



Meals On Wheels

Meals are just our first course!

Ramapo Senior Activity Center



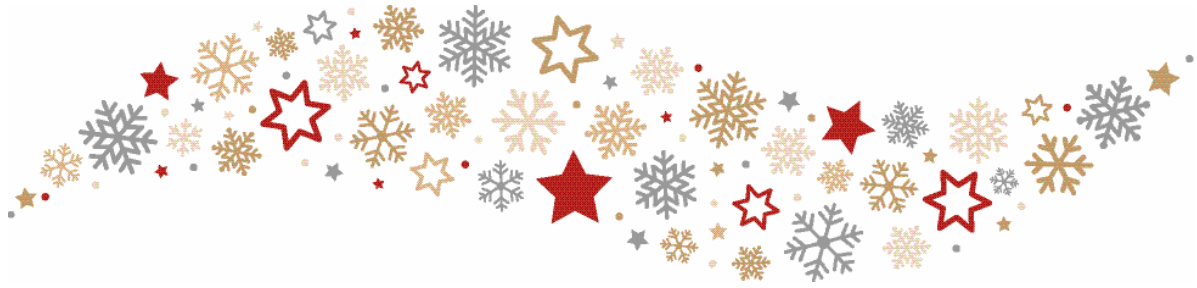
Butterfly Fall 2016

Ramapo Senior Activity Center
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The Ramapo Senior Activity Center is a division of
Meals on Wheels, Programs and Services of Rockland, Inc.

Phone: (845) 624-6325
www.mowrockland.org



A Message from the Manager

Greetings!

Fall is here and winter is on its way! Such a time for celebration and family gatherings during the Holiday Season. I want each of you to continue to reach inside your heart daily and find the **Happiness** that lies within. Remember, we are a family, "A Home Away From Home." Below is a thought about **Happiness**:

Happiness is like a Butterfly;
the more you chase it,
the more it will elude you,
but if you turn your attention
to other things, it will
come and sit softly
on your shoulder.....
(Thoreau)

I look forward to retiring in the month of December 2016. I have enjoyed each day as I looked into your faces feeling the love that was generated during my tenure at Ramapo Senior Activity Center. I will truly miss you!!

Thank you to the Center Volunteers and Staff for a job well done! We are here to listen and serve you in the best way possible.

Have a **Happy** holiday!!!

Joan

Programmer's Page

Can you believe it's November already? Time sure does fly when you're having fun and we are a fun bunch at Ramapo Senior Activity Center! I look forward to celebrating the upcoming holidays with you.

We have some worthwhile community service projects coming up that I hope everyone will participate in:

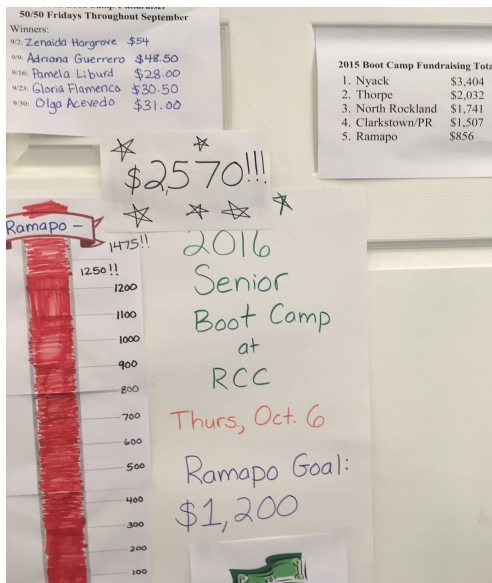
Blizzard Boxes: We will be collecting shoe boxes and filling them with non-perishable foods for those who receive homebound meals. The Blizzard Boxes serve as a backup in the event that drivers cannot deliver meals. I'll be speaking about this more in the upcoming weeks, but in the meantime, please bring in any shoeboxes you may have.

Project Joy: A collection box will be in the center for donations of new, unwrapped toys for boys and girls ages 2-14. Donations will be delivered to People to People during the first week of December. Please consider purchasing a doll, game, arts & crafts kit, action figure, toy truck, building game or children's book for a local family.

*Let gratitude be the pillow upon which you kneel to say your nightly prayer.
And let faith be the bridge you build to overcome evil and welcome good.*

-Maya Angelou

Fondly,
Janice



Congratulations Ramapo for a successful Senior Boot Camp at RCC on October 6! Our members & staff raised an impressive \$2,570 this year, which not only earned us bragging rights, but a pizza party as well!

A special thank you to our \$100 club:

| | |
|-----------------|-------|
| Charles Butler | \$110 |
| Joan Carter | \$210 |
| Daniel Corcoran | \$145 |
| Enid Lawrence | \$110 |
| Marie Ottman | \$110 |
| Janice Paley | \$256 |
| Pauline Thomas | \$100 |
| Neita Wint | \$355 |

Fall Greetings

From Your Service Coordinator

Happy fall everyone! I hope you have been enjoying the beautiful fall weather. I just wanted to remind you that if you have a change in your address, phone number, prescriptions or emergency contacts, please let me know so that I can update our Center records. If I can be of service in any way, please let me know.

