

# Meals on Wheels Programs & Services E-Newsletter

February 2014

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

## 40th Anniversary Logo Presented



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, info & referral and more.

## Join Us for an Evening of Laughter

Join us for an evening of laughter at **Levity Live** and support Meals on Wheels at the same time!

**March 14th at 7:30 p.m.**

For more information or to purchase tickets please contact Marie at 845/624-6325 or [mporrovecchio@mowrockland.org](mailto:mporrovecchio@mowrockland.org).

## Save the Date!

- \* **The 20th Annual Meals on Wheels Golf Outing**  
**May 5, 2014**  
To be held at The Phillip J. Rotella Memorial Golf Course
- \* **The 4th Annual Bill Fortune Memorial 10K/5K Run and 5K Walk**  
**May 10, 2014**  
To be held at Rockland Lake
- \* **The 2nd Annual Wags for Wheels Dog Walk**  
**June 1, 2014**  
To be held at Children's Park Chestnut Ridge, NY
- \* **The Harvest Moon Grand Reception**  
**September 28, 2014**  
To be held at the Colonial Inn, Norwood, NJ

## Over 1,000 Expressions of Love Delivered to the Homebound





**MEALS ON WHEELS**  
Programs & Services of Rockland, Inc.

**LEVITY LIVE**  
BEYOND FUNNY

COMEDY CLUB & DINNER THEATER



Please join us for an evening of comedy Friday, March 14th at Levity Live in the Palisades Center Mall to benefit Meals on Wheels Programs & Services of Rockland during our March for Meals- 40th anniversary celebration. Tickets include admission to the 7:30 PM show, a drink of your choice and a snack. Tickets are available through March 14th for \$50 each.

**march FOR meals!**  
Meals on Wheels

Starring Loni Love co-host of Fox The Real and frequent guest DJ on The Ellen Show. Loni has also appeared on The Tonight Show with Jay Leno and on her own Comedy Central special.



For more information please visit us at [www.mowrockland.org](http://www.mowrockland.org) or call Marie Parovecchio at 845 624-6325 to purchase your tickets.

Ticket price does not include gratuities. Must be over 18 to attend the show. Tickets must be purchased through Meals on Wheels.

**AN EVENING OF LAUGHTER**

## March for Meals - Celebrating Seniors

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build support. Together, we hope to put an end to senior hunger. Contact *Maddy Schiering* at 845/624-6325 or at [mschiering@mowrockland.org](mailto:mschiering@mowrockland.org) to see how you can participate in our local March for Meals campaign.

[View the National March for Meals Video Now](#)

Meals on Wheels participated in the national **Love Letters Campaign** to help lift spirits of older adults. Dozens of young people across the county made over 1,000 beautiful Valentine's cards that warmed the hearts of our seniors.

## Interns Wanted

The agency offers unpaid internships to students in a variety of departments such as social work (including art therapy), finance & accounting, nutrition & food service, volunteer management, and fundraising & marketing.



For more information, please [click here](#) or contact Volunteer Program Coordinator, *Sharon Martini* at [smartini@mowrockland.org](mailto:smartini@mowrockland.org) or at 845/624-6325.

## Support Meals on Wheels

Our programs and services are only possible with support of generous donations. Please [consider commemorating a special occasion or sending a message of sympathy](#) with a donation to Meals on Wheels.

**Make a tax-deductible on-line contribution today by [clicking here.](#)**



### Thank You to People's United Community Foundation

People's United Bank Community Foundation has generously donated \$4,000 in support of the Meals on Wheels' Homebound Meal Delivery Program. This grant will help the agency provide meals for those in need and will truly make a difference for Rockland seniors.



### 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.**



Like us on Facebook

Join Our Mailing List!

### The Power of Age Conference

Save the date for the Rockland County Office for the Aging and SUNY Rockland community College "The Power of Age" Conference Celebrating Rockland County Seniors.

To be held:

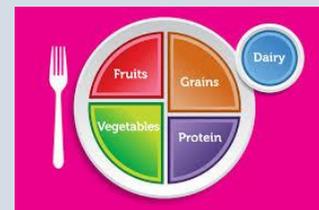
**Monday, May 21, 2014**

### 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

### What's on Your Plate?

Research shows that it's never too late for good health habits. The National Institute for Aging (NIA) has launched "What's on Your Plate? Smart Food Choice for Healthily Aging," an easy-to-navigate online resource to help us make good food choices and meet our nutritional needs as we aged.



## United Way Grant in Action



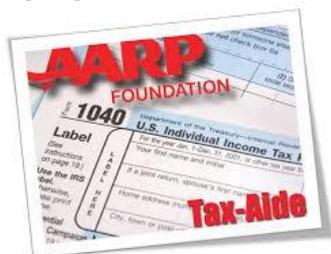
**Public Health Nutritionist, Michelle Kleinman, educates seniors from the Martin Luther King Multipurpose Center on nutrition.**

Meals on Wheels has been hard at work implementing the "Nutrition Matters: Eat Well & Shop Wisely Program," funded through a grant from the United Way. Meals on Wheels is working in collaboration with the Rockland County Department of Health and the Martin Luther King Multipurpose Center to provide this important program to seniors in the County.

## Free Income Tax Preparation in Rockland County

AARP's Tax-Aide program is the nation's largest, free volunteer-run tax counseling and preparation services offered to all taxpayers with middle to low income, with special attention to those age 60 and over.

Please [click here](#) for more detailed information on where you may be able to take advantage of free tax preparation assistance.



Please [click here](#) to visit the website.

## First Annual Flea Market a Success

Thank you to all who participated in the agency's first annual flea market by donating an item, volunteering to help or by making a purchase. **With your support we raised over \$1,100 in just a few hours!**



## 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](mailto:smartini@mowrockland.org) or call her at 845/624-6325.

## 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.



Please [click here](#) for a nomination form. To be considered, nominations must be received by the Office for the Aging by **Monday, March 31, 2014**.

## 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](#).



## 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](#)

## In Appreciation

A special thank you to the **Ramapo Manor Center for Rehabilitation and Nursing** for a generous donation of 300 insulated cooler bags for our homebound meal delivery program participants!



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

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