

# Meals on Wheels Programs & Services E-Newsletter

November 2013

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

## Harvest Moon Event a Great Success



The Boulder Bird Mingles with Guests

Meals on Wheels gratefully acknowledges all those who helped make the Harvest Moon Grand Reception such a wonderful evening. We are very pleased to report that the event enabled the agency to raise over \$80,000 in net proceeds to benefit its programs and services for seniors and the homebound in our area. Please visit our website to see more photos and read about our honorees, *Ed McGuinness* and *The Rockland Boulders*.

## Please donate Your Free Supermarket Turkey!

Meals on Wheels will gratefully accept donations of **frozen turkeys** that will be used to prepare Thanksgiving meals for hundreds of home bound seniors. Turkeys can be dropped off at our 121 West Nyack Road office Monday to Friday between 8:30am - 4:30 pm and up to 2:45 pm on November 27th. Any questions, please call 845/624-6325.



Thank you!

## November Brings Attention to Alzheimer's Disease and Family Caregivers

November marks the calendar as both National Alzheimer's Disease Awareness Month and National Family Caregivers Month.



## Grant Allows for Creative Fine Arts Exploration



Michelle Olson of Creative Path Consulting guides participants in the therapeutic arts program.

Through a grant made possible by the [Alzheimer's Foundation of America](#), adult day program participants are engaging in a therapeutic arts program that stimulates expression, shared experiences and inclusion, all of which helps promote health and independence. We are very grateful to the *Alzheimer's Foundation of America* for funding such an exciting and important program for our Bobbi Lewis Adult Day Program participants.

## Volunteers Needed for Spring Valley Homebound Meal Deliveries

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](mailto:smartini@mowrockland.org) or [click here](#) to apply on-line.

Representatives Chaka Fattah (D-Pa.) and Glenn Thompson (R-Pa.) introduced a [congressional resolution, H. Res. 396](#), which supports the goals of National Alzheimer's Disease Awareness Month, including spreading awareness about Alzheimer's disease.

Each year, more and more Americans are caring for a loved one with a chronic condition, disability, or the frailties of old age. There are as many as 90 million family caregivers in the U.S. today. [Click here](#) to learn more about who does the caregiving and why across our country.

## 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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Join Our Mailing List!



SUSIE  
Meals On Wheels Volunteer

“I always knew I'd enjoy volunteering for Meals On Wheels, but there were a lot of unexpected benefits to my experience.

The more I got to know the seniors on my delivery route, the more comfortable I felt—and the more I looked forward to seeing them again. It was as if I'd knocked on my own grandmother's door; she lived alone and would have loved it if someone stopped by to bring a meal and chat. I'm proud to be part of a network of volunteers that provides a much-needed service and builds lasting relationships with seniors in our community.”

Please join us at [www.mowrockland.org](http://www.mowrockland.org) or 845-624-6325



## Regal Cinemas Rocks!

Thank you to [Regal Cinemas](#) for selecting Meals on Wheels as a recipient for its recent fund raising promotion during the opening week at The Shops at Nanuet. Over \$6,000 was raised for the agency!



**Meals on Wheels Staff Members Joanna Tower, Ilsa Svoboda, and Kelly Pereira at Regal Cinemas**

## Meeting on Medicare and EPIC to be held this Friday

The [NY Statewide Senior Action Council](#) will hold a meeting for the latest Medicare and Elderly Pharmaceutical Insurance Coverage (EPIC) developments and how it affects seniors in NY state. The meeting will be held Friday, November 22nd at 2:00 p.m. at the [Finkelstein Memorial Library](#). Light refreshments will be served.



## 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 Porrovecchio at (845) 624-6325 .

## Beautiful Mural Brightens the Bobbi Lewis Center



*Maggie Carney*, a resident of Sparkill, lovingly worked on the above Hudson River scene mural for about four months for the agency's Bobbi Lewis Adult Day Program. Maggie loved creating the mural and hopes everyone at the Bobbi Lewis Center will enjoy it. To see the full article on our website by *Vincent Abbatecola* please [click here](#).

## Older Americans Act to be Reauthorized

The U.S. Senate Committee on Health, Education, Labor and Pensions (HELP) advanced the [Older Americans Act \(OAA\) Reauthorization Act of 2013 \(S.1562\)](#) to the Senate floor. This legislation reauthorizes, for five years, federal programs that provide funding for nutrition and supportive home and community-based services, disease prevention/health promotion services, elder rights programs, and the National Family Caregiver Support.



## Tips for Staying Safe & Healthy this Winter

The Rockland County Healthy Neighborhood Program is a free program for seniors, low-income residents, and at-risk families that helps reduce health and safety risks in the home. For more information, call the Healthy Neighborhood Program at 845/364-3292.

Visit the Health Department's website [HERE](#) to learn more about protecting yourself from the flu.

## Seniors Care

Thank you to Marie DeFelice and the [Pearl River "A" Senior Club](#) for donating these beautiful afghans and blankets for the Bobbi Lewis Adult Day Program.



## M & T Bank Cares

Thank you to [M & T Bank](#) for donating pumpkins for our Bobbi Lewis Adult Day Program participants to decorate. They enjoyed getting into the spirit of the season.



## Share the Love with Subaru



Subaru's "Share the Love" event helps deliver nutritious meals and compassion to seniors. The Subaru "Share the Love" event runs from November 21, 2013 to January 2, 2014. Subaru is donating \$250 for every new Subaru vehicle sold or leased during "Share the Love" to the customer's choice of charity, including Meals On Wheels Association of America. Test Drive a Subaru this weekend at your local dealership!

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

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

## 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](#)