

LITA of Contra Costa Love Is The Answer Fall/Winter 2020

A Non-Profit Public Charity since 1980



Sharon, AD for Legacy Nursing & Rehab



AD Isaac Silva Bayberry Care Center

Without quality frontline health care workers, LITA can't fulfill our mission. These Activity Directors embody the ongoing, spirited effort that even routine care takes, with all PPP needed. High praise for SNF Activity staff who set their patients up with donated LITA tablets.

LITA of Contra Costa involves youth, families, aspiring artists and pets who each play their unique part as community member volunteers fulfilling our mission to improve quality of life for disabled and senior persons living full time in skilled nursing facilities and hospitals in Contra Costa County.

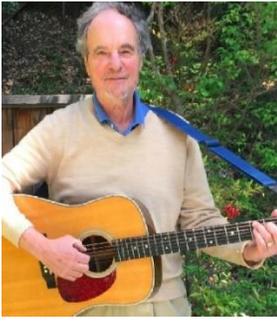
Laurie Beauchemin gave generously to LITA in loving memory of her late husband, Rene Beauchemin Jr.

Lawanda Ultax donated for her friend Arlyn Bloom in Memory of Arlyn's late mother, Eileen Roberta

Victoria Ryan donated her service to LITA of CC during Covid year 2020 to honor the memories of Patsy and Ken Berndt, past president Kathleen Berner and LITA of Contra Costa's founder Iris Suhl

Start a fundraiser for LITA on Facebook. Call or write us before using Button at www.litaofcontracosta.org
Email info@litaofcontracosta.org or call Victoria Ryan, LITA director at 925 212 4573

LITA OF CONTRA COSTA LOVE IS THE ANSWER
PO Box 121 Port Costa Ca, 94569



John Gruenstein



Mark Shaw



Suellen Primost



Victoria Ryan

John Gruenstein is a central figure and a creative force behind LITA’s Friday Music Zoom 2020. Despite decades of success as an economist in business, government and academia, John could never stop playing his guitar and banjo, once he took it up in high school. LITA benefitted from his vocal talents as a music volunteer in Lafayette Care Center . He later pioneered another music program for patients at John Muir Medical Center. Treating us to his infinite repertoire, John become the producer, director and driving force behind LITA’s Friday Music Zoom 2020

Mark Shaw is an energetic and irresistible entertainer with a big, lighthearted presence. He sings standards as well as traditional and alternative music. Mark also does comedy, plays violin and gives his all, stealing the show every time he is on LITA’s Music Zoom show. Mark doubles as top real estate broker in Alameda and Contra Costa counties.

Suellen Primost is a seasoned cellist, improviser, sound healer and performance artist. Versatile soulful and expressive, fluent across genres, Suellen’s long musical career engaged her in orchestral, chamber music, world music and numerous interdisciplinary collaborations. Her CD’s include *Shibui - Subtle Beauty*, *Starlings & Taking Flight*. Suellen contributed to dozens of recordings by fellow musicians. In the early 70’s, she met, performed and toured with SF Records artist Victoria Ryan. Suellen and John Gruenstein brought their music to the patients at John Muir Hospital in Walnut Creek

Victoria Ryan singer songwriter in the 60s, recording artist in the 70s and film maker in the 80s and 90s was inspired in 2000 by Jessica Durant, a LITA volunteer to take on LITA’s mission as Director. She is ever grateful for the opportunity .

Director’s Message for Fall and Winter 2020

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

LITA’s Music Volunteers have rallied to serve, donating their time and talent to our Weekly Zoom Music and Magic Variety show. Please contact me to discuss possibly sharing your talents on one of these Fridays.

“Music Awakenings Tablet and iPod Compassion Project” is even more in demand in 2020 with quarantines expected to extend into 2021 at all healthcare facilities: Contra Costa Regional Medical Center, Legacy Nursing Rehab, in Martinez, Bayberry Skilled Nursing in Concord, Greenridge Senior Care, in El Sobrante, Lone Tree Post- Acute Care in Antioch and Pittsburg Skilled Nursing are all using LITA donated tablets and iPads for vital, safe and precious family facetime and personal entertainment. Activity Directors please call!

Any donation to LITA goes directly to improve the quality of life for these especially lonely and isolated individuals living in skilled nursing facilities or under extended care at CCRMC. Budgets for electronics to stream stimulating activities are STILL non-existent or being cut back at for-profit SNF. One exception: iPads are now key in diagnostics at CRMC. LITA’s electronics and services at nursing facilities still remain vital. Your gift will make a substantial quality of life difference for hundred of seniors & disabled in quarantine.

