

LOVE Is The Answer

WINTER NEWS 2021

LITA of Contra Costa, Non-Profit Public Charity since 1980



LITA Music Zoom Volunteer Hali Hammer

*Ken Berner donated to LITA in Memory of Kathleen Berner and Pat and Ken Bernd
Ken also dedicated a gift to Honor the late beloved Ann and Irwyn Rammmer
Victoria Ryan donated to LITA in Memory of Rene Beauchemin*

**LITA of Contra Costa WWW.LITAOFCONTRACOSTA.ORG mail your contribution to:
LITA of CC, PO Box 121, Port Costa, CA 94569-0121 Email: info@litaofcontracosta.org
Phone **LOVE IS THE ANSWER** Executive Director (925) 212-4573**

Director's Message

Dear Volunteers, Donors and Friends of LITA Love Is The Answer,

We thank the valued and loyal individuals, foundations and corporate donors who have helped LITA over the past 3 decades to serve hundreds of West County skilled nursing facility residents each year. Since 2014, LITA's Music Awakenings program has provided disabled seniors with personal iPods, refurbished iPads, new tablets and smart phones. This year, thanks to an extra generous grant from Share the Spirit Foundation, we are setting up LITA served nursing facilities with resident-friendly hands on mini-gardens. Your donations to LITA of Contra Costa help us to improve the quality of life for the growing number of lonely and isolated persons living the remainder of their lives in SNF hospitals. Budgets for stimulating activities are either reduced or non-existent. It's been my privilege since 2000 to continue LITA's good work. In a world often mechanized and heartless, you can make a genuine and lasting difference by giving generously of your time and your treasure to help prove once again that *Love is the Answer*. Thank You!

**Victoria Ryan, Executive Director
LITA of Contra Costa LOVE IS THE ANSWER**

Nursing care patients enjoyed LITA iPods since 2014, before Covid increased the demand



Photos of staff assisting or anyone listening on an iPod without a mask, was taken prior to spring 2020.

“Love Is The Answer” continues to employ the Miracle of Music to enhance Quality of Life to reduce stress & anxiety, opening up a World of Memory through personal music. Use of iPods, phones and tablets often encourage spontaneous singing along with beloved melodies and is a way used in recuperative therapy to create pathways that help restore speech capacity and lift moods

LITA delivers tablets, phones, iTunes cards and patient requested music from donated CDs to Skilled Nursing facilities in Contra Costa County. Privacy becomes gold when living in an institution. How wonderful to have a better option enjoying one’s personal choice of music and entertainment, instead of the inescapable communal TV, often left on 24/7 in shared SNF rooms. Reduced giving since Covid has limited LITA’s reach, but we look forward to restoring all former service areas in better times.

Thanks to our 2020/2021 donors

Individual donors: Laurie Beauchemin, Kenneth Berner, Lisa Berndt, Paul Bertorelli, Cris Boddum, John Cagnone, Ann Contois, Mike and Bunny Daly, Linda Daniel, Mariko DiBiase, Mary Dollar, Sean Douglas, Tom Farr, Marisol Ferrante, Joan Finton, Sara Garetz, Mike and Nanci Gautier, Ridge Greene, John Gruenstein, Henry Marchitello, Gloria Martinucci, Frank Jurik, Peter Kaserer, Ellen Kelly, Margaret Kelly, Olga Knight, Lori Lawn, Stacy Lawn, Sherri Littleton, Sharon Lobato, John and Anne Mann, Gloria Martinucci, Karen Rose Mathews, Nola Peters. Nadine Peyrucain, Suellen Primost, Lawrence Quirico, Sally Riggs, Steven Roberti, Ellen Rosen, Victoria Ryan, Mona Silviera, Barbara Schneider, Rory Snyder, Anne Spaulding, Michael Tobin, Ryan Tobin, An, David and Laura Tran, Lawanda Ulta, Donna Vierra, and Marianne Bierschank- Weisen

Foundations: Share The Spirit Foundation, East Bay Community Foundation, Beswick Family and Eyges Family Trusts; **Clubs:** our top club donor: The Cerrito City Club, The Bayview Eagles, and the Exchange Club of El Cerrito; **Corporations:** Mechanics Bank, Phillips 66, Pacific Family Dental, plus Chevron, Johnson & Johnson and Wells Fargo via their retiree’s designated matching gift programs.

