Honoring Volunteers for 20-40+ Years of Service!

On Tuesday, April 12, Meals on Wheels honored 28 individuals and one Adopt-A-Route organization at our annual reception. These volunteers have committed a minimum of 20 years of service, and for the first time ever we recognized individuals celebrating 40 and 40+ years with the organization! Honorees were joined by their family and friends to celebrate with food, drinks, music and the award presentation ceremony. Thank you to all of our honorees!

40 OR MORE YEARS
- Ruth Barrett, Hamburg
- Edith Beatty, Hamburg
- Barbara Lockwood, Hamburg

35 YEARS
- John Carpenter, Lovejoy
- Jacqueline Jurewicz, Lovejoy
- Lorraine Ludwig, Hamburg

30 YEARS
- Janet Ferguson, Lancaster
- Mary Shea, West Seneca

25 YEARS
- John “Jack” Breen, South Buffalo
- Mary “Joyce” Breen, South Buffalo
- Paula Kolber, Clarence
- Joan Osborne, Angola
- Patricia Schanzer, Clarence
- Anthony Wiertel, West Seneca

20 YEARS
- Leonard Applebach, West Seneca
- Margaret Applebach, West Seneca
- Kevin Dunwoodie, South Cheektowaga
- Leo Gassman, Collins
- Patricia Gassman, Collins
- Edward Gerecke, Angola
- Joan Gregory, Hamburg
- Jim Lahr, Lovejoy
- Paul Ludwig, Hamburg
- Marilyn Mausteller, East Aurora
- Paul Mausteller, East Aurora
- Audrey Peterson, Clarence
- Suburban Adult Services Inc., South Buffalo
- Mary Terrana, West Seneca
- Judith Webber West Seneca

FROM ONE OF OUR CLIENTS:

MEALS ON WHEELS, HOW I LOVE THEE.
COOKED ESPECIALLY HOT FOR ME.
PICKLED BEETS AND BRUSSEL SPROUTS.
“DELICIOUS! THANK YOU,” MARY MURPHY SHOUTS.

FRESH WHITE BREAD AND BUTTER, SWEET,
ALL WRAPPED IN SARAN STRONG AND NEAT.
LET’S GIVE THREE CHEERS
SO EVERYONE HEARS.
“MEALS ON WHEELS IS A HEALTHY TREAT!”

WE BOW TO THE PEOPLE WHO
DELIVER MEALS.
THEIR TIME AND EFFORT TO US APPEALS.
THRU RAIN AND SNOW,
BRAVE VOLUNTEERS GO.
CARRYING THEIR GOODIES, WHAT GREAT IDEAS!
As we move into the second half of 2016, we’d like to share and celebrate our fundraising news and successes thus far.

The year began with the conclusion of the Subaru Share the Love Campaign, in which Subaru of America, Inc. donated $250 for every new Subaru vehicle purchased or leased to the customer’s choice of charities, including the Meals on Wheels Foundation of WNY (MOW). This was the third year West Herr Subaru has supported MOW in this event, and it was the most successful year yet raising $71,867! Over the past three years, the campaign has brought in $138,995 for MOW. Special thanks to West Herr Subaru ownership and especially to owner and President Scott Bieler for championing us, as well as Chuck Hardy, the General Manager at West Herr Subaru and a MOW Foundation Board Member, for their tremendous support.

This spring, we held our annual fundraiser, Breakfast of Hope. With 143 attendees and just under $44,000 raised in cash and pledges, we’d like to thank everyone who helped, attended, donated, and encouraged others to attend.

Finally, we’d like thank everyone who purchased flowers through our spring plant fundraiser. We netted $2,831 – a 66 percent increase over last year! Special thanks to Mary Lou McDermott from Clarence for handling the distribution to the northtowns.

“The support of the community has been tremendous. We couldn’t fulfill our purpose of providing food and friendship to the vulnerable elderly without everyone’s support. From our corporate partners, to individual donors, to event participants, we are so grateful for the community’s commitment to our mission,” Tara A. Ellis, President and CEO, MOW, said.

Caregiver Corner  Beat the Heat by Staying Well Hydrated

We’re in the midst of the hottest months of the year and it’s important to be aware of the impact of heat on all of us, but especially on older adults. As we age, our sense of thirst actually decreases, plus our bodies are less efficient at temperature regulation. Additionally, certain medications, such as diuretics, can cause the body to lose water.

