

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

### Meals on Wheels Distributes Free Soup



#### Meals on Wheels Director of Social Work Services, *Ilsa Svoboda* serves up soup

Meals on Wheels' first free soup day was a huge success at the Martin Luther King Multi-Purpose Center in Spring Valley. 102 cups of soup were distributed by our Social Work team and four new clients signed up for Homebound Meal Delivery service. **Next stop: Sloatsburg Food Pantry on May 27th from 1:00 p.m. to 3:00 p.m.**

### Meals on Wheels is Now on Twitter!



Please follow us on [twitter@MOWROCKLAND](https://twitter.com/MOWROCKLAND) for the most up to date news on the agency and nutrition related and senior related news.

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### May is Older Americans Month

Each May the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide information to help older Americans stay healthy and active. This year, the focus is on injury prevention with the theme ***Safe Today. Healthy Tomorrow.***



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

## 3rd Annual Wags for Wheels to be Held June 1st



Please [click here](#) to register or for more information.

## Fortune 10K/5K Run & Walk Event A Great Success



**Runners Sabrina Greco, Mercedes Kent, Fie Najac, Marge Cooper and others start the course around Rockland Lake.**

A record setting 415 runners and walkers participated in the Rockland Road Runner's 4th Annual Bill Fortune Memorial 10K Run and 5K Run & Walk to benefit Meals on Wheels on May 10th. Thank you to the Rockland Road Runners, Mary Scanlon and Mike Seidenfrau for organizing such a successful event!

Please [click here](#) to see more photos from the event!

## Meals on Wheels Earns Top Non-Profit Campaign Award 10th Consecutive Year

Meals on Wheels was honored to receive the Top Non-Profit Campaign Award for 2013-2014. This is the 10th consecutive year the agency has won this award, which signifies that the agency is the non-profit in Rockland that raised the most funds for the United Way Campaign.



United Way  
of Rockland County

## The Power of Age Conference

The Rockland County Office for the Aging and SUNY Rockland community College will hold "The Power of Age" Conference Celebrating Rockland County Seniors on:

**Wednesday, May 21, 2014**

Please [click here](#) for more



information.

## 20th Annual Golf Outing Raises Funds



**Golf Chair Mike Connelly with Terry Craven, Michael Tuohy & Glenn Markoe**

Meals on Wheels' 20th Annual Golf Outing to Drive Away Hunger was held May 6th at the Philip J. Rotella Memorial Golf Course in Thiells, NY. Over 70 golfers enjoyed a great day will raising more than \$30,000 for the agency's programs. Thank you to all of our participants, volunteers and sponsors, including primary sponsors TD Bank, Capital One Bank and Holt Construction Company.

Please [click here](#) to see more photos from the event!

## You May be Eligible for the Medicare Savings Program

If your net monthly income is below \$1,333 (single) or \$1,790 (married), you may be eligible for a \$104.90 per month benefit. For more information, please call the health insurance information, counseling and assistance program at the Office for the Aging at (845) 364-2733.



## Thank You to Darden Family of Restaurants

Meals on Wheels thanks the Darden Restaurants Foundation for a generous \$2,000 grant as part of the Restaurant Community Grants program. The grants program empowers each restaurant in the Darden family of brands to help award a \$1,000 grant to support local community programs. Associates of the **Yard House in West Nyack** and **Red Lobster in Nanuet** chose Meals on Wheels as a beneficiary of this program.

## Save the Date

The Annual *Harvest Moon Grand Reception* will be held Sunday evening

**September 28, 2014**

at the Colonial Inn,  
Norwood, NJ

## 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** 

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## 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 .



**Ed Vallejos and Beth Ewanciw of Red Lobster and Steve Cestari of Yard House present Barbara Kohlhausen with a check.**

### **Congratulations Lilly Klaver**

Lilly Klaver, a 20 year Meals on Wheels volunteer, has been chosen for the Outstanding Contribution by a Senior Citizen award by the Rockland County Office for the Aging. To read more about Lily, please [click here](#).



**Lilly Klaver**

### **Countywide Telephone Reassurance Program**

If you are over 60 and living in Rockland County and would like to get a free, friendly phone call each day, you may request it from Northern Services Group. To become a recipient or volunteer for the program call the Director of volunteer Services at Northern Services Group at (845) 426-6757.



### **Alzheimer's Support Group Meets at Bobbi Lewis Center**

The Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter, offers a support group for family members that meets at the Bobbi Lewis Adult Day Program center on the 2nd and 4th Wednesday of the month from 12:30 p.m. to 2:00 p.m.



For more information on the Alzheimer's Association and their programs please [click here](#).

## Clarkstown North Students Raise Awareness & Funds

Last month, Clarkstown High School North's SAM (*Students Assisting Meals*) Club conducted a coin drop outside of the New City ShopRite and in doing so not only raised awareness of senior hunger but also raised over \$900 in support for Meals on Wheels. The agency is grateful to Clarkstown North's SAM Club and welcomes interest from other high school students. To get involved contact Sharon Martini at [smartini@mowrockland.org](mailto:smartini@mowrockland.org).



**Clarkstown North Students Support Meals on Wheels**

**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](#)