



# ANNUAL REPORT



2023

Together, We Can Deliver



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**MEALS on WHEELS** ROCKLAND  
TOGETHER, WE CAN DELIVER



## MISSION

To enhance the wellness of older adults and their families by providing services that support their safety, independence and health.

## VISION

Every older adult is living their life to the fullest.

# Together, We Can Deliver



Dear Friends,

As we approach the end of another transformative year, I am honored to share with you the impact and progress we have achieved together at Meals on Wheels Rockland. It has been a journey marked by resilience, innovation, and most importantly, the unwavering dedication of our community.

I would like to share our experience in 2023 and look ahead to what we expect in 2024. Over the past year, we have achieved remarkable milestones and touched the lives of so many. In 2023, we provided over a quarter of a million meals! At Meals on Wheels Rockland, our mission is simple yet so profound: to enhance the wellness of Rockland's older adults and their families by providing services that support their safety, independence and health. Everyday, we witness the impact of a nutritious meal and a friendly visit, and it is thanks to your generosity that we are able to make this possible.

Over the past year, our Senior Activity Centers have become vibrant hubs of activity, community and support for older adults in our community. In 2023, we renewed our agreement with Rockland County Office For The Aging to continue to provide three centers for the County's Seniors with plans to open more in 2024. Our Senior Activity Centers play a vital role in combating senior isolation and promoting healthy aging by providing a welcoming space for older adults to connect, engage, and thrive.

Looking into 2024, I am excited to share with you our vision for the year ahead and the exciting opportunities that lie before us. As we look into the future, there are several key priorities and initiatives that we will be focusing on for the coming year. We plan to increase our community partnership with agencies within Rockland and neighboring counties by providing healthy meals to those who are food insecure. Additionally, we want to continue our partnerships between healthcare organizations to successfully reduce hospital readmissions by addressing social determinants of health. Lastly, we are preparing for our 50th year in 2025!

As we embark on this journey together, I want to express my deepest gratitude to each and every one of you for your continued partnership and support. Your generosity, compassion, and commitment to our mission inspire us every day. We are honored to have you by our side as we work toward a future where every senior can age with dignity, health, and independence. Together, we deliver, every day!

Sincerely,

Kevin J. Hardy

President & CEO, Meals on Wheels Rockland



# HOME DELIVERED MEALS

## IT ALL STARTS WITH A MEAL

Meals on Wheels has been improving the quality of life for aging Rockland County residents for almost 50 years. Our Home Delivered Meals program provides fresh, nutritious food designed to cater to the dietary needs of older adults. It all starts with the meal. Our commissary starts the day at 4am, preparing over a thousand meals per day using the freshest ingredients. All meals are diabetic friendly.

### MEAL TYPES

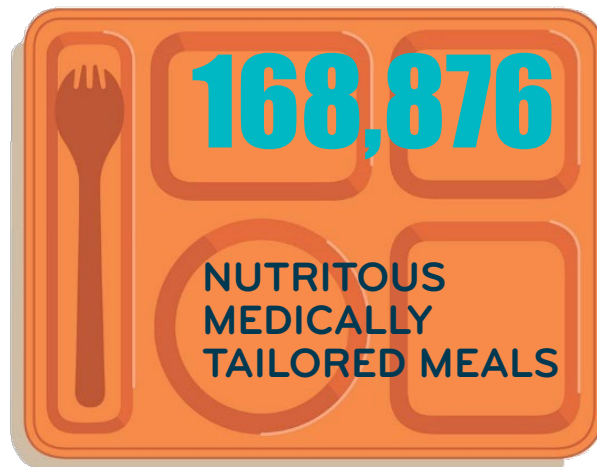
- Renal
- Gluten Free
- Glatt Kosher
- Kosher Style
- Vegetarian
- Lactose Free
- Mechanically Tailored: Cut and Pureed
- Meal Options: Hot, Cold, Frozen

**1,051**

HOMEBOUND  
SENIORS  
SERVED!