-Eleanor Tischler

Free Smoke Alarms for Seniors

The Rockland County Health Department's Healthy Neighborhood Program can provide and install FREE smoke alarms to seniors. A brief home survey is required at the time of the visit. "We encourage residents to take advantage of the free smoke alarms, as we find many residents have outdated smoke alarms or no smoke alarms in their homes," said Christine Wagner and Shari Stopler of the Healthy Neighborhood Program. For more information or to schedule an appointment, call 845-364-3292 or 845-364-3290.



With a few simple steps, seniors can greatly reduce their risk of injury or death from fire. The Healthy Neighborhood Program also encourages seniors to:

- Replace all smoke alarms, including those that use a 10-year battery and hard wired alarms, when they are 10 years old or sooner if they do not respond properly when tested.
- Change batteries in smoke alarms twice a year - when you change your clocks, change your batteries.
- Replace the battery right away if an alarm "chirps" that the battery is low.
- Test smoke alarms once a month by using the test button and make sure everyone knows the sound.
- NEVER smoke in bed, and do not walk away from a lit cigarette - better yet, try to quit smoking! Call the Health Department's Put It Out Rockland Quit Smoking Program at 845-364-2651 for one-on-one help with quitting and low-cost nicotine patches that can double your chances of being successful, or call the New York State Smokers' Quitline at 1-866- NY-QUITS (1-866-697-8487) for help with quitting.
- Never leave food cooking unattended - a serious fire can start in just seconds.
- Have your chimney inspected and cleaned.
- Make sure that your heating systems and appliances are working properly, and are installed and serviced annually by qualified professionals.
- Make sure your space heater is UL listed, and that the cords are not frayed, and the heater is in proper working condition.
- Never drape curtains or clothes over space heaters.
- Develop a home fire escape plan.
- Know two ways out of every room.
- Make sure doors and windows open easily.

We would like to extend a warm welcome to the newest members
of the Ramapo Senior Activity Center:



Iris Adler
Letecia Balois
Fanshawe Butts
Michael Chironno
Lorraine Cortez
Valerie Dennis
Carmencita Galang
Lola Johnson
Alice Koch

Diana Kocik
Pamela Liburd
Edilberto Lising
Esperanza Lising
Judith Lomnitz
Alan Portnoy
Eleanor Portnoy
Anastasia Pucher
Iditha Ricketts

Rose Rosner
Marina Sahakian
Avis Salvant
Gladys Suarez
Lorraine Tucker
Nancy Untener
Lillian Wayne
Wilhelmena Wolk
Akosua Yeboah

Only You

What other friend
Will always bend
To save me from
An evil end,
Aside from you?

Who in the strife
Will give his life,
His friend to save
Where sin is rife,
Save only you?

All else is vain,
All else brings pain
To rend our aching
Hearts in twain,
Away from you!

-Barbara Burke, Ramapo SAC Member



*Ramapo Senior Activity Center
Holiday Party*

Join us to celebrate our Guest of Honor,
Center Manager Joan Carter,
who will be retiring in December.

Casa Mia Manor House
577 Route 303, Blauvelt, NY
Wednesday, December 14, 2016
11:00 AM—3:00 PM

\$35/person (cash or check to Ramapo
Senior Activity Center)

RSVP to 845-356-2244 by Wednesday,
November 30

Music & Dancing with George Tuzzeo!

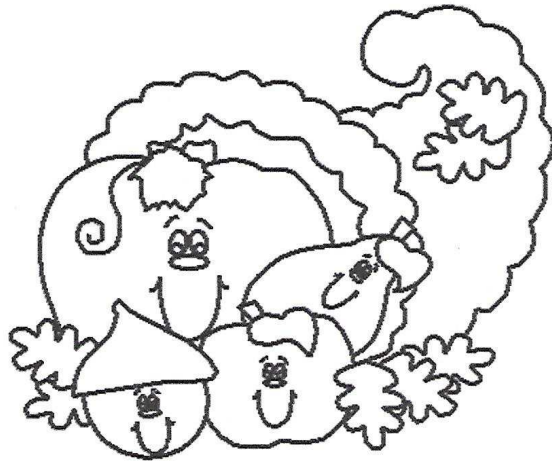


Thanksgiving Word Search

R E L A T I V E S T I F S M F
P N R E U K S S N C H A O E A
X I E F B O B E T I L A A O S
O B L Z Y O L T U R K S N T D
W R Y G I C E T R E T P U K Y
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Y V A R G I M E E N F T I U N
S Q U A S H M R Y I W M A R P
F A L L P R A S N D A L O B A
R M H T N B A G C F A C E K I

COOK
CORN
DINNER
FALL
FAMILY
FEAST
FOOD
GRAVY
HARVEST

MAIZE
PILGRIMS
PUMPKIN
RELATIVES
SETTLERS
SQUASH
STUFFING
THANKS
TURKEY



*“Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have,
you will never, ever have enough.”*

-Oprah Winfrey