



# LITA OF CONTRA COSTA LOVE IS THE ANSWER

## WINTER NEWSLETTER 2024

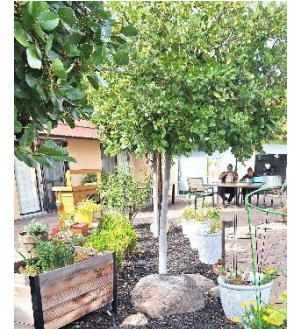
A Non-Profit Public Charity since 1980, LITA's Mission is to improve quality of life for senior & disabled persons supporting creative volunteer programs in nursing care facilities in Contra Costa County to help alleviate the loneliness and isolation of fragile senior residents.



Greenridge Senior Care in El Sobrante Resident Gardeners



Bayberry HC Gardeners



LITA Garden expanded during 2024 in Walnut Creek at Tampico Terrace

## Greenridge Activity Room named for late beloved Marie Pardee, Activity Director & LITA gardener.



AD Tamika jumped in 100% to support Greenridge residents gardening enjoyment

Pleasant Hill PAC



Victoria Ryan LITA Concert



Melannie AD PSN



Yesi AD Legacy



Gary Kate Janet at PHPAC Halloween party



**\*\*Over 1400 TAPS Halloween Cards delivered to 12 Contra Costa County facilities!**

## Urgent: LITA Needs Your Support to Ensure a Bright Future

I am writing to share that March 2025 will mark my final month as the CEO of LITA of Contra Costa. Over the years, with the trust you, our faithful donors, and the LITA board have placed in me, I've had the privilege of building invaluable relationships with care facility residents, activity staff, facility owners, and volunteers, making our many programs possible.

As we look ahead, we urgently need your support to sustain LITA's legacy. We will wholeheartedly guide an incoming CEO and board, equipping them with the knowledge to maintain what has become a nearly turn-key operation—fulfilling our mission and becoming known for doing tremendous good on a very lean budget. Our next CEO must bring new energy and a team of their own, as our current board members have been serving for 25 to 35 years. We all recognize it's time for fresh leadership to take LITA of CC forward. With the holiday season upon us, we're asking for your generous donation to ensure LITA's critical programs continue. Your support will fund holiday events and programs, bringing joy to residents in care facilities, as well as LITA's outreach efforts to attract new leadership dedicated to our mission.

To donate, please visit our newly streamlined website at [[www.litaofcontracosta.org](http://www.litaofcontracosta.org)] (<http://www.litaofcontracosta.org>). PayPal is enabled and we've also established a secure, no fee donation process through Zelle; simply send contributions to [litaofcc@gmail.com](mailto:litaofcc@gmail.com).

During my tenure, LITA's CEO position has been a modestly funded role, with compensation ranging from \$700 to \$1,000 per month, while our annual operating budget has been between \$25,000 and \$45,000. As such, we seek a CEO who is financially independent and an engaged board committed to fundraising, driven by compassion to bring joy and hope to seniors in our community's long-term care facilities.

Pending board approval, I intend to stay on for one year as an advisor to the incoming CEO, ensuring a smooth transition. However, if we are unable to find successors, our board may face the unfortunate decision of unincorporating LITA after 44 years of service to Contra Costa County.

Please join us in this final, crucial effort to continue our legacy, embodying the mission that defines us:  
LOVE IS THE ANSWER

With gratitude,



Victoria Ryan, Director  
LITA of Contra Costa



To volunteer, make direct requests on our new website [www.litaofcontracosta.org](http://www.litaofcontracosta.org). LITA placed 4 new Pet visitors since October and a single visit event with two other kind, generous and well intentioned dog owners.

LITA of Contra Costa pays for a subscription to volunteermatch.org, where only eligible non-profits can post opportunities. That excludes for profit post-acute care facilities, so based on activity director requests LITA acts like a booking agent for volunteer visitors, at facility venues, the most popular of which are Pet Visitors.



Bayberry Health Care in Concord



Jojo visits Pleasant Hill Post Acute Care



Greenridge Senior care El Sobrante



Willowpass HC Concord



Kobe:Pleasant Hill PAC



Bayberry Concord

**A warm thank you to all our amazing volunteers and donors. We couldn't make this possible without you!**

### Donors to LITA of Contra Costa in 2024

Clubs and Civic organizations Cerrito City Club, Bayview Eagles, Trusts and Foundations: Bay Area News Group's Share the Spirit, Beswick Family Fund at East Bay Community Foundation.

Corporations: Paypal Giving Fund, Mechanics Bank and Phillips 66, and retiree matching fund donations from Chevron Retirees.

### Individuals and Volunteer donors

Jenny Lin, John Gruenstein, Rory Snyder, Victoria Ryan, LITA board members, Linda Larsen Daniels, Barbara Schneider, Joan Finton, Mike & Bunny Daly and Sandy Olson, Chris Boddum, Ken Berner, John & Anne Mann, Ridge & Monica Greene, Ellen Rosen, Lawrence and Barbara Quirico, Olga Knight, Sarah Peterson, Jack Freethy and Lucia Laudicio.

## LITA'S ZOOM MUSIC SHOWS

Drawing on excellent bay area volunteer musicians who zoomed all performances from home during Covid years. In summer of 2024 volunteers were invited to perform on LITA emcee John Gruenstein's deck in person, for outdoor harmonizing and jams shared with our post acute care facility audiences joining the zoom during LITA's free music shows. This activity has happened most every Friday since spring of 2020 and will continue in response to wide acclaim.



Victoria Ryan at Friday music zoom with Hali Hammer John Gruenstein, Ed Hilton La Wanda Uita and Christopher. Far right - John Zppms from Victoria Ryans Living room.

**“Love Is The Answer Music Awakenings Compassion Project”**, provides tablets, iPads, headphones, and live weekly Music shows on zoom to help enhance quality of life, maintain connection with the world Outside and enable family and friends facetime. Twenty five years of recorded testimonials and LITA direct observation show that hearing familiar music can reduce stress & anxiety and open up the mind and tap the heart's treasure chest of enjoyable memories.

Spontaneously singing along to beloved melodies can create pathways to restore speech and lift moods. As funds allow LITA, donates personal electronics for residents at all LITA served facilities. LITA of Contra Costa introduced this program in 2020 at Contra Costa Regional Medical Center and donated iPads the first two years. They have continued with it as their *“Music As Medicine”* program.



CCRMC MDs Kaitlin and Jenny with patient(center) and holding 2020 LITA donated electronics

**LITA OF CONTRA COSTA - LOVE IS THE ANSWER**

Visit our website @ [www.litaofcontracosta.org](http://www.litaofcontracosta.org)

Donate via Paypal or use Zelle and send to: [litaofcc@gmail.com](mailto:litaofcc@gmail.com)