**+12%**

vs. 2022



*"I love each and every meal as I work on my crosswords. You must have a wonderful cook. They taste so natural and homemade."*

- Female Meal Recipient, age 82, Stony Point



*"It has enabled me to stay independent, it gives me a variety of nutrients. I can count on the delivery!"*

- Meal Recipient

**8**

**In 10** clients report that their MOW meal is their primary meal of the day

**9**

**In 10** clients agree they are more independent because they receive MOW

**9**

**In 10** tell us that MOW helped them achieve their health & wellness goals

**6**

**In 10** share they don't know what they'd do if they did not receive MOW

# HOME DELIVERED MEALS

## GOING BEYOND MEALS...

SAFETY • SUPPORT • SOCIALIZATION • RECIPIENT PROGRAMS

**While food and nutrition are at the core of what we do, we like to say, “Meals are just our first course”...**

- Trained volunteers deliver the meals. They observe and report to caseworkers any types of changes: Personal Safety, Health, Mobility, and Home Environment.
- Meals on Wheels Caseworkers provide information and referrals that address social determinants of health.
- Recipients of Meals on Wheels have higher social interaction that contribute to overall physical and emotional well-being.
- Along with a meal, recipients receive the benefits of our recipient programs including:

**624**  
CASEWORKER  
REFERRALS

TO  
**485**  
CLIENTS

Referrals are to home care services, mental health counseling/support groups, transportation, caregiver support, dementia services, Magnolia Meals, housing applications/information, and many other services that could aid Seniors.



- **Emergency Pantry Boxes**
- **Birthday Boxes**
- **Box of Sunshine**
- **Nutritional Counseling**
- **Miles of Smiles**
- **Caring Cards & Crafts**
- **Pet Pal Pantry**
- **Telephone Reassurance**

**1,040**

ONE ON ONE  
FRIENDLY CALLS  
TO HOMEBOUND  
SENIORS



# SENIOR ACTIVITY CENTERS

**SOCIALIZATION • ENTERTAINMENT • OUTINGS • TRANSPORTATION  
DAILY HOT NUTRITIOUS LUNCH • SOCIAL WORK RESOURCES**

Socialization has been shown to be one of the most effective ways for seniors to improve their mental health. According to the American Public Health Association, socialization improves mood, cognition, memory recall, and is associated with healthy behaviors, including exercise.

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. We also hear from our participants, how their Senior Activity Center has helped them foster their independence.

**At all our centers, each month, we have trained caseworkers to help our members with services that keep them healthy, independent and safe in their own homes.**

There's a wide variety of activities, entertainment and outings and everything is optional...

## ACTIVITIES

- Fitness & Health
- Games, cards & bingo
- Live music and weekly entertainment
- Arts & Crafts
- Current Events
- Book Club
- Community service projects
- Cooking demonstrations
- Information Sessions on Senior needs and safety
- Holiday & Birthday Celebrations





# SENIOR ACTIVITY CENTERS

TOGETHER, WE THRIVE!

**344**

**+10%**

vs. 2022

**MEMBERS IN 2023**



Transportation to these centers is crucial as without it, many Seniors could not attend and would not reap the benefits of this service. The buses provide a lifeline for Seniors, ensuring safe transportation to our centers and enhancing their quality of life.



**250** RODE OUR  
BUSES IN 2023



**25,334**

TRIPS FOR OUR  
BUS FLEET



Thanks to a grant from the Mother Cabrini Health Foundation, in 2023, we introduced a new music program. Twice a month, a Music Therapist runs an immersive Music program at all of our Senior Activity Centers with an option to join in from home for those who are mostly homebound. Some of the many benefits of music include improved memory and focus, calming agitation and improving mood and increasing movement.

**All Tuned In**  
A MUSIC THERAPY PROGRAM  
**MEALS on WHEELS®** ROCKLAND

In 2023, we had three Senior Activity Centers

- Clarkstown/Pearl River
- Nyack
- Ramapo



In 4Q 2023, we were busy working on opening more Centers for 2024! <sup>7</sup>

# VOLUNTEERS!

## TOGETHER, WE CAN DELIVER



# 612

VOLUNTEERS!