With gratitude and fond wishes for your safety, good health and a long and happy life

**Victoria Ryan, director
LITA OF CONTRA COSTA**

Entertainment Volunteers becoming Zoom regulars on Friday afternoon shows for LITA served SNF



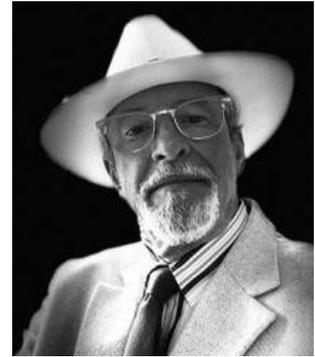
Joe Belson



Hali Hammer



Chin Chin



Rory Snyder

Joe Belson is an acoustic and electric bass player, singer, guitarist and trumpeter who has performed on many stages and loves composing original works. When not working on music, Joe enjoys reading, running, and watching the Simpsons. In 2019 Joe played his bass for caroling groups, making room to room visits to numerous LITA served West County SNF.

Hali Hammer is an award-winning singer-songwriter who plays guitar and electric bass with various combinations of musicians. A professional since the age of 19, she has recorded 5 CDs. Her newest song *Days of My Life* and more can be seen and heard on YouTube. She is also a retired Special Education Teacher who worked for 26 years in the Berkeley Unified School District and once worked for two years in an upstate New York county nursing home in Activities, doing music and arts and crafts and taking residents on outings in the community.

Chin-Chin is a Chinese-Korean American Stage Illusionist & Magician, International Champion Magician, who was voted 'Stage Magician of the Year' (3-Times) by the San Francisco Conjurors and 'Best Magician' twice by San Francisco Bay Guardian's 'Best of the Bay' Readers Choice Award. Prior to Covid, in 2019 he entranced all at Greenridge Senior Care as a LITA Entertainment volunteer. www.chinchinmagic.com

Rory Snyder is a Professor Emeritus at Diablo Valley College in Pleasant Hill, after 21 years as Director of Jazz Studies. He plays saxophones, flutes, and clarinet. Prior to that he was Director of Bands at Homestead High School in Cupertino. Rory Snyder is a member of the California Jazz Hall of Fame.

Call us at 925 212 4573 to discuss joining in a LITA zoom entertainment for Nursing Hospital Residents

"Love Is The Answer Music Awakenings Compassion Project", includes live performances only when safe to do so. LITA continues to provide iPads, Tablets, iPods, headphones and iTunes cards to enhance quality of life, help maintain connection with those distant loved ones, reduce stress & anxiety and generate a World of Encouragement with family and friends as well as care providers.

Many Hands and Loyal Donors: treasured individuals, clubs like **Cerrito City Club, Bayview Eagles**, Trusts and Foundations like **Share the Spirit** and **Beswick Family Trust**, corporate donors **Mechanics Bank** and **Phillips 66**, retiree matching fund donations from **Johnston and Johnston** and **Chevron**, have helped LITA of CC attract and train volunteers and provide multiple programs like family and pets visits, group singing, variety shows and seasonal events. During the pandemic and quarantines Music Awakenings program is a mainstay for connection. LITA donated electronics serve many hundreds of West County Skilled Nursing Facility residents and long stay patients at CCRMC.

WE CANNOT GATHER THIS THANKSGIVING, BUT PLEASE MAKE CARDS AT HOME

Mail your greeting cards to LITA: PO Box 121, Port Costa, CA 94569

Or contact LITA Director at 925-212-4573 to discuss a Drop Off

Take a nostalgic look back at images from 10 past years. LITA volunteers spent two days at the Port Costa School Thanksgiving Thursday and Friday to hand-craft cards. Volunteers then spent all weekends in December caroling in facility lobbies and at each bedside, to deliver carols and a lovingly crafted card



Since 2012 LITA Caroling groups have toured nursing facilities mornings & afternoons throughout December



Lonetree in Antioch



Legacy in Martinez



Contra Costa Regional Medical Center



Rosewood Manar Care in Pleasant Hill



El Cerrito Royale Memory Care



Shields Nursing Care in El Cerrito Richmond

Start a fundraiser for LITA of Contra Costa LOVE IS THE ANSWER on Facebook

Facebook giving deducts no fees

Paypal charges for donations when you use the Donate button on LITA's website

Go Old school: a check in the mail to **LITA PO Box 121 Port Costa Ca 94569**