

LITA of CC  
P.O. Box 121  
Port Costa, CA 94569

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## LITA of Contra Costa *"Love Is The Answer"* Winter 2013

Since 1980 LITA of Contra Costa has been a Public Charity Non-profit 501C3



**Sahil Patel Jazz Group as LITA Music Volunteers**



*LITA of Contra Costa involves community members of all ages, educating and supporting youth, families and aspiring artists to be Volunteers who can accomplish LITA's Mission to Improve Quality of Life for Senior & Disabled Persons living in Assisted Living and Nursing Care Facilities.*

**Donation & Corporate Mailing Address: LITA of CC, PO Box 121, Port Costa, California, 94569**

**LITA of CC Email:** [info@litaofcontracosta.org](mailto:info@litaofcontracosta.org) **(925) 212-4573:** Victoria Ryan, LITA Director and East /West Vol. Coordinator **(510) 527-2055, Central Volunteer Coordinator Bunny Daly (925) 323-5363**



**\*Make a Bequest in your Will \*Name LITA as beneficiary of your IRA\* Make LITA**

**of Contra Costa a beneficiary of your Life Insurance policy. \*Make LITA a beneficiary of your Trust.**

**Call LITA's Director for more information about *Planned Giving*, so vital to LITA of CC's future.**



**Joanne Magda, Dancercise & Visits** LITA Summer Picnic with NCL & live Music Bewitched Halloween LITA EZ Dance Band Joanne may win *The Kathleen Berner Award* next year, if she continues to lead exercise at El Cerrito Royale and also visit 3 patients at Shields! Jeanne Locklear played flute as NCL served at our Care Center Picnic. LITA thanks El Cerrito guitarist, singer & resident favorite Meso Tadeo. Eddie & Zeke (rockin' easy in Antioch-above right) are also frequent & popular LITA Music Volunteers. LITA brought music & pets in costume to El Sobrante on Halloween. **LITA Carolers visit 14 hospital locations during December**

*Thanks to Antioch Area Community Fund for a grant to help LITA of CC engage local students & Dreamtime Circus performers for a "Circus of Love 2014", to be enjoyed by Antioch Convalescent Hospital & the Antioch Community.*

***LITA of Contra Costa Thanks our Donors, especially: The Woodbury Foundation, Bernice M. Hemphill Trust, Helenmae and Porter Thompson Foundation, El Cerrito City Club, El Cerrito Rotary, El Cerrito Royale, Chevron employees & retirees, Phillips 66, The Mechanics Bank and loyal individual donors.***

**Love Is The Answer Awards**, established this year to honor individuals, who helped to build LITA of Contra Costa through outstanding Volunteerism, Donations and Senior Care Community Support.

**"The Kathleen Berner Award"** for **Dedicated Individual Volunteer** Kathleen Berner served for 10 years as a caring and engaged LITA Volunteer Visitor and for another 5 years as the President of LITA of Contra Costa's Board.

**Charmagne Nogue** manicurist for ladies at Stonebrook HealthCare in Concord, 2009-2013 just retired from LITA to be full time care giver for her husband She says she absolutely misses getting out to fulfill her mission with LITA. We're seeking someone to replace Charmagne, who hinted she may drop in to support our new volunteer as "coach"!

**"The Iris Suhl Founder's Award"** for **Loyal & Generous Individual Donor** In 1980 Iris Suhl founded LITA of Contra Costa. She was Executive Director until 1991. Iris worked beside Mae Wygant when she began LITA of Marin.

**Cris Boddum** long time Pet visitor at Shields Nursing and unfailing participant in LITA of CC's July 4<sup>th</sup> fund raising event, and year-end contributions, LITA wishes to recognize Chris for his good will and years of support for LITA of Contra Costa

**"The Patsy Berndt Award"** for **Special Event & Holiday Visitor** Patsy Berndt, LITA of Contra Costa Board Secretary for 30 years, never missed LITA's July 4 event & was Christmas Angel to Shields Nursing Care patients in El Cerrito.

**Rosebuds** are young ladies from Oakland, mentored by their seniors to contribute to society. They broadcast their joy and charm, caroling at Rosewood Care Center and donating gifts for seniors at other LITA of CC served facilities where they visit.

**"The Mae Wygant Award"** for **Supportive Activity Director** Mae Wygant, an advisor and donor to LITA of CC, founded LITA Marin in '75 encouraging her close friend, Iris Suhl to incorporate LITA of Contra Costa in 1980

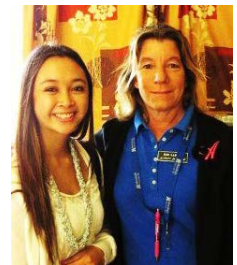
**Kim Larsen** has managed Activities for Antioch Convalescent hospital for 10 years. A solid staff make LITA's work much easier. Kim is flexible and always positive about trying out LITA volunteers, special events and fun projects for her residents.



