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Volunteers help stuff 200 bags with holiday gifts for homebound seniors served by the St. Vincent Meals on Wheels program. Making it work are, from left, Diana Estrada, Internal Audit; Lorna Vargas, ITS; Tess Fitzpatrick, Metro San Fernando Valley; Beverly Davenport-Waldon, Help Desk ITS; Lynn Ong, ITS; and Susan Cariasa-Ginsberg, Treasury, who also volunteers to deliver meals throughout the year.

Metro Employees Assemble 200 Gift Bags of Holiday Cheer for Homebound Seniors

- [Volunteers](#): Who are they?
- [Gift Bags](#): What's in them?

(Dec. 24, 2009) A number of Metro staff were sequestered in the Union Station Conference Room on Monday, busily stuffing 200 gift bags for seniors and homebound people served by the St. Vincent "Meals on Wheels" program.

"The holiday season is the loneliest time of the year for the city's poorest seniors, many of whom are homebound without the means or capability to get around," says Tess Fitzpatrick, senior administrative analyst at the Metro San Fernando Valley.

Fitzpatrick knows first-hand the joys a hot meal and warm greetings can bring to the forgotten elders. She's a volunteer runner for the St. Vincent "Meals on Wheels" program.

She and other Metro volunteers have been collecting useful items for the goodie bags that will be delivered to seniors along with their holiday meal on Christmas Day.

Ultimately, Meals on Wheels will deliver 1,500 gift bags this season to homebound seniors and 300 gift bags will be distributed to the homeless.



Volunteers delivered the gift bags to Sister Alice Marie Quinn, second from right, at the St. Vincent's Senior Citizen Nutrition Center on Dec. 19. Volunteers pictured are Lynn Ong, husband Ben, son Jonathan, and daughter Jennifer, and friend Megan; Tess Fitzpatrick and husband Robert and son Robby and his friends Mark and Ace; and former Metro employee Liz Campos and husband Salim.

St. Vincent Meals on Wheels is privately funded, serving an average of 2,500 meals a day, including some 1,500 meals delivered directly to each home.

Volunteers Anne Adelman * Avis Brame-Mitchell * Beverly Davenport-Waldon * Bob Peters * Carol Holben * Carol Silver * Dana Williams * Darlene Blake * Debbie Bishop * Diana Estrada * Edina Pagadora * Evelina del Castillo * Fe Alcid-Little * Gayle Anderson * Gloria Shen * Helen Cosner * Julianne Fowler * Julie Ellis * Juliet Glindro * Liz Campos * Lorna Vargas * Lynn Goldsmith * Lynn Ong * Maria Mariano * Mary Nugent * Mila Asuncion * Monique Pe * Myrna Aranda * Nancy Untalan * Nancy Wong * Naomi Pronuevo * Nela De Castro * Ralph Carapia * Regina Lim * Renita Anderson * Richard Christie * Robert Vasquez * Susan Carlisa-Ginsberg * Tommye Williams * Van Duong * Virginia Ward * Laura Kloth * Richard and Mary Ann Hunt *

Gift Bags include * Band-aids * Body Soap * Calendar * Coffee Mugs * Conditioner * Crossword puzzle books * Envelopes * Fruit (i.e. pears/tangerines/raisins/prunes) * Hair brushes * Hair combs * Hand and/or body lotion * Hand soap * Hard candy (it would be nice to have some sugarless candy for those who are diabetic) * Holiday gift bags or stockings (to be used to hold all the goodies) * Mouthwash * Mugs * Pens * Pencils * Picture frames * Pocket calendar * Razors * Shampoo * Shaving cream * Socks * Stationery * writing tablets * Stamps * Tissues * Toothbrush * Toothpaste *