If you donated via a facebook or if you otherwise have not received one, please call or text us (925) 212-4573 and ask for your receipt letter for a tax deductible donation to our 501(3)c non-profit public charity.



LITA's Hands on Gardens for Nursing Care Resident's Enjoyment thanks to a grant from Share The Spirit Foundation



Transport date with Legacy after plant shopping. Pittsburg's AD picked watering trough planters to grow flowers, vegetables and herbs

True, electronics are increasingly vital to keep us connected in these pandemic times. The other main mental and emotional health recommendation for all of us, is to get out into nature. This is something that can happen even inside a protected interior courtyard at a skilled nursing facility, if it is planned around tall enough planters (wheel chair accessible) and kept fresh year round with greens and colorful plants. It is fun and exciting when designed so residents can reach out and put their hands in the soil to touch the earth and enjoy working with and encouraging the plants.

In California flowers, fruits, herbs, or whatever residents choose for their garden boxes can be grown. Two of our LITA served nursing facilities, one in Martinez and one Pittsburg are already up and running, after SHARE THE SPIRIT funds arrived in late October. STS funds provided enough for one more facility garden set up this year in El Sobrante. We can see, when the time is again right, offering garden time visits as a popular volunteer-friendly activity for young and old.



Our tradition since 2016 was Volunteers all together at Port Costa School Making Cards. Since 2015 large caroling groups toured hospitals all weekends in December. All had to be put on Hold (again)! **Instead** we gratefully accept all HOLIDAY CARDS made remotely and sent in. We will play Carols, including volunteer recordings every Friday on zoom with our December 24th zoom with "open mic" for families of facility residents. LET'S MAKE THE HOLIDAYS AS BRIGHT AS POSSIBLE



Stars Abound Friday Afternoons when LITA zooms live music to appreciative Hospital audiences in Martinez, Pittsburg, Antioch, Concord & Pleasant Hill

Please help us spread the word. No cost, of course for any skilled nursing facility. Tune in takes no more than a call to LITA Director to request a zoom link invite.

Phone LOVE IS THE ANSWER Executive Director, Victoria Ryan (925) 212-4573



John Gruenstein



Victoria Ryan



Suellen Primost



Alan Brast



Rory Snyder



Hali Hammer & Randy Burge



Keli & Johnnie Smith



Meso Tadeo



Sheela-Gunman Cushman



Celestine Tiller

Above are the 12 most regular Virtual Music Volunteers on LITA's live Friday shows, zoomed out to local nursing facilities for over two years now. Many of these talented and generous artists performed in person for real live resident audiences in LITA served nursing, hospital before COVID times suspended that.

For their excellent appearances in 2021 on LITA's Friday Music Shows, some joining the zoom from across the country, including Hawaii - BIG THANKS to pianists Will Comer and Vincent Khoe, ancient music archivist and singer Alice Liu, rock accordion player and pop vocalist Darles Eaton, drummer and dancer Sadie Peake and vocalist Eugene Glenn. LITA has produced over 118 weekly one hour variety shows, all of which may be seen on YouTube, under LITA of Contra Costa Love IS THE ANSWER

LITA is compelled to wait until Covid restrictions ease much more before scheduling volunteers for visits inside nursing facilities. But LITA's longstanding electronics donations program continues with tablets, phones and iPads, to keep hospital residents connected with their personal choices in media and music, face-time with family and friends and even certain remote meetings with their doctors.

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