Honoree Charmagne Nogue (center)  
Bunny Daly (left) & Victoria Ryan

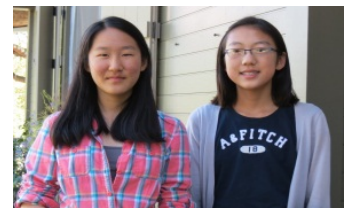
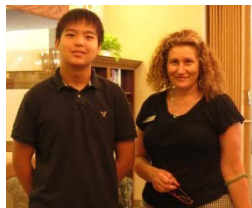
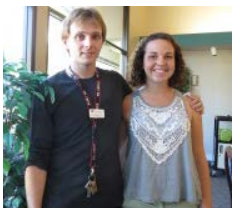


Rosebuds, Awarded for yjrit Holiday visits  
and gift donations for LITA patients



Veteran Activity Director Kim Larsen  
with new Volunteer Jasmine

**LITA Welcomes New Friendly VolunteerVisitors:** *Central Valley* (left to right below) Activity Director Alex Payne with Lindsay Hedgecock, Volunteer Mickey Dang & AD Valerie McDaniel, Edie, Lucy & Ada Sparks with Activity Director, Jessica Flores, Volunteer Christine Love and (far right) High school studentVolunteers Daisy Cho & Allison Ahn,



*Highly prized LITA One on One volunteers come weekly, socializing with their own special senior patient friend.*



*New LITA Pet Visitors bring along their best four footed friends to help spread love,- always a wonderful ice breaker*



**Ray Bisauta** (above left) & two buds **Carlito & Carmello** visit *Courtyards at Pine Creek*, Concord. Ray contacted LITA last summer, offering to help find grants, and he has been succeeding! A Double Value Volunteer for sure!! **Erica Stephan** (pink shirt, center) & her dog **Roxy** work with **Activity Director, Liz Lucasy**, who also welcomed Pet Visitors **Vanessa**, daughter **Charlotte** (center right)& their dog **Alvin** to *Rheem Valley Convalescent Hospital*.

*Patients grow extra fond of those volunteers & their pets who they're able to get to know beter as the weeks go by*



Michelle, Luke meet Activity Director Mia in Pleasant Hill



AD,"Julianne welcomes Kaymen & Misty in San Ramon



"Will & Frank meet Bauelia "for orientation in San Pablo

### *Annual LITA Pet Parade Groups: Chevron Employees and Two Wells Fargo Employee Groups*



Chevron "Week of Caring" Group



Wells Fargo employees, with dogs both large (Great Dane, Chester) and small. Sweet!



Bunny Daly, LITA of Contra Costa, Central County Volunteer coordinator did a wonderful job this year bringing a record number of Pet Paraders for the *Week of Caring*, with surprise addition of Wells Fargo employees, returning from last year

**LITA of Contra Costa** organizes Events for All Major Holidays when over half of care facility patients **Need Love the Most** as they have No family visiting. LITA brings carolers in December. Volunteer wrap and deliver donated gifts and cards for hundreds of hospitalized seniors. **Call LITA (925) 212- 4573 or (510) 527-2055** if you have gifts to donate: Shawls, knit hats. scarves, fuzzy socks or palm sized stuffed toys are all appreciated!





**July 4<sup>th</sup> El Cerrito Fair**



**David Tran, UOP student**, always comes early to get our tent

up & booth ready. Eight great prizes were won. All day LITA's Volunteer coordinator, Director and our LITA board members talked with a constant stream of people interested in learning more about LITA of Contra Costa's mission.



THANKS to members of **SGI-USA Berkeley**

**Region Chorus** for anchoring 8 East and West County caroling dates. In Central County **Rosebuds** will be joining the many parents & kids from the community who are up Contact Bunny Daly or Victoria Ryan to volunteer.

**COME CAROLING** Call for Event application if this will be your first time volunteering with LITA of CC

Please contact Director at [info@litaofcontracosta.org](mailto:info@litaofcontracosta.org) or Call (510) 527-2055 or (925) 212-4573

ALL Caroling Dates and Times:

Sunday Dec 8

**Sunrise Senior Living, Danville** 3 pm

Saturday Dec 14

**Creekside Care Center, San Pablo** 11 am

**El Cerrito Royale Assisted Living, El Cerrito** 1:45 pm

**Shields Nursing Center, El Cerrito** 2:30 pm

Sunday Dec 15

**Courtyards at Pine Creek, Concord** 1:30 pm

**Stonebrook Healthcare Center, Concord** 3 pm

Saturday Dec 21

**Legacy Nursing & Rehab., Martinez** 11 am

**Martinez Convalescent Hospital, Martinez** 2 pm

**Windsor Rosewood Care Center, Pleasant Hill** 2 pm

**Oak Park Convalescent Hospital, Pleasant Hill** 3 pm

Sunday Dec 22

**Greenridge Senior Care, El Sobrante** 2 pm

**Lafayette Care Center, Lafayette** 2 pm

Saturday Dec 28

**Antioch Convalescent Hospital, Antioch** 11 am

**Lone Tree Convalescent Hospital, Antioch** 2 pm



Long time LITA Pet Visitor Joan Toole (right) met new Activity Director Brittany at Legacies, to begin weekly visits. Joan and hersweet rescue "Baby" warm many hearts at Martinez Convalescent Hospital. Both these admirable women are also trained VITAS hospice workers.

**Have a Wonderful Holiday Season** Remember No Matter What the Question **"LOVE IS THE ANSWER"**