

Meals on Wheels Programs & Services E-Newsletter

January 2014

We invite our participants, volunteers, supporters, and staff to enjoy the January 2014 issue of our E-Newsletter. Please take a moment to read about recent agency news.

Seminars for Seniors

The Rockland County Office for the Aging presents:

Medicare 101: Understanding the Medicare Program

Wednesday, March 19th at 7:00 p.m. at Suffern Library

Please call (845) 357-1237 to register.

Money Smart: Protection Against Financial Exploitation

Wednesday, March 26th at 10:00 a.m. at the Rockland County Fire Training Center

Please call (845) 364-2110 to register.



Group Volunteering Encouraged at Meals on Wheels



Girl Scout Troop 40125

Many Girl Scout Troops visited Meals on Wheels this past Fall to help support the Homebound and seniors in our area. Here Girl Scout Troop 40125 from Pearl River shows the "Blizzard Boxes" they put together for the agency's emergency shelf-stable food program.

Do you have a group that wants to get involved? Please [click here](#) to see opportunities for groups or

Meals on Wheels Turns 40 this Year!

In 1974 a group of dedicated volunteers associated with the [National Council of Jewish Women](#) started a home-bound meal delivery program out of the basement of founder and former Executive Director Shelly Berger's home. Today that program, known as Meals on Wheels Programs & Services of Rockland, offers much more than a meal by also serving seniors through five senior centers, the Bobbi Lewis Adult Day Program, the Adult Learning Center, information and referral and more.



contact Volunteer Program Coordinator, Sharon Martini, at smartini@mowrockland.org or at 845/624-6325

Invitation to Superbowl Pancake Breakfast

The *Clarkstown Sunrise Rotary* invites you to its **24th Annual Superbowl Pancake Breakfast**

Sunday, February, 2nd
8:00 a.m. to 12:00 p.m.
To be held at Meals on Wheels
121 West Nyack Road, Nanuet



Adults \$5.00 Children \$3.00
Children Under 4- Free

Proceeds to benefit Clarkstown Sunrise Rotary Scholarship Fund, Meals on Wheels and other local charities.

Great News for Senior Nutrition Programs!

On January 16th the U.S. Senate approved H.R. 3547, the Consolidated Appropriations Act of 2014. This bill will provide close to \$5 billion nationally for home-delivered meals, congregate meals and for the Nutrition Services Incentive Program is now headed to the President for his signature.

We commend the leaders of the Appropriations Committees for producing a bipartisan bill that restores critical funding for programs. Check out the links below to learn more about this legislation and/or how your Members of Congress voted. If your Representatives or Senators supported this legislation, we highly encourage you to thank them and/or their staff.



Welcome New Board Members



Cheryl Mallon



Carole Tjoa

Please [click here](#) to read Cheryl & Carole's bios.

Flea Market Save the Date

Come in out of the cold and visit our 1st annual flea market!

Saturday, February 22nd

9:30 a.m. to 1:30 p.m.
at the Clarkstown/Pearl River Senior Center (next to MOW's offices)

121 West Nyack Road
Nanuet, NY



[House of Representatives Roll Call Vote](#)
[Senate Roll Call Vote](#)
[Legislative Text](#)

70 Blizzard Bags Donated for Share the Love Event



MOW's Barbara Kohlhausen accepts donations from Nice-Pak/PDI's Matt Schiering

A "Subaru Stuff the Trunk" event was held December 20th at the Nice-Pak/PDI company's annual Turkey Bowl holiday gathering. Nice-Pak/PDI associates generously donated 70 "blizzard bags" of non-perishable foods for Meals on Wheels' emergency shelf-stable food program to help ensure homebound recipients have a sufficient supply of food in case of inclement weather.



Three Grant Donations Received

Meals on Wheels is very grateful to **The Kurz Family Foundation, The Miles Hodsdon Vernon Foundation, and Wells Fargo** for recent grants to the agency.

Support Meals on Wheels

Our programs and services are only possible with support of generous donations. Consider commemorating a special occasion or sending a message of sympathy with a donation to Meals on Wheels.

Please consider making a tax-deductible on-line contribution today by [clicking here.](#)

Like us on Facebook 

Join Our Mailing List!

30 Years of Service

Congratulations to **Edith Burns**, Nyack Senior Center Manager, on celebrating 30 years at Meals on Wheels.



Edith Burns

Estate Planning

Did you know that there may be tax and other benefits in making a planned gift to Meals on Wheels? Planned gifts may include bequests, charitable gift annuities, gifts of stock, and gifts life insurance for example. For more information, please [click here](#) or contact Marie Porrovecchio at (845) 624-6325 .



Volunteer Coordinator, Sharon Martini, and CFO, Steve Kelly accept a check from Bill Tullio of Wells Fargo

Nominations Sought for Recognition of Seniors

Each year the County of Rockland recognizes two older Rockland residents who give their time, effort and expertise as volunteers. The Rockland County Office for the Aging Advisory Council is seeking nominations for the following two awards:

Senior Citizen of the Year- to a volunteer aged 60 or over who plans programs that provided support services and activities that enhance the lives of seniors in the community. Other volunteer work that improves the quality of life of the people of their community can also be considered.

Outstanding Contribution by a Senior Citizen- to a volunteer aged 60 or over who has made a positive and beneficial contribution to the senior citizens of the community. Other volunteer work that improves the quality of life of the people of their community can also be considered.



Adopt-a-Route!

Many thanks to the local companies and community organizations who have "adopted" a regular Meals on Wheels Route. Please [click here](#) to see which groups are regularly delivering meals in our community.



If you are part of a company or group that might be interested in adopting a route or volunteering in another capacity contact Sharon Martini at smartini@mowrockland.org or call her at 845/624-6325.

Information Related To Alzheimer's Disease

To keep you informed the Alzheimer's Foundation of America (AFA) publishes a bi-weekly e-Newsletter that contains news, information and research topics related to Alzheimer's disease. To see the latest issue with important information on Alzheimer's Disease funding and Medicare as related to those living with Alzheimer's, [please click here](#). To subscribe to AFA's free e-Newsletter, [please click here](#).



We hope you enjoy the newsletter, and we welcome your feedback.

[Meals on Wheels Programs and Services of Rockland](#)

Subscribe to Office for the Aging Newsletter

Looking Forward is an informative bimonthly newsletter that offers information pertinent to seniors. The newsletter focuses on topics that provide help, suggestions and sources that keep you up-to-date with information sought by many seniors.



[Click here for information on how to subscribe](#)