate partners, and the dedication of our volunteers.

Looking ahead, we remain committed to growing our programs and impact across Long Beach, Lakewood, Signal Hill, and Leisure World, creating a community where seniors can age with dignity and support.

Thank you for being essential to our mission.



Bill Cruikshank
Executive Director



Karen Harmon
President



Our Board of Directors

Working Together For A Stronger Community

Board of Directors

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In 2027, We Plan To:

Increase
Funding
Support

Increase
Volunteer
Engagement

Serve More
Neighbors In
Need

Build our
Infrastructure

Our 2025 Statistics

January 1, 2024 - December 31, 2025

Client Support



Telephone Reassurance Program

68 clients enrolled
609 clients called
3,221 minutes on the phone

Client support visits: 711
High Risk: 12



Dogs Served: 210



Cats Served: 176



60,216 Pounds of Food Delivered



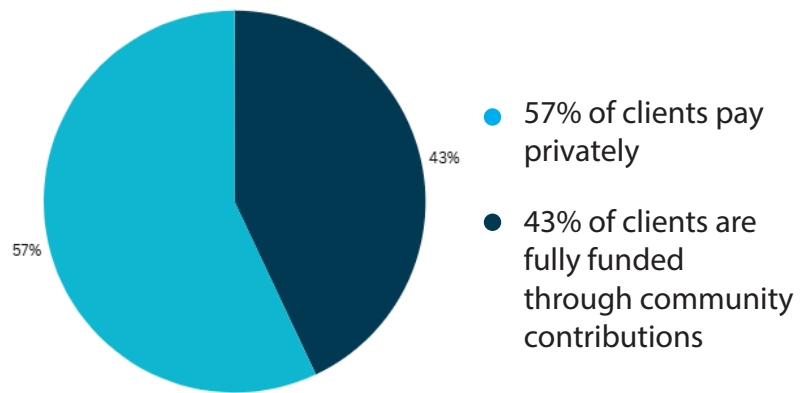
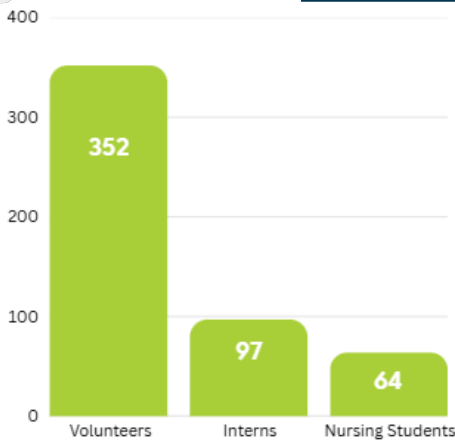
Clients and Meals

Clients served: 793
Wellness Checks: 72,395
Meals Delivered: 144,790

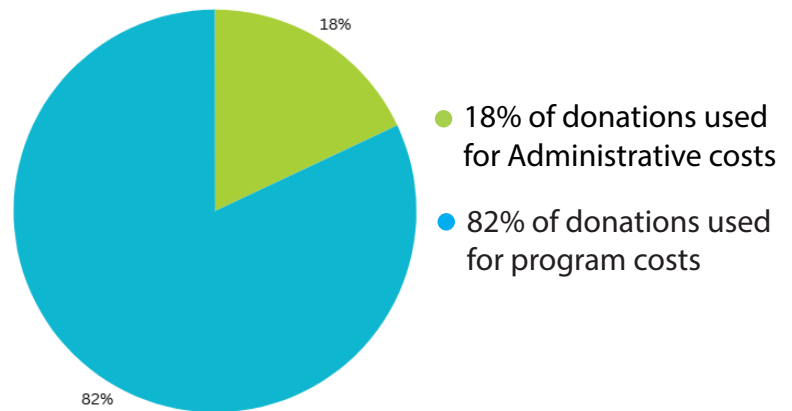


Volunteers

38,256
Volunteer Hours



144,790
MEALS DELIVERED
Over **700**
clients served
Over 7,000,000 MEALS
DELIVERED SINCE 1971



A Client's Story

Meet Our Amazing Client Joe Aponte!