One of the most fundamental ways to manage these changes is to ensure proper hydration. Water is a vital nutrient that is essential for all bodily functions. Everyone should drink at least eight to ten cups of water a day, although warm weather and exercise increases the need. It’s especially important in the summer, as our body tends to lose water more quickly through sweat, even when we don’t realize it. We must replace the water our body loses in order to maintain electrolyte balance, remain hydrated, and function optimally.

Be aware of the signs of dehydration which include headache; weakness; dizziness; dry mouth, nasal passages or cracked lips; dark urine; and confusion. Although mild dehydration can be reversed with ingestion of fluids, more extreme dehydration may require hospitalization and administration of fluids and electrolytes.

Keep this phrase in mind to help stay hydrated: when you pass the sink, take a drink!
Legal Services for the Elderly Adopts-A-Route, Sees Tremendous Impact

Meals on Wheels’ volunteers are the heroes that carry out our mission in the community each day by bringing nutritious food and a friendly visit to our 3,600 homebound clients. While many of our volunteers are individuals, our Adopt-A-Route program for groups and businesses has seen much growth over the past year, with companies and employees realizing big benefits.

Adopt-A-Route is a group volunteer program through which a business or community group commits to deliver meals to one or more routes per week. Companies love it because it’s an efficient but effective way to impact the community, and employees love it because it enables them to give back by volunteering no matter how busy their lives.

Legal Services for the Elderly has been a participant in our Adopt-A-Route program since November 2015, with ten employees - almost a third of the company - participating in meal delivery. Sarah Galvan, Esq., Director of Development, learned about the program when she attended the Breakfast of Hope in the spring of 2015. “It sounded like a good fit for our organization. We serve seniors, but we tend to see them in crisis so we serve them from a problem-solving perspective. I thought Adopt-A-Route would be a good opportunity for employees to see our client base in a different capacity where we have the opportunity to help them on a very basic level.”

Sarah and her coworkers enjoy being involved with the senior population in a different role than their day-to-day work experience offers. She says, “I think it’s easy in my job to feel like I’m giving back to the community, but by participating in delivering meals I am able to see how the community we serve at Legal Services for the Elderly has other needs.”

One great part of Adopt-A-Route is that a whole team of people can be involved on a regular basis. Plus, the commitment is extremely manageable from both the employee and employer perspective. The best part is that the impact on employees and clients is so much bigger than the lunch breaks donated.

“It’s been really great for us,” Sarah adds. “We have a very convenient route near the office and are only away for an hour, but it’s so beneficial. We come back to work feeling more energized. I think the entire experience helps us relate more deeply to our company’s mission.”

Sarah and the other employees who participate are quick to share their enthusiasm for the Meals on Wheels Adopt-A-Route program with others and have even referred their technology company, Advanced 2000, as a new Adopt-A-Route participant.

What’s one of the best things about taking part in meal delivery as an Adopt-A-Route, according to Sarah? “People are really happy to see us and that’s a great feeling. Not only are we helping the clients, we get a lot out of it and so does the company!”

To learn more about the Adopt-A-Route program, please contact Lauren Gousy at 822-2002 x21 or visit www.mealsonwheelswny.org.

Make a gift to the Meals on Wheels Foundation of Western New York

There are many ways you can be a vital lifeline today, tomorrow, or for years to come:

- **Leave Your Legacy:** Leave a gift through your will or estate plans to Meals on Wheels is a wonderful way to continue your generosity after you are gone.
- **Donate Today:** Your cash contributions help us to ensure we can meet the basic needs of the most vulnerable members of our community and fulfill our mission of enriching lives and promoting independent healthy living by offering nutritious food and unsurpassed care by our staff and volunteers.
- **Monthly Contribution:** Provide steady income at the same time each month on an ongoing basis securely and automatically through your credit card.
- **Payroll Deduction:** Designate your United Way, Combined Federal Campaign (CFC), or State Employee Federated Appeal (SEFA) gift through your company’s payroll deduction program to Meals on Wheels.

To make a gift or to learn more, please call (716) 822-2201 or visit mealsonwheelswny.org/donate
The essential work done by Meals on Wheels for Western New York is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the New York State Office for the Aging and Erie County’s Departments of Senior Services and Social Services.

Recent Sponsors & Supporters

Meals on Wheels for Western New York would like to thank the following individuals and organizations for their recent donations and generous support of Meals on Wheels.

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