



February 2015 E-Newsletter

We invite our participants, volunteers, supporters, and staff to enjoy the February 2015 issue of our E-Newsletter. Please take a moment to read about recent news.

Gannett Foundation Grant Delivers!



Janet Hasson, President & Publisher of the Journal News presents a check to Meals on Wheels President & CEO, Don Hammond, and Grants & Donor Communications Manager, Maddy Schiering.

Thank you to the Gannett Foundation for a \$3,400 grant for frozen meals for emergency use for Homebound Meal Delivery program participants.

Meals were delivered Friday, January 30th just in time for Rockland residents facing another snow storm just three days later! The hazardous road conditions caused by the inclement weather forced the agency to suspend meal delivery the day of the storm, but the frozen meals were thankfully already in participants hands.

SAVE THE DATE

Please join us on Saturday, March 21st, 2015 for an evening **Art Auction** to benefit Meals on Wheels Programs & Services of Rockland!



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

YOUTH HELP NEEDED

It has been a cold and snowy season, but thankfully we have been able to provide non-perishable food packages to our homebound meal delivery program participants! Winter isn't over yet though, and we need assistance assembling more packages, known affectionately as Blizzard Boxes. Any young people available either Monday, March 3rd or Tuesday, March 4th from 2:00 to 4:00 p.m., please contact Sharon at 845/624-6325 or at smartini@mowrockland.org.

Liberty Elementary Students Help Bridge the Hunger Gap



Thank you to the students at Liberty Elementary School, in Nyack, NY, for their generous donation of over 200 blizzard boxes. In this photo Liberty students and staff pose with Meals on Wheels President & CEO, *Don Hammond*, Meals on Wheels Volunteer Coordinator, *Sharon Martini*, and the student's generous donation.

FREE SEMINAR- Money Smart for Older Adults

The Rockland County Office for the Aging is holding a free seminar on Thursday, March 26th from 10:00 a.m. to 12:00 p.m. at the Fire Training Center in Pomona, NY. In this workshop you will learn how to recognize and reduce the risk of elder financial exploitation, guard against identify theft, plan for the loss of the ability to manage your finances, and financially prepare for unexpected life events. To register, please call 845/364-2110. Please [click here](#) for more information.



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.](#)

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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 of life insurance for example. For more information, please [click here](#) or contact *Marie Porrovecchio* at (845) 624-6325.



Please Participate in Our Celebration of Seniors



Volunteer Coordinator, Sharon Martini, poses with one of Charlie Goldstein's Car Creations.

The month of March mobilizes hundreds of Meals on Wheels programs like ours across the country to reach out to the community and build the support that will sustain our programs all year long in the national March for Meals campaign. There are several ways to help, including marching with us in the Pearl River St. Patrick's Day Parade on Sunday, March 22nd. The first 20 adults or kids to sign up to march with us in the Parade will get to wear one of the cardboard cars (depicted above) created by Homebound Program volunteer driver and artist, Charlie Goldstein!

January Driver of the Month

Congratulations to January Driver of the Month, Marc Samuels!



To read more about Marc, [please click here.](#)

SAVE THE DATE

Please save the date of Saturday, May 9th, 2015 for the **5th Annual Bill Fortune 10K Run and 5K Run/Walk** to benefit Meals on Wheels Programs & Services of Rockland!



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

North Rockland Seniors Celebrate

The North Rockland Senior Center celebrated love with a special Valentine's Day Tea. Members brought in their teacups and teapots and enjoyed sweet treats and entertainment featuring romantic songs of the past and present!

Please email Sharon at smartini@mowrockland.org if you would like to participate in any way! Please [click here](#) for more information.



Event Taps Drinks and Funds



A few of our "celebrity" bartenders included Paul Paciello, Kevin Mahoney, Rob Burns, Mike Seidenfrau, Mary Scanlon and Don Hammond.

Thank you to all of our celebrity bartenders...

Thank you to our guest bartenders and all those who braved the cold and came out to Growler & Gill in support of the event on February 8th. Close to \$4,000 was raised in just four hours!



North Rockland Senior Center Member Blanca Garcia enjoyed the celebration!

For more information on our senior center programs, please [click here](#).

Over 1,000 Expressions of Love Shared

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!



Alzheimer's Association a Great Resource

The Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter, offers educational programs, a helpline, support groups, care consultation, professional training and more!

Seniors Care About Heart Health



Clarkstown/Pearl River Senior Center members wear red in support of the American Heart Association "Go Red for Women Day" to raise money and awareness for women's heart health. To learn more about Go Red for Women Day, please [click here](#).

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

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

alzheimer's 
association™

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

Subscribe to Office for the Aging Newsletter

Looking Forward is an informative bi-monthly 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.



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