Joe is a proud veteran who was drafted into the Army, a chapter of his life that reflects his deep sense of duty, resilience, and commitment to serving others. He is incredibly patriotic and has always carried that spirit with him, not only in his service to his country, but in the way he shows up for his community. In his earlier years, Joe dedicated his time to volunteering with Meals on Wheels, delivering not just meals, but companionship, kindness, and care to those in need.

Today, Joe finds himself on the receiving end of that same compassion; a full circle moment he reflects on often with heartfelt gratitude. He frequently shares how meaningful it is to now experience the very support he once helped provide, reminding us that "the work we do pays off. You can't buy that feeling. It's all about giving onto others." His words stay with us, reinforcing the purpose behind everything we do.

Joe has been open about how his health has shifted over time. Despite these challenges, he continues to persevere with remarkable strength and optimism. He experiences tremors that have made it difficult, and at times unsafe to cook. Since receiving meals, he shares that this support has made a meaningful difference in his daily life, offering both nourishment and peace of mind. More than anything, Joe consistently expresses how deeply blessed he feels, choosing gratitude even in the face of hardship. His outlook is not defined by what he has lost, but by what he still has, and the care and connection that surround him.

What truly sets Joe apart is his warm spirit and generous heart. He loves to share stories from his life that are filled with wisdom, and humor that offer small glimpses into who he is. His kindness, humility and genuine appreciation remind us why this work matters so deeply.



Those Who Make It Happen

Meet Our Amazing Volunteer Becky Ramirez!

Becky's journey with Meals on Wheels spans an incredible 36 years of service and employment, reflecting a deep commitment to her community. She first became involved while between jobs, driving her mother on delivery routes. Within six months, she was invited to join the organization, becoming a site manager at Belmont Heights Church in 1995 and later working at the downtown location through 2001. She went on to work at Plymouth West Senior Apartments, where she connected new residents to Meals on Wheels services.

After retiring in 2008, Becky continued serving on the Board of Directors while volunteering, and was eventually rehired as a site manager at the East location. Along the way, her dedication became a family tradition, with four generations, including her husband, son, and grandchildren who dedicated their time to Meals on Wheels until her retirement.

Today, Becky continues to volunteer, delivering meals at the downtown location, including the Plymouth apartments where she once worked.

She often checks in on former clients, showing her continued care and compassion. One of her most memorable moments came when she noticed a client was missing and called for help. The client was found after two days and received critical care, an example of how Becky's attentiveness makes a life-saving difference. Becky believes her work is about more than meals, it's about connections.

"Sometimes we are the only people they see all day," she shares, emphasizing the importance of human contact. She has built lasting friendships through her service and has no plans of slowing down anytime soon.



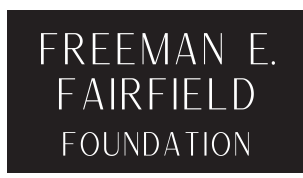
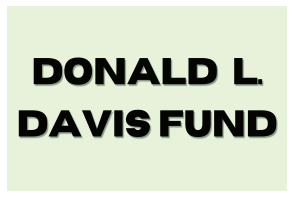
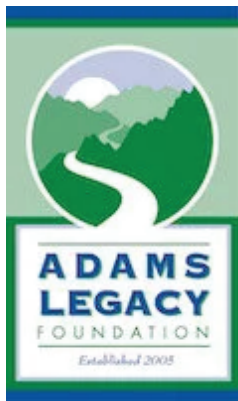
Foundation and Community Partners

Working Together For A Stronger Community

A special thanks to the Peck family for their continued generous support to Meals on Wheels of Long Beach



Community Partners



Thank you!



*Every meal we deliver is more than nourishment.
It's connection, care and community.*

Stay Connected With US



(562)439-5000



info@mowlb.org



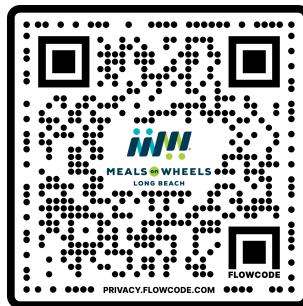
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P. O. Box 15688
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Thank you for being a part of our community



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