

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

Art Exhibition Showcases Seniors' Work



The Influence of Art: Creative Fine Arts Exploration for Cognitively Impaired Adults art exhibition was held on September 8th

at the Adult Day Care of Rockland at the Bobbi Lewis Center. The exhibition, which showcased many different types of art created by the participants, is a culmination of a year-long program funded by the Alzheimer's Foundation of America. Many participants, family

Upcoming "Speak Out" Dates



The Rockland County Office for the Aging will be visiting locations throughout the county to hear about issues and concerns of Rockland seniors. If you would like to "Speak Out," feel free to attend one of the upcoming sessions listed below. Registration is not required.

Tuesday, October 7th at 11:00 a.m.

at Nyack Senior Center

90 Depew Avenue, Nyack

Friday, October 10th at 10:30 a.m.

at Ramapo Senior Clubs

**319 Haverstraw Road,
Suffern**

Monday, October 20th at 12:30 p.m.

**at Haverstraw Senior Club,
Knights of Columbus, 56 W
Broad Street, Haverstraw**

For more information, please
click here.

members, staff and community members enjoyed the exhibit and felt great pride in what the artists accomplished.

[Please click here to see more photos of the exhibit or learn more about the art program.](#)

40th Anniversary Celebrated at the 2014 Harvest Moon Grand Reception



Jon and Nancy Kupperman and Rob and Cheryl Mallon pose in front of some of the fabulous silent auction gifts.

Meals on Wheels gratefully acknowledges all those who helped make the Harvest Moon Grand Reception such a successful evening. We are very pleased to report that over 170 guests attended the event and in doing so helped Meals on Wheels raise over \$90,000 to benefit agency programs and services for seniors and the homebound in our area. To view more photos [please click here](#), and to read about our honorees, Kevin Mahoney and Better Homes & Garden Rand Realty, [please click here](#).

Caregiving Takes Its Toll

Nearly 46% Spend \$5,000 or More Per Year

Caring.com's recent survey reveals that nearly half of family caregivers spent more than \$5,000 per year for their loved ones' care, including medications, medical bills, in-home care, and nursing home expenses.

Many Spend More than 30 Hours Per Week on Caregiving

In addition to the financial toll, caregiving also significantly affects many individuals' time. About one-third of people surveyed spend more than 30 hours per week on caregiving, rendering it almost a full-time job. Moreover, 15% believe they may need to leave the workforce due to caregiving responsibilities, and nearly 60% said that caregiving has had a negative effect on their jobs.

The majority of survey participants were women in their 50s and 60s.

[Please click here to read the specific survey results.](#)

Caring.com

2nd Annual Senior Boot Camp A Great Success!



Meals on Wheels Seniors Get Physical at the 2nd Annual Boot Camp

Over 130 seniors from our five senior centers and dozens of agencies serving the senior community participated in the 2nd Annual Boot Camp held September 16th at the Rockland Community College Field House. Special thanks to our platinum sponsor **A&T Healthcare** for helping to make the event so successful!

Nikki Mulholland Shares Her Story



Nikki and her mom Corinne

Welcome New Board Member

Meals on Wheels welcomes

Peter Fella to the agency's Board of Directors. [Please click on this link to read Peter's bio.](#)



Peter Fella

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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As a single mom of a nine-year-old, Nikki knew that she couldn't solely care for her mom Corinne who had been diagnosed with Alzheimer's disease. Thankfully, Nikki learned about Meals on Wheels Adult Day Care of Rockland at the Bobbi Lewis Center. Corinne loves attending and Nikki feels grateful to have found a place where she knows her mom is safe and well cared for. [Click here to read the agency's September appeal letter that highlights Nikki and Corinne's story.](#) Donations received through appeals such as this one help Meals on Wheels continue to serve others like Corinne. [Please click here to make a donation today!](#)

Meals at Home for Families Facing Breast Cancer



October is Breast Cancer Awareness Month. Did you know that your Meals on Wheels serves families affected by Breast Cancer?

Meals on Wheels Programs & Services of Rockland is participating in the Magnolia Meals at Home™ program. Many of our neighbors living with breast cancer 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 the Magnolia Meals website by [clicking here](#) or contact Ilsa Svoboda at isvoboda@mowrockland.org or at 845/624-6325.

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 .

Why Join EPIC?

The EPIC program helps seniors with high prescription costs by working as a secondary prescription payer. To qualify for EPIC, you must be a NY State resident and 65 years of age or older. In addition, there are income requirements and other restrictions. For more information, call the EPIC Helpline during business hours at 1- 800-332-3742 or visit the EPIC website by [clicking this link.](#)



United Day of Caring Benefits Meals on Wheels



M&T Bank Associates volunteer at Meals on Wheels' Nyack Senior Center as part of the United Day of Caring

A team of M&T Bank associates volunteered as part of the United Way's Fall Day of Caring on September 19th at Meals on Wheels' Nyack Senior Center. Volunteers generously donated their time to hang curtains, wash windows, and paint at the Nyack Senior Center. These improvements mean so much to the seniors who spend a lot of their time enjoying programs at the Center.

Agency Wish List

Please consider making an in-kind donation to the agency.

Each of our five senior centers would appreciate receiving its own digital camera to better capture more of their events and programs. If you think you may be able to donate a new digital camera to any of the senior centers, please contact Marie Porrovecchio at (845) 624-6325 or at mporrovecchio@mowrockland.org. Thank you!



Got a Scout Troop?

Meals on Wheels welcomes scouts of all age levels to take a tour of Meals on Wheels.

Scouts will see the central commissary where meals are prepared as well as our agency offices and the Meals on Wheels Clarkstown/Pearl River Senior Center. After the tour scouts are welcome to make a craft or card that will be hand delivered to a homebound participant that will be sure to brighten their day. **It only takes about an hour!** For more information [click here](#).

Free Soup Day To Become Monthly Program



Director of Social Work Services, *Ilsa Svoboda*, serves up chicken noodle soup.

Director of Social Services, *Ilsa Svoboda*, and Outreach Coordinator,

Joanna Tower, served up 47 bowls of soup at Lakeview Village Apartment Complex in Spring Valley on September 23rd to residents of the Lakeview complex.

Meals on Wheels is pleased to announce that they agency will now be hosting a

Free Soup day monthly, and the next one will be held on Oct 22 from 12:00 p.m. to 2:00 p.m. at the Harvest House Apartment Complex in Spring Valley, NY.

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

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



Alzheimer's Support Group Meets at Adult Day Care of Rockland at the Bobbi Lewis Center

The Alzheimer's Association, Hudson Valley/Rockland/Westchester, NY Chapter, offers a support group for family members that meets at the Adult Day Care of Rockland at the Bobbi Lewis 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](#).

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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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