

# Meals on Wheels Programs & Services E-Newsletter

July 2013

We invite our participants, volunteers, supporters, and staff to enjoy the July 2013 issue of our E-Newsletter. Please take a moment to read about the most recent agency news.

## Grant Received from TD Charitable Foundation



Meals on Wheels is pleased to announce that the agency has been approved for a \$5,000 grant from the TD Charitable Foundation for the Homebound Meal Delivery Program. The agency truly appreciates the continued

support of TD Bank, through the TD Charitable Foundation.

## Agency Mourns Loss of Gloria Perlman



**Gloria Perlman**  
Gloria.

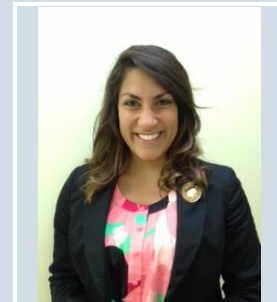
Meals on Wheels Programs and Services of Rockland mourns the loss of 19 year employee Gloria Perlman. Gloria was the long-time Assistant Manager & Senior Center Services Coordinator at the agency's Ramapo Senior Center. In December 2012 Gloria was named the 2012 employee of the year. The agency is deeply saddened by the loss of a wonderful person and staff member. Please [click here](#) to read the recent Journal News article about

## Agency Accomplishments Highlighted in 2012 Annual Report

The agency is proud to announce the publication of its 2012 Annual Report. Highlights include preparing and delivering close to **135,000 homebound meals** with the help of over **9,000 volunteer hours** and **servicing over 33,000 meals** to seniors participating in programs across our five senior centers located throughout the county.

To learn about our 2012 accomplishment, please download the document by [clicking here](#).

## Welcome New Staff Member



**Joanna Tower,**  
**Community Outreach**  
**Coordinator**

Meals on Wheels is pleased to welcome Joanna! Please [click here](#) to view her bio.

## Homebound Drivers Needed



Chiryau Shah delivering  
Route 10

Please consider assisting Meals on Wheels by volunteering to deliver meals to homebound individuals. Just one hour of your time each week would make a huge impact to those in need. Can't give quite that much time? Then please consider delivering on a less frequent basis such as on holidays only. Individuals or families are welcome to participate. Please contact Sharon at 845//624-6325 or at [smartini@mowrockland.org](mailto:smartini@mowrockland.org) or [click here](#) to apply on-line.

## Seniors Enjoy Hudson Cruise



**Seniors from the Nyack Senior Center Enjoy the Pride of the Hudson Boat Trip**

Many of our Meals on Wheels Senior Center participants recently enjoyed a day of cruising the Hudson aboard the *Pride of the Hudson*. Our Centers love to take seniors on great trips!

## Support Meals on Wheels

Our programs and services are only possible with support of generous donations. Consider commemorating a special occasion or sending a message of sympathy with a donation to Meals on Wheels.

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

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## SAVE THE DATE

Join us on Sunday evening November 3<sup>rd</sup> for the Harvest Moon Grand Reception!



At this event we will honor The Rockland Boulders and Ed McGuinness, former Meals on Wheels Board Chair.



**Ed McGuinness**

## Items Needed for Senior Program



The Bobbi Lewis Adult Day Program needs small prizes for their bi-monthly bingo games. Please feel free to donate any unopened \$1.00 store items for our senior participants. Suggestions include but are not limited to note pads, tiny change purses, Velcro wallets, music CDs, seasonal items, and stickers, to name a few examples.

In addition to bingo prizes, the Bobbi Lewis Program would benefit from gently used music CDs, movies in either CD or DVD format, for the Program's T.G.I.F. matinee specials.

## Those of all Ages Volunteer



**Hudson Youth Leadership Academy Event**

Sharon Martini, Volunteer Program Coordinator, attended a panel for [Hudson Youth Leadership Academy \(HYLA\)](#) at RCC last month. HYLA is designed to give middle schoolers, high schoolers and college freshmen the confidence and leadership skills they need to bring about social change within their communities.

## Staff Member Featured on CBS National News



**Tara Gales & son Elias**

Earlier this month, CBS news filmed Meals on Wheels Programs & Services of Rockland employee, Tara Gales, delivering meals while doing a story on lack of funding for Headstart. Although the vast majority of those who deliver meals to the Rockland homebound are volunteers, the agency does employ several drivers to fill in when volunteers are unavailable. This ensures that all seniors participating in the Homebound Program are consistently served. [Click here](#) to view the clip.

## National Alzheimer's Plan



U.S. Department of Health & Human Services

The U.S. Department of Health and Human Services recently released "The National Plan to Address Alzheimer's Disease: 2013 Update." [Click here](#) for more information.

## 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.



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

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