

Meals on Wheels Programs & Services E-Newsletter

August 2013

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

Meals on Wheels Volunteers Appreciated!



The Eisses & D'Gabriels

Meals on Wheels volunteers enjoyed America's favorite past time courtesy of the Ramapo Local Development Corporation's generous donation of box tickets to Rockland Boulders games in both July and August. Meals on Wheels truly appreciates our volunteers and welcomes anyone who would like to consider volunteering to contact Sharon Martini at (845) 624-6325 or at smartini@mowrockland.org or [click here](#) to apply on-line.

Grant Received from Entergy Charitable Foundation



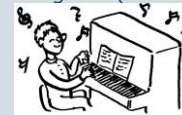
generosity and support.

Meals on Wheels is pleased to announce that the agency has been awarded an \$8,000 grant from the Entergy Charitable Foundation for the Homebound Meal Delivery Waiting List Relief Program. The agency recognizes Entergy for the company's

Piano Player Sought

Music Makers is seeking an experienced piano player. In existence for over thirty years, Music Makers is composed of talented seniors who volunteer to bring the joy of music and the pleasure of comedy to hundreds each year at senior facilities and in public forums.

The local troupe performs throughout Rockland County under the auspices of both Meals On Wheels Programs & Services, Inc. and Retired & Senior Volunteer Program (RSVP).



Please contact **Sharon Martini** at (845) 624-6325 or at smartini@mowrockland.org if interested.

Welcome New Staff Member



Elena DeForest

Meals on Wheels is pleased to welcome our new receptionist Elena DeForest. Elena DeForest always offers a friendly smile as she greets visitors and answers incoming calls for the agency.

Ramapo Senior Center Holds 5th Annual Prom



2013 King Manuel Espana & Queen Lillian Funk

Seniors from the Meals on Wheels Ramapo Senior Center enjoyed a wonderful afternoon at their annual Senior Prom at the Casa Mia Manor House earlier this month. This year's theme was "A Day to Remember: Our 5th Anniversary."

Senior Boot Camp & Expo to be Held

A Senior Boot Camp & Expo to benefit Meals on Wheels Programs and Services of Rockland will be held on Tuesday, September 10th from 10 a.m. to 3 p.m. at the West Haverstraw Village Hall & Community Center. Seniors from our five senior centers will be attending this boot camp to "Keep Moving!" while raising funds for the centers. *Special thanks to our platinum sponsor CenterLight Healthcare and to Alexander J. Rosado, DPT, CSCS from Bardonia Physical Therapy who will be instrumental to the day's activities.*



Service providers interested in exhibiting should contact Jean LaBosco at 845/624-6325 or email her at jlabosco@mowrockland.org by August 26th.

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.](#)

Like us on **Facebook** 

Join Our Mailing List!

SAVE THE DATE

Join us on Sunday evening November 3rd 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

Student Volunteers Make a Difference



**Steven & Marcus
Octaviano**

volunteer. Please contact Sharon at 845//624-6325 or at smartini@mowrockland.org or [click here](#) to apply on-line.

A Lack of driver's licenses didn't stop Steven & Marcus Octaviano from making sure seniors in need get their meals! The 8th grade twin boys' mom Wanda helps out too by driving her sons so they can deliver meals each week this summer. We gratefully welcome other local students and their families to

Meals at Home for Families facing Breast Cancer



Meals on Wheels Programs & Services of Rockland is participating in a county wide pilot program. Thanks to the Magnolia *Meals at Home*™ program many of our neighbors living with breast cancer are now able to receive up to six monthly home deliveries of up to seven meals designed to help meet their nutritional needs. In addition, family members may also receive up to 10 meals as well. To find out if you or a loved one is eligible visit www.MagnoliaMealsAtHome.com or contact Ilsa Svoboda at isvoboda@mowrockland.org or at 845/624-6325.

Estate Planning

When planning your will, please consider a bequest to Meals on Wheels. Any amount left to the agency will make a difference.

For further information call Marie Porrovecchio at (845) 624-6325.

Agency Mourns Loss

Meals on Wheels Programs and Services of Rockland mourns the loss of long time Clarkstown/Pearl River Senior Center participant, Helen Mulligan. Helen will be fondly remembered by everyone at Meals on Wheels. Please [click here](#) to read the recent Journal News article featuring Helen celebrating her 103rd birthday at the Center.



Helen Mulligan

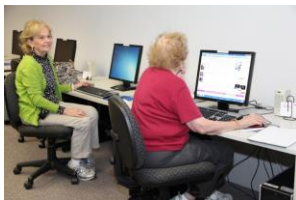
Milestone Celebration A Thorpe Center Highlight for 22 Years



Honorees at the Milestone Celebration

Seniors from the Meals on Wheels Thorpe Senior Center in Sparkill, their family members, representatives from local politicians' offices, and Meals on Wheels staff came together on Wednesday, August 14th to celebrate the milestone birthdays of 18 Center participants. Over 130 people enjoyed the festivities at this year's event held at Casa Mia Manor House. In the 22 years since the event began, 209 individuals have been recognized for celebrating a milestone birthday.

New Adult Learning Center Computer Classes at Meals on Wheels Begin in October



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Introduction to Computers, Excel, Picasa, Word Processing, Genealogy and other computer classes are scheduled to begin in October. [Click here](#) for the class schedule or call (845) 623-5467 for more information or to register.

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

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

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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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