"Volunteers are very helpful. Check on me every arrival."


-Female Meal Recipient, age 89, Stony Point

"I look forward to seeing someone at the door everyday."

-Male Meal Recipient, age 90, Nyack

"If everyone or most everyone were like the volunteers, there would be a better world."

-Meal Recipient



In 2023, our wonderful volunteer, Art Manion, won Rockland County's 2023 Outstanding Contribution by a Senior Citizen. At 84 years old, when most of his peers would be more likely to be a Meals on Wheels recipient, Art was a vital volunteer and a leader of our volunteer crew. In so many ways, he was the true epitome of a "good neighbor".

**Art Manion 1938-2024**

Our Home Delivered Meals Recipients have tremendous appreciation and regard for our volunteers and staff...

- 94% say "I look forward to the volunteer's arrival".
- 95% agree the volunteers are helpful.
- 100% agree "when I call Meals On Wheels the staff is friendly and helpful."
- Seeing these friendly volunteers every day is vital, as 62% of recipients report that in a typical week they rarely or never leave their home.

# VOLUNTEERS!

## WE ♥ OUR VOLUNTEERS

### 2023 COMMUNITY GROUP VOLUNTEERS

Abbott House  
Ancient Order of Hibernians Pearl River  
Another Step  
ARC  
BNI, Phoenix  
Boy Scouts  
Church of God Nyack  
Girl Scouts  
Hamaspik  
Hudson Valley DPSO  
Jawonio  
Lekulam  
Living Resources  
Living Word Christian Fellowship  
Nanuet Chamber of Commerce  
Nanuet High School

New Concepts for Living  
North Rockland High School Key Club  
NY Foundling  
Rotary Club of Clarkstown  
Rotary Club of Nanuet-West Nyack  
Rotary Club of New City  
Rotary Club of Nyack  
Rotary Club of Pearl River  
Rotary Club of Suffern  
St. Dominic's  
Tappan Zee High School  
Town of Stony Point  
Venture Together

"At some point in our lives, we're all going to need some help. Nice to pay it forward in the community that I live in. A smile and a kind word shared, goes a long way to making the world a better place."

-Volunteer

### 2023 CORPORATE VOLUNTEERS

**REGENERON**



**stryker**

**M&T Bank**





# DONATIONS & APPEALS

The gold standard in nonprofit fundraising is building a diversified funding base. This often includes a combination of small-dollar donors, major individual donors, fundraising events and business sponsorships. We count on individual donations from community members. We solicit donations and volunteers throughout the year with appeals by mail, email and social media.

## FALL 2023 APPEAL

Our annual fall appeal focuses on *The Power of A Knock* and typically spotlights a Home Delivered Meals recipient. This year we featured Nanuet's own Mike Toto who also joined us a special speaker at our fall gala, Cornucopia.

**+19%**

**DONATIONS FROM  
APPEALS WERE UP  
+19% IN 2023 VS. 2022**

Dear Meals on Wheels,

My Mother, passed away peacefully on August 2. She had been receiving meals M-F for about a year from you and I just wanted to express my gratitude and thanks. My Mom was a fiercely independent woman of 92 years and insisted on staying in her home. I live out of state, four hours away, so I was grateful that between MOW and the visiting nurse someone was always checking on her. Getting her meal everyday was definitely the highlight of her day, especially during the COVID lockdowns. She appreciated the occasional note from the children and would prepare bags of treats for a few of the delivery volunteers' children, whom she also looked forward to greeting each day. **She ate the meals with gusto and I know they helped her to survive. They were a daily dose of nutrition, compassion and caring, and my family will be forever grateful. May God bless your organization and all its wonderful volunteers.**

## Meet Mike!



Born and raised in Rockland County, Mike is 95 years old and going strong. He is one of the 800+ Rockland Seniors who receives Meals on Wheels. As a diabetic, it is especially important for Mike to have medically tailored meals that help maintain his health. Mike has given so much to the community... Ambulance Corps, Little League, foster parent to many and more. That a community based organization can help him now, is only fitting. Everyday, one of our dedicated volunteers considers themselves lucky to get the delivery route that Mike is on. There's much to learn from him about life and our community. His motto is "Life Is Good". Being there to ensure this, is a proud moment for Meals on Wheels Rockland.

