Plate Expectations 2016 – “Rolling the River”

We’re rolling, rolling, rolling on the river! That was the soundtrack to our fantastic fall fundraiser this past September at Buffalo RiverWorks.

The event was full of fun for the approximately 800 guests who attended – with a roller derby demonstration by the Queen City Roller Girls, tours by Explore Buffalo, water taxi rides, live music and much more. Guests were able to eat and drink, bid on silent and live auction items and win prizes through our “balloon pop” and “wall of wine” games.

Thanks to our amazing attendees, our volunteers, boards, staff, and event co-chairs Jennifer Nassivera and Joyce Persch-Dolce we were able to net a record-breaking $112,000.

Thank you to everyone who came out to support Meals on Wheels. Stay tuned for a 2017 event date and location announcement – coming soon!

This holiday season, give the gift of food and friendship...

“How completely comforting to imagine that hungry people might be assisted because of choices I am making now; the commitment I have made to Meals on Wheels beyond my lifetime is like a hand squeezing my shoulder, a voice whispering, ‘You are doing the right thing.’

I encourage you to listen to the voice whispering to you, think about the hungry, needy people in our community, and put your plan in place.”

- Meals on Wheels Donor and Planned Giving Legacy Society Member

All gifts, no matter the size, are essential to feeding our homebound neighbors and friends. There are many ways you can contribute to Meals on Wheels, including: an outright gift of cash today, a gift of assets such as stock, a distribution from your IRA, or by designating Meals on Wheels in your will or estate plans.

Please make your gift today to be a vital lifeline to vulnerable seniors and disabled individuals in our community.
Volunteer Spotlight: Helping People in Pain

Annette Kamien and Phyllis Dickinson have been delivering together out of Meals on Wheels’ (MOW) Lancaster site for more than 15 years, and they certainly see that it’s “more than just a meal.”

On a recent delivery, one client – Bernice – did not answer the door. Phyllis patiently waited, calling to Bernice to take her time, that she knows she’s on a walker. As it turns out, Bernice had fallen sometime earlier and hurt herself. Once Phyllis realized there was a problem she called 9-1-1 and the MOW office and had her driver Annette come and join her.

“She kept saying ‘It hurts,’” Annette recalls. “I just crouched down near her and kept repeating that help is on the way. Phyllis looked for something to cover Bernice.”

“You could tell she was cold; she was shivering from the shock,” Phyllis noted. “I felt so bad for her; she must have been in such pain.”

Meals on Wheels volunteers deliver food and friendship to homebound clients like Bernice throughout WNY. But, sometimes they end up doing even more – helping people in pain, even saving lives.

Within minutes of calling for help, the Depew police were there, followed quickly thereafter by the ambulance.

“The emergency services were really great – everyone was there within 10 or 15 minutes. I felt really gratified that we were able to get her some help. It was a good feeling,” Annette said.

The pair have delivered every Wednesday for years; Annette most likes the “good feeling of helping someone.” Smiling, Phyllis indicated that volunteering is a “good way to keep track of the middle of the week” and also that it keeps her “off the streets and out of trouble.”

Delivery is definitely a community builder for Phyllis and Annette. They have clients they’ve been serving for almost their entire 15 years and they’ve shared the experience with others; Phyllis’ three teenage grandchildren frequently deliver with her in the summer.

“We’re very grateful for volunteers like Annette and Phyllis. We couldn’t serve the community without our 1,600 incredible volunteers – 400 of whom are out on the streets every day,” Tara A. Ellis, President and CEO, said. “We really mean it when we say ‘share an hour, save a life!’ If you’d like to learn more about volunteering please contact us at 716-822-2002, ext. 21. We’d love to have you join the Meals on Wheels family.”

Get help paying your heating bills.

If you need help paying your heating bills this winter, the Home Energy Assistance Program (HEAP) can help. Apply today because funds are very limited and will be distributed on a first-come, first-served basis. For more information, or to see if you qualify, visit HEAPhelps.com, call 1-877-443-2743 or apply online at mybenefits.ny.gov.
Walmart

The Walmart Foundation recently donated $150,000 to Meals on Wheels for WNY (MOW) in support of the delivery oven equipment project. MOW delivers between 5,000 and 6,000 meals a day across a nearly 1,000 square-mile service area, which wouldn’t be possible without the appropriate delivery equipment.

This equipment includes hot box delivery ovens; the previous ovens have been used for more than 17 years and have reached a point where they can no longer be repaired — with hinges falling off, electrical components failing and the ovens themselves developing dents and dings.

The $150,000 donation will fund the purchase of 250 new ovens, hundreds of oven covers and racks with electrical plug-ins to heat all of the ovens up to the correct temperature pre-delivery.

MOW in the Local, National Spotlight

Meals on Wheels for WNY (MOW), the second largest home-delivered meals program in the nation out of more than 5,000, is generally regarded as a leader in the field. The organization’s team members and volunteers continue to share — and be recognized for — their passion and expertise both locally and nationally.

