

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

### Celebrating our Volunteers



**Volunteer Diane Smith and her daughter**

Meals on Wheels celebrated National Volunteer Month by recognizing the agency's dedicated regular volunteers at an event earlier this month. Each year close to **500** people volunteer their time to the agency, and on any given day we may have up to **80** people volunteering! We truly appreciate each and every one of our volunteers.

### Meals on Wheels in the Community



### April Marks National Volunteer Month

Thank you to our hundreds of wonderful volunteers who make the work of Meals on Wheels Programs & Services of Rockland possible! Join us today by contacting Volunteer Coordinator Sharon Martini at (845) 624-6325 or at [smartini@mowrockland.org](mailto:smartini@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**

On April 14th Meals on Wheels participated in Haverstraw Community Center's *Unity in the Community* event. As part of the event, over 20 local elementary students learned about nutrition from Meals on Wheels' Director of Food Service & Nutrition, *Marianne Colucci*.

### Senior Centers Hold Scrabble Tournament

Seniors from all of Meals on Wheels' Senior Centers recently participated in a competitive scrabble tournament. The tournament was enjoyed by all, but

***Stella Sicheneze***

(seated third from right in the photo) from the Clarkstown/Pearl River Center took home the trophy!



**Scrabble Tournament Finalists**

### Shred Away Hunger This Saturday!

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

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

**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](mailto:mporrovecchio@mowrockland.org).

**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

### Mother's Day Appeal

Many of you have received a Mother's Day appeal letter in your mail from us. We of course greatly welcome your financial support, but would also love for you to **please sign and send back the printed card that will accompany the letter** so

that our home-bound meal delivery participants will enjoy an extra special Mother's Day. Thank you!



Please [click this link](#) to donate.

### Did you know?

Did you know that our all of the monthly activities calendars and menus for our five senior centers and our Bobbi Lewis Adult Day program are regularly posted on our web site?





**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)**

### Stop & Shop and Litwin Foundation Provide Support

The agency gratefully acknowledges a generous \$2,500 in-kind contribution from *Stop & Shop* and a \$3,000 donation from the *Litwin Foundation*.



### United Way Day of Caring Benefits Meals on Wheels

Please click the following links to see what's for lunch and what's happening in April:

[Senior Centers and Bobbi Lewis Adult Day Program April Lunch Menu](#)

[Bobbi Lewis Adult Day April Activities](#)

[Clarkstown/Pearl River Center April Activities](#)

[North Rockland Center April Activities](#)

[Nyack Center April Activities](#)

[Ramapo Center April Activities](#)

[Thorpe Center April Activities](#)

### 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

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

**Monday, May 21, 2014**

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

Pfizer Associates participated in United Way of Rockland's Day of Caring on April 4th by volunteering at Meals on Wheels. The agency thanks both *Pfizer* and the *United Way* for their commitment to volunteerism!



**Pfizer Associates at the Bobbi Lewis Adult Day Program**

## Bill Fortune Memorial Run/Walk Registration Open!

Please [click here](#) for more information or to register for this May 10th Event

**RRR** Rockland Road Runners

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

Fourth Annual  
**BILL FORTUNE**  
Memorial 10K Run and 5k Run/Walk  
to benefit

**Meals on Wheels**  
Programs & Services of Rockland

Hosted by  
**ROCKLAND ROAD RUNNERS**

**May 10, 2014**  
Rockland Lake State Park

Walkers & Runners register at:  
[www.rocklandroadrunners.org/races/fortune/](http://www.rocklandroadrunners.org/races/fortune/)  
By May 8, 2014 or Call 845-624-6325

## Blizzard Boxes Make an Impact



## 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 Parrovecchio* at (845) 624-6325 .

## 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.

Recent survey results reveal that 99% of those who received Blizzard Boxes this winter and responded to the survey used the shelf-stable meals, and of those who used the meals and responded to the survey, **100% found the meals valuable and want to receive them again in the future!**



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

## **STRUT YOUR MUTT**



Sunday, June 1st 9AM-Noon  
Children's Park—Chestnut Ridge, NY  
For more information and to register for the Wags for  
Wheels Dog Walk visit us at [www.mowrockland.org](http://www.mowrockland.org).



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

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

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

### **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](#)