Feedback from Meal Recipients and their families goes a long way in helping us tell our story and the many ways our services touch lives and the community.



# GRANTS

Grants can provide long-term, sustainable funding that enables non-profit organizations to grow both programming and infrastructure. For our organization, grants are a valuable resource to carry out projects or provide services we otherwise would not be able to deliver.

- **Catherine C. Reiley Charitable Foundation**
- **Eastwick College**
- **Emergency Food and Shelter Program**
- **Hagedorn Fund**
- **Hudson Gateway Realtor Foundation, Inc.**
- **JCC Rockland**
- **Meals on Wheels America**
- **Mother Cabrini Health Foundation**
- **Northeast Community Bank**
- **Pfizer, Inc.**
- **Related Affordable Foundation, Inc.**
- **Rockland Community Foundation**
- **Rotary Club of New City**
- **Stony Point Wawayanda Guild, INC.**
- **Veolia North America**
- **Village of Haverstraw**



"What you do makes a difference, and you have to decide what kind of difference you want to make."

-Jane Goodall

# AWARENESS & EVENTS

We work towards gaining increased awareness for our cause and mission. Our website, social media and press efforts go a long way to achieving this.

**8.4K**

WEBSITE VISITORS

(Jan-May)

**+9%**  
VS. 2022

**41.8K**

REACH ON FACEBOOK

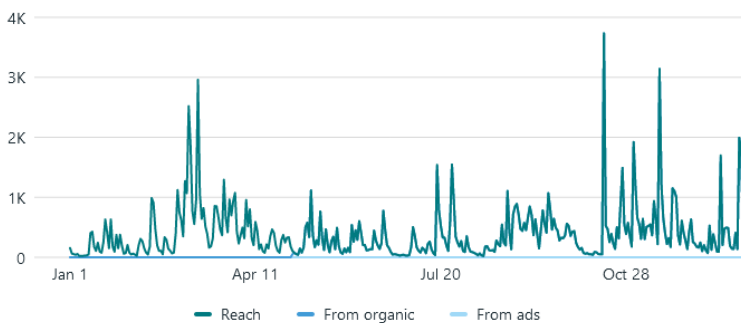
**+45%**  
VS. 2022

**1.5K**

REACH ON INSTAGRAM

**+5%**  
VS. 2022

Reach 41.8K ↑ 45.1% 3-second views 2.1K ↑ 226.7% 1-minute views 276 ↑ 1.3K% Content interactions 5.2K ↑ 57.6% Minutes viewed 20h 36m ↑ 41.1%



**7.9K**

VISITS ON FACEBOOK

**+296%**  
VS. 2022

Top content by reach

Boost content

See all content



Senior Walk 2023! It was a blast!! Thank...

Fri Mar 10, 11:28am

4.6K 107 10 8



MEET MIKE! GIVE HIM A LIKE! Born an...

Wed Nov 15, 5:30am

4.4K 124 7 15



Monday, October 23rd at 6:00pm is...

Mon Oct 16, 10:57am

4K 34 2 22



We can always use volunteers to deliver...

Thu Dec 28, 4:00pm

3.4K 60 12 42



When you're this grateful, you just ca

Thu Oct 26, 8:34am

3.1K 60 6 2

**+367%**  
VS. 2022

**949**

VISITS ON INSTAGRAM

# AWARENESS & EVENTS

The series of events we host and promote throughout the year include memorable times for Seniors and efforts that aid in raising awareness and funds.

