

SENIOR SERV SPOTLIGHT



Carol Warga is a true blue Southern California native. She was born and raised in Los Alamitos and attended California State University of Long Beach. She began volunteering for the “Meals on Wheels” Program back in 2007. Soon she became a driver, and now she currently oversees the program that helps homebound seniors receive meals daily. Carol has had the opportunity to change the lives of many seniors on a day-to-day basis. The program has become very successful, and many other centers have used her procedures as a template for their programs too. Her favorite part about the program is that it not only has a positive impact on the seniors, but also on the volunteers who come to help. She loves the amazing people she

works with, and enjoys making a difference in the lives of others. In her off time you can find her outside, enjoying all that nature has to offer. She is happiest when she is out by the campfire listening to the wildlife around her. Owls are her favorite. Along with camping she frequently enjoys hiking, reading, playing scrabble, and spending time with her two daughters and grand-doggy.



Lourdes (Lulu) Torres has lived in Costa Mesa all of her life and graduated from Costa Mesa High School. She began her college career at Humboldt State University where she studied Psychology and will be finishing up her Bachelor’s degree at California State University of Dominguez Hills. Lulu is also interested in studying Social Work as well as Child Development. Lulu has been working for SeniorServ Program as the Nutrition Site Manager for over a year. She started out as a volunteer for the “Meals on Wheels” Program, and then moved into a supervisory position. To her, this isn’t just a job because she is rewarded daily by seeing the seniors enjoy heartfelt meals and good conversations. In her

spare time, Lulu enjoys hiking, camping, reading, and spending quality time with her three sisters. Every Sunday, she enjoys brunch with her sisters where they laugh and share stories about their week. A fun fact about Lulu is that she loves to paint.

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Sylvia Stumph was born and raised in Mexico City, Mexico. She moved to the United States when she was 11 years old. Her family first lived in Los Angeles before moving to Orange County. For over 40 years, Sylvia was in the hotel industry before she retired. She also was a caregiver for her mother. Sylvia has two wonderful daughters that live nearby, whom she sees often. Her spare time is filled with cooking, crafting and spending quality time with her family. She has been visiting the center for about 5 months now, and has made many friends. It makes her so happy that she had had the opportunity to meet so many caring and

generous people here at the center. Her new friends have given her the courage to believe in herself and to continue creating new avenues for adventure during retirement. You might catch Sylvia attending chair exercise, card making, or knitting the logo of her favorite baseball team, the Los Angeles Dodgers.

Mission: “Enriching lives and communities through health, wellness, volunteerism, and socialization.”

Vision: “The Costa Mesa Senior Center is dedicated to the improvement of the lives of older adults by creating a place that offers opportunity to become more educated about health and wellness, share skills and talents with peers, interact and develop communication with friends, family, and others, and be advocates for older adults.”

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