Dawna Bennett, Registered Dietitian, was selected for a scholarship to the NYS Aging Services Conference in Fall 2016, a benefit afforded to few applicants.

Tara A. Ellis, President & CEO, Meals on Wheels for WNY, was appointed to the National Association of Nutrition and Aging Services Programs (NANASP)’s Executive Committee as Vice Chair of Membership & Marketing.

Ellis also was honored as Alumna of the Year by the Syracuse University Alumni Club of WNY at their Annual Scholarship Banquet this past May.

Ellis was re-elected to the board of directors for Meals on Wheels New York State, Inc., an association of member programs focused on information sharing and best practices. Beginning January 1, 2017, she will be President of this organization and also will serve on its Governance and Nominating Committee.

Lauren Gousy, Volunteer Relations Associate, was selected by Buffalo Niagara 360 as a Spotlight Professional for 2016-2017 based on her career success and strong commitment to the Buffalo Niagara region. Gousy also has been participating in Leadership Buffalo’s Rising Leaders class of 2016.

Lauren Hibit, Foundation Specialist, was recently named to the Membership & Marketing Committee for the National Association of Nutrition and Aging Services Programs (NANASP).

Rachel Leidenfrost, Chief Communications Officer, was recently named to the Membership & Marketing Committee for the National Association of Nutrition and Aging Services Programs (NANASP). Leidenfrost also was named New Member Director for Junior League of Buffalo for 2016-2017.

Christine Procknal, Chief Operating Officer, was honored with Business First’s 612’ C-Suite award honoring her many contributions to Meals on Wheels, such as onboarding a new food vendor, introducing new diet options and spearheading the customization and introduction of a new client system.

Procknal also was recently elected to the board of directors for Meals on Wheels New York State, Inc., an association of member programs focused on information sharing and best practices.

Margie Tyrrell, Registered Dietitian, is officially retired after more than 36 years of service to the seniors in our community. Tyrrell was MOW’s first RD and served as the department head for a number of years. She implemented crucial projects such as our emergency food delivery program and nutritional supplement program, as well as our dietetic internship program with the University at Buffalo. Tyrrell also recently received the NYS Academy of Nutrition and Dietetics’ Isabelle Hallahan Award of Excellence in honor of her focus on excellence and quality in a food service management or administration capacity.

Walmart Foundation, Subaru Keep Meals Going!

“I am so incredibly grateful to the team at Walmart for this extremely generous donation that will enable us to replace badly outdated equipment and help ensure that we can keep serving seniors for many years to come,” Tara A. Ellis, President and CEO, Meals on Wheels for WNY, said.

“At Walmart, we take pride in partnering with local organizations that help build stronger communities. Meals on Wheels does extraordinary work, touching the lives of thousands of Western New Yorkers by providing healthy meals. Walmart is very pleased to contribute to this mission,” Mike Judd, Walmart Market Manager, said.

Share the Love

Another recent donation will have a similar impact on MOW. As part of the annual year-end “share the love” event, Subaru of America (SOA) on behalf of West Herr Subaru, recently presented MOW with a check for nearly $72,000 for the 2015 campaign.

“We are so grateful for the tremendous support of the West Herr owners -- Scott Bieler, Brad Hafner, Bill Loecher, and John Wabick; Chuck Hardy, the General Manager; the West Herr sales team; and the WNYers who’ve purchased new cars and selected Meals on Wheels for WNY as their charity of choice,” Tara A. Ellis, President and CEO, Meals on Wheels for WNY, said.

Thank you to these incredible community-oriented companies for their support of and commitment to the mission of Meals on Wheels for WNY!”

www.mealsonwheelswny.org
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.

IT’S NOT TOO LATE TO VACCINATE!

EACH YEAR IN THE U.S., PNEUMOCOCCAL DISEASE KILLS TENS OF THOUSANDS OF PEOPLE, INCLUDING 18,000 ADULTS 65 YEARS OF AGE AND OLDER.

Pneumococcal bacteria are spread from person to person by direct contact with secretions like saliva and mucus. People can spread the bacteria without even feeling sick. Older adults, those with chronic conditions like lung disease or diabetes, those with weakened immune systems and smokers are all at higher risk of catching pneumococcal disease.

The disease can be mild or can be very dangerous. Pneumococcal disease can spread from the throat and nose to ears or sinuses causing mild infections or spread to other parts of the body, causing lung infections (pneumonia), blood infections (bacteremia), and infection of the covering around the brain and spinal cord (meningitis).

Five percent of people who get pneumonia die; 17% of people who get bacteremia or meningitis die.

Talk to your doctor today about whether vaccination is right for you or learn more at www.cdc.gov/vaccines/adults

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.

American Coradius International LLC
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Business First of Buffalo Inc.
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Cumulus Radio
Timothy G. DeZastro, M.D.
Epiphany United Church of Christ
First Niagara Bank
Freed Maxick CPA’s P.C.
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