**1Q**

**JAN • FEB • MAR**

- Cocktails 4 Charity, Nyack Rotary
- March For Meals:
  - Dine Out & Give Back
  - Senior Walk
  - Community Champions Week



**2Q**

**APR • MAY • JUN**

- Volunteer Appreciation Week
- Annual Golf Outing
- Mother's Day Tea
- RRR Bill Fortune Run
- Volunteer Picnic
- Annual Board Meeting



**3Q**

**JUL • AUG • SEP**

- Senior Activity Centers Picnic
- Senior Activity Centers Boat Trip
- Theatre Night Event
- MOWA National Conference
- Jackie and Andrew Blinn 5K
- Senator Bill Webber Senior Fair



**4Q**

**OCT • NOV • DEC**

- Cornucopia Gala
- Senior Prom
- Thanksgiving Pie Sale
- Big Wheels Deliver Meals
- Subaru Share The Love
- Senior Activity Centers Holiday Party





# COMMUNITY PARTNER



We use our assets and staff to serve with other community partners like Rockland Community Against Hunger to help support food pantries with food recovery. RCAH is a collaboration of food pantries, meal programs and County agencies working together. Since the pandemic, the RCAH Collaborative has recovered and distributed over 3 million pounds of good, nutritious food! Founded in 2011, RCAH supports over 40 food pantries & meal programs in Rockland County. **Our Mission is simple: To do everything we can to make sure no one in Rockland County goes hungry.**

We have a cherished partnership with Eisai and Cancer Care to provide services to people living with cancer and their Families. This includes meals that are integral to patient recovery, referrals from our caseworkers and the organizing of caring cards and crafts for meal recipients.



## RELATED AFFORDABLE FOUNDATION



### HIGHLAND FALLS FLOOD VICTIMS RELIEF

In Summer 2023, unprecedented flash flooding displaced senior housing residents in Highland Falls, NY. Seniors were relocated to hotels for months until their homes were safe for return. Related Affordable Foundation, a charitable organization committed to enriching the lives of affordable housing residents & breaking the generational cycle of poverty, rose to action providing a grant to help these displaced Seniors. Thanks to Related Affordable Foundation, we were able to make and deliver over 5,000 meals to these seniors in their time of need.





# CONTRACT FOOD SERVICES

Contract Meals are imperative as we strive for self sustainability. And, as many of our contract meal clients are also charitable organizations in need of fair pricing and quality service we are also helping our community to provide nutrition in congregate settings.

We prepare over 164,000 nutritious medically tailored meals for homebound seniors a year. However, that is not all we have to offer. We have a 2,600 square foot commissary and a kitchen staff ready, willing and able to do more. Therefore, we are offering our culinary services to others in the metro area. We have a wide range of institutions that contract us to provide a variety of meal options such as organizations serving:

- Developmentally Disabled
- Family Shelters
- Warming Centers
- Rehabilitation Facilities
- Day Cares
- Community Centers
- Organizations needing meals for retail

*"What I love about providing Meals on Wheels for the individuals at our Fisher Group Home is each meal, regardless of someone's dietary restrictions, is heart healthy, nutrient dense, and prepared fresh daily. When feeding individuals as a group, it's often hard to accommodate everyone's individual needs and by using MOW we are able to do just that."*

-Carissa Seidenfrau,  
RN, Registered Dietician  
Jawonio

*"Meals on Wheels of Rockland has been providing hot dinners and fresh lunches (as needed) to the Warming Center for over five years now. Originally Family Style, MOW was able to quickly transition to flash frozen when COVID broke out in 2020. The food was so delicious and the flexibility of giving our guests a variety of meals was so great, that we continue to provide flash frozen today! You can rely on MOW to respond to your needs and at a budget-friendly price!"*

-Daniel M. Eudene, Executive Director,  
Catholic Charities Community  
Services of Rockland



# FINANCIALS

## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statements of Financial Position

