

Meals on Wheels Programs & Services E-Newsletter

March 2014

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

Winter Keeps Seniors Inside



Photo by Joe Larese/The Journal News

It was a tough winter for all of us, but for seniors in particular, it has been even more difficult, as a fear of falling keeps many inside. Thankfully through grants and in-kind donations from many supporters, Meals on Wheels has been able to provide over 2,000 non-perishable meals, known affectionately as Blizzard Boxes or Bags, in advance of storms to hundreds of our homebound participants. [Please click here](#) to read the "Trapped by Winter" article in a recent Journal News article, in which Meals on Wheels' President & CEO Barbara Kohlhausen is quoted.

Shred Away Hunger

Let us help you protect your privacy with our Shred Away Hunger Event:

**April 26th at 9:00 a.m. to 1:00 p.m.
at Meals on Wheels
121 West Nyack Road, Nanuet**

Alzheimer's Takes Heavy Toll on Women

An important report released this week reveals that Alzheimer's is more likely to strike women and puts more demands on women as caregivers. [Please click here](#) to read the full story as it appeared in USA Today on March 19th.



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

For important information on what can be shredded please click on the flyer below or contact Marie at 845/624-6325 or mporrovecchio@mowrockland.org.



HELP MEALS ON WHEELS SHRED AWAY HUNGER

SATURDAY, APRIL 26th, 9AM-1PM
BRING YOUR BOXES OF PAPERS AND DOCUMENTS FOR CONFIDENTIAL, ON-SITE SHREDDING



UP TO THREE MEDIUM SIZE BOXES \$20
EACH ADDITIONAL BOX \$5
MEALS ON WHEELS
121 WEST NYACK RD, NANUET
(BOX SIZE-APX.12"Wx14"Lx10"H)

March for Meals Community Champions Week

This week, March 17th-21st, marks Community Champions Week of the national March for Meals Campaign. Many of our local elected officials and Rotary club community members participated by serving meals at our Senior Centers or delivering meals to our homebound participants. "Like" us on [Facebook](#) or visit our [website](#) this week and next to see more photos of who participated in this important campaign.

Welcome New Staff Members

Meals on Wheels is pleased to introduce two new agency staff members.



Monique Anderson



Jonathan Schwartz

Please [click this link](#) to read more about Monique & Jonathan.

Student Tag Sale to Benefit Meals on Wheels

The Clarkstown South Students Assisting Meals (S.A.M.) club will be holding a Tag Sale on **Saturday, March 29th from 9:00 a.m. to 3:00 p.m.** at Clarkstown South High School to benefit Meals on Wheels.



Meals on Wheels thanks all of the wonderful students and club advisors for their support!



Town of Clarkstown Supervisor Alex Gromack & Congresswoman Nita Lowey serve meals to seniors during Community Champions Week



Macy's Provides Continued Support

The agency gratefully acknowledges a generous \$5,000 contribution toward the Homebound Meal Delivery Program from Macy's. Macy's has generously supported Meals on Wheels Programs & Services of Rockland for several years.



Subaru Share the Love Campaign Grant Awarded

You may remember that Meals on Wheels' participation in the Subaru Share the Love Campaign yielded dozens of Blizzard Bags at the Nice-Pak/PDI Family of Companies "Stuff the Trunk" event back in December. Well, thanks to Nice-Pak/PDI, Subaru, and the Meals on Wheels Association of America, we are now pleased to report that we have received a \$2,500 for our participation in the campaign!

New Series of Computer Classes Offered

The Adult Learning Center of Rockland, a program of Meals on Wheels, is now offering computer classes (limited to 8 students per class) on a variety of topics to Seniors.



[Please click here](#) for the schedule or for more information.

FREE EXPO

The Adapted Sports, Recreation & Living Expo will be held

**Saturday, March 22nd
11:00 a.m.- 4:00 p.m.**

at Helen Hayes Hospital in Haverstraw, NY



The Expo will showcase an array of adapted sports and recreation opportunities and products and services designed to meet the needs of seniors and individuals with physical disabilities. For more information, [please click here](#).



Matt Schiering, VP/General Manager of PDI's Sani Professional Division with Meals on Wheels President & CEO Barbara Kohlhausen

Thank You to the Darden Foundation

Meals on Wheels is pleased to announce that the agency is a recipient of Darden's Restaurant Community Grants program. We are proud that our local Darden restaurants, **Yard House in the Palisades Mall & Red Lobster in Nanuet**, recognized us as a leader in our community and is supporting our work to alleviate hunger in our community through a \$2,000 contribution made on behalf of their restaurants.



Financial Seminar for Seniors Next Week

The Rockland County Office for the Aging presents:

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.

Levity Live Fundraiser a Success!

75 people enjoyed an evening of laughter on March 14th while raising \$2,000 for Meals on Wheels. Thanks to all who supported the event!



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.](#)

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



Senior Centers New Member Campaign



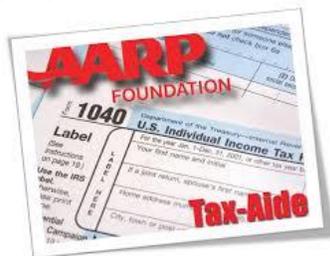
Phyllis Meehan & Anita Glickel

Meals on Wheels held a Senior Centers New Member Campaign from October 2013 through January 2014. Current members who brought a new member were eligible to receive a promotional gift card. Anita Glickel is thrilled that her friend Phyllis Meehan is now attending the Clarkstown/Pearl River Senior Center with her.

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.



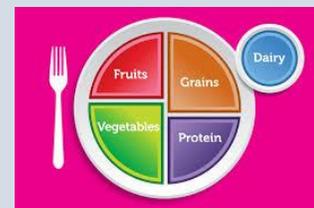
In Appreciation

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 Healthy Aging," an easy-to-navigate online resource to help us make good food choices and meet our nutritional needs as we aged.



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

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.

A special thank you to the **St. John's Episcopal Church Women, New City** for a generous donation of 46 Blizzard Boxes for our homebound meal delivery program participants. A Special Thank you to the group's leader Karen Gutterman.



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**.



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](#).



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.

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

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



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