December 31, 2022 and 2021

	2022	2021
<b>ASSETS</b>		
Cash	\$ 244,944	\$ 408,988
Cash - endowment	125,877	119,816
Restricted cash	9,387	8,072
Security and equipment deposits	20,000	24,080
Investments	1,365,563	1,529,639
Contracts receivable	363,390	209,812
Accounts receivable	161,599	80,287
Inventory	86,927	32,481
Prepaid expenses and other	13,655	13,912
Total current assets	<u>2,391,342</u>	<u>2,427,087</u>
 Building and equipment (net of depreciation)	 <u>1,372,388</u>	 <u>1,766,090</u>
 Total assets	 <u><u>\$ 3,763,730</u></u>	 <u><u>\$ 4,193,177</u></u>
<b>LIABILITIES AND NET ASSETS</b>		
Accounts payable	\$ 182,018	\$ 96,787
Accrued expenses	98,674	91,546
Current portion of mortgage payable	109,256	716,253
Deferred revenue	100,000	75,000
Total current liabilities	<u>489,948</u>	<u>979,586</u>
 Mortgage payable	 <u>204,277</u>	 <u>302,641</u>
 Total liabilities	 <u>694,225</u>	 <u>1,282,227</u>
<b>Net Assets</b>		
Without donor restrictions		
Operating fund	1,875,386	2,094,734
Net investment in building	800,408	375,206
Net investment in equipment	258,447	313,122
Board designated - endowment	125,877	119,816
	<u>3,060,118</u>	<u>2,902,878</u>
With donor restrictions		
Senior centers	<u>9,387</u>	<u>8,072</u>
 Total net assets	 <u>3,069,505</u>	 <u>2,910,950</u>
 Total liabilities and net assets	 <u><u>\$ 3,763,730</u></u>	 <u><u>\$ 4,193,177</u></u>

# FINANCIALS

## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statement of Activities Year Ended December 31, 2022

	Without Donor Restrictions			With Donor Restrictions	2022 Total
	Undesignated	Board Designated	Total		
<b>REVENUES</b>					
Fees and grants - governmental agencies	\$ 1,473,439	\$ -	\$ 1,473,439	\$ -	\$ 1,473,439
Fees and grants - non governmental agencies	186,369	-	186,369	-	186,369
Program service fees	1,457,797	-	1,457,797	-	1,457,797
Contributions through United Way	38,122	-	38,122	-	38,122
Contributions received from participants	82,957	-	82,957	-	82,957
Special events revenue	217,276	-	217,276	-	217,276
Special events expense	(85,682)	-	(85,682)	-	(85,682)
Contributions - general	543,095	6,000	549,095	-	549,095
Contributions - senior centers	-	-	-	1,550	1,550
Contributions - in-kind	541,990	-	541,990	-	541,990
Other income	18,440	-	18,440	-	18,440
Interest income	-	61	61	-	61
Net assets released from restrictions	235	-	235	(235)	-
Total revenues	4,474,038	6,061	4,480,099	1,315	4,481,414
<b>EXPENSES</b>					
Program services					
Senior centers	784,550	-	784,550	-	784,550
Homebound	2,905,458	-	2,905,458	-	2,905,458
Other programs	176,531	-	176,531	-	176,531
Total program expenses	3,866,539	-	3,866,539	-	3,866,539
General and administrative	491,430	-	491,430	-	491,430
Fundraising	117,157	-	117,157	-	117,157
Total expenses	4,475,126	-	4,475,126	-	4,475,126
Change in operating activities	(1,088)	6,061	4,973	1,315	6,288
<b>NON OPERATING ACTIVITIES</b>					
Investment loss	(189,075)	-	(189,075)	-	(189,075)
Realized gain on partial sale of building	341,342	-	341,342	-	341,342
Total nonoperating activities	152,267	-	152,267	-	152,267
Change in net assets	151,179	6,061	157,240	1,315	158,555
Net assets, beginning	2,783,062	119,816	2,902,878	8,072	2,910,950
Net assets, ending	\$ 2,934,241	\$ 125,877	\$ 3,060,118	\$ 9,387	\$ 3,069,505

# FINANCIALS

## MEALS ON WHEELS PROGRAMS AND SERVICES OF ROCKLAND, INC.

### Statement of Activities Year Ended December 31, 2021

	Without Donor Restrictions			With Donor Restrictions	2021 Total
	Undesignated	Board Designated	Total		
<b>REVENUES</b>					
Fees and grants from governmental agencies	\$ 1,075,494	\$ -	\$ 1,075,494	\$ -	\$ 1,075,494
Fees and grants - non-governmental agencies	191,929	-	191,929	-	191,929
Program service fees	597,039	-	597,039	-	597,039
Contributions through United Way	15,504	-	15,504	-	15,504
Contributions received from participants	85,667	-	85,667	-	85,667
Special events revenue	226,374	-	226,374	-	226,374
Special events expense	(75,175)	-	(75,175)	-	(75,175)
Contributions - general	1,785,118	6,000	1,791,118	-	1,791,118
Contributions - senior centers	-	-	-	1,004	1,004
Contributions - in-kind	487,230	-	487,230	-	487,230
Other income	2,681	-	2,681	-	2,681
Interest income	-	58	58	-	58
Net assets released from restrictions	254	-	254	(254)	-
<b>Total revenues</b>	<b>4,392,115</b>	<b>6,058</b>	<b>4,398,173</b>	<b>750</b>	<b>4,398,923</b>
<b>EXPENSES</b>					
Program services					
Senior centers	529,437	-	529,437	-	529,437
Homebound	2,140,243	-	2,140,243	-	2,140,243
Other programs	110,850	-	110,850	-	110,850
<b>Total program expenses</b>	<b>2,780,530</b>	<b>-</b>	<b>2,780,530</b>	<b>-</b>	<b>2,780,530</b>
General and administrative	561,473	-	561,473	-	561,473
Fundraising	128,722	-	128,722	-	128,722
<b>Total expenses</b>	<b>3,470,725</b>	<b>-</b>	<b>3,470,725</b>	<b>-</b>	<b>3,470,725</b>
<b>Change in operating activities</b>	<b>921,390</b>	<b>6,058</b>	<b>927,448</b>	<b>750</b>	<b>928,198</b>
<b>NON OPERATING ACTIVITIES</b>					
Investment Income	29,640	-	29,640	-	29,640
<b>Change in net assets</b>	<b>951,030</b>	<b>6,058</b>	<b>957,088</b>	<b>750</b>	<b>957,838</b>
<b>Net assets, beginning</b>	<b>1,832,032</b>	<b>113,758</b>	<b>1,945,790</b>	<b>7,322</b>	<b>1,953,112</b>
<b>Net assets, ending</b>	<b>\$ 2,783,062</b>	<b>\$ 119,816</b>	<b>\$ 2,902,878</b>	<b>\$ 8,072</b>	<b>\$ 2,910,950</b>



# BOARD OF DIRECTORS

## FALL 2023 BOARD OF DIRECTORS

Kevin Hardy, President and CEO



Raja Amar  
Lisa Arrigo  
Rob Burns  
Rebecca Day  
Howard Dean  
Barry Dorfman  
Lou Dretchen  
Kevin Francis  
Raymond Francis  
Fern Gottlieb  
Michael Guarnieri  
Jessica Kiely  
Marie Lorenz  
Cheryl Mallon  
Angela McDonnell  
Noreen Myers-Wright  
Ryan O’Gorman  
Steve Porath  
Rene Rodriguez  
Stanley Schwarz  
Dana Stilley  
Ralph Travaglini

# KEEP UP WITH US

MEALS ON WHEELS ROCKLAND  
121 WEST NYACK ROAD  
NANUET, NY 10954



845.624.6325



[WWW.MOWROCKLAND.ORG](http://WWW.MOWROCKLAND.ORG)



Meals on Wheels Programs & Services of Rockland



@mowrockland



Meals on Wheels Rockland



@mealsonwheelsrockland6799





