On Wednesday, April 12, we recognized 22 incredible volunteers who’ve donated 20, 25 and 30 years of service to our organization. The celebration took place in the Community Center and honorees were joined by family and friends as well as local government officials. The event included dinner, entertainment and presentation of awards to these valued individuals. Combined, this year’s honorees have contributed 27,000 hours of service to their homebound neighbors over their 20 to 30 years with Meals on Wheels. Congratulations to all milestone volunteers and thank you to all who contributed to the event!

30 Years
- Carmel Metzger
- C.W. Bill Rogers
- Mary Rug
- Grace Stumm

25 Years
- John Douds
- Phyllis Farey
- Richard Hemann
- Olive Hill
- Cynthia Langer

20 Years
- Clarence “Red” Boje
- Marilyn Boje
- Sharon Ferrelli
- Judy Jones
- John Kempkes
- June Martin
- Nancy Morey
- Mary Ann Paolini
- Alice Say
- Stephen Small
- Brian Thill
- Dorothy “Dottie” Tocin
- Rita Williams

Keeping Meals on the Road!
The end of 2016 and beginning of 2017 have brought us several generous gifts and fundraising successes we’d like to share with you.

During the 2016 holiday season, Bank of America presented Meals on Wheels with $5,000 towards the purchase of much needed replacement steam tables for the commissary. These steam tables are vital for ensuring that we meet and exceed stringent temperature and food safety standards for each meal we produce. In early 2017, an anonymous donor gave us $1,744 – the balance of funding needed – to purchase one of the steam tables!

In February, AAA Western and Central New York presented us with a gift of $10,000. The organization’s employees selected Meals on Wheels as their charity of choice for 2016, and the donation was a result of employee contributions for various fundraising activities and events throughout the year. Funds will support both our “AniMeals” and traditional meal delivery programs.

In March, we took part in the United Way’s annual online giving event, Spring it On. A total of $430 was raised by community donors over 24 hours.

Finally, our need for a new delivery van to transport meals was recently fulfilled. An anonymous donor provided a $50,000 donation for the purchase of a brand new vehicle to replace our 14-year-old one and keep our meal deliveries running smoothly.

“We are so grateful for our supporters – from community members, to local businesses, and those generous people who wish to remain anonymous – every dollar we receive is so appreciated and directly contributes to the food and friendship we provide to our region’s homebound seniors each day,” Tara A. Ellis, President and CEO, said.
From our President and CEO

Many of you have had questions about the federal budget proposal and the impact it would have on Meals on Wheels for WNY (MOW-WNY), our clients and the community.

As you know, Meals on Wheels programs provide nutritious meals, lifeline safety checks and valuable friendships to vulnerable seniors and disabled individuals. Nationally, Meals on Wheels feeds more than 2.4 million seniors and 500,000 veterans each year. Locally, we served more than 1.5 million meals last year alone to 3,600 in-need homebound neighbors, 3,200 mobile seniors and other vulnerable community members.

The President’s Budget Director defended the proposed cuts by saying that Meals on Wheels sounds great, but “doesn’t work.” It does, in fact, work. The work that we do provides tremendous value in terms of cost-savings to the government and has been proven effective through a number of studies.

- States that invest more in delivering meals to seniors’ homes have lower rates of low-care seniors in nursing homes.
- Malnourishment leads to chronic illness and more than half of senior hospitalizations. Malnourished seniors have 8% more readmissions and stay in hospitals 8 days longer than non-malnourished seniors. The result is drastically higher healthcare costs and Medicaid costs.
- Every dollar invested in MOW programs saves $50 in Medicaid costs.
- We can feed 40 neighbors and keep them in their homes for the same cost as putting one neighbor in a nursing home.

The President says “we are going to do more with less.” I challenge any program or business to do more with less than MOW programs have done. MOW-WNY functions effectively with a bare-bones budget and 84,000 hours of help from 1,700 volunteers each year.

While we do not yet know exactly how proposed cuts would affect programs, we want you to know that we are working hard – with media, government officials and community members – to share the Meals on Wheels story and point out the value of programs like ours. We’ve met with our elected officials and their staffs, had them come on ride-a-longs and even had a rally at the MOW-WNY offices. These advocacy efforts are ongoing.

Many of you have asked what you can do.

- While we are blessed to have bi-partisan support, you can reach out to your Congressman (www.house.gov/representatives/find) as well as Senator Schumer and Senator Gillibrand to have your voice counted as against cuts to MOW programs.
- We always need more volunteers to help us complete this important work. Please give your time! (Visit mealsonwheelswny.org/volunteer)
- And, our program would not be possible without both government and community support. (Please consider making a donation in the enclosed envelope.)

Thank you, as always, for your support!

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Tara A. Ellis, President & CEO
Meals on Wheels for WNY

CAREGIVER CORNER:
Exercise At Home

Physical activity is important for maintaining health, regardless of age. For the homebound population, getting adequate movement can be challenging, but there are ways to incorporate exercise throughout the day. Here are some ideas:

- Get outside for a walk around the block to get your blood pumping. If the sun is shining, you’ll also get your daily dose of vitamin D! If you’re concerned about uneven terrain outside, walking up and down a hallway is another option.

- For those who are up for it, walking stairs is great for lower body muscles.

- You can also build leg muscles by practicing squats against a wall or by holding the back of a chair, squatting toward the ground and returning to standing.

- Turn on the radio and dance to three or four songs at a time to get your heart rate up.

- For arm conditioning, raise your arms up to shoulder height and do arm circles, small and large, forward and back. Aim to do 20 reps of each variety.

As with anything, people need to consider their individual needs and should always talk with their physician before beginning a new exercise program.
Champions for Meals

Our annual “Champions for Meals” celebration took place in March, with local celebrities and government officials joining us to deliver meals to our clients across Western New York. This year, 32 local personalities took part, breaking our previous records of participation!

Local government officials, Sabres alumni, and media personnel were included in the event, which highlights the importance of the work we do and helps some of our community influencers better understand the impact that sharing the gifts of food and friendship has on their neighbors. Thank you to all of our board members, office and site staff, and volunteers who made this event successful, once again. For a full list of participants and photos, please visit: https://mealsonwheelswny.org/2017/03/27/thank-you-champions-for-meals/

Councilman Wyatt and client Linda W. are all smiles.

Legislator Patrick Burke and one of his team members were new champions this year.

Sabres alumni Derek Smith and Darryl Shannon visit mega fan Arthur T.

Today’s Plan, Tomorrow’s Promise...

For almost 50 years, Meals on Wheels for Western New York has provided food and friendship to our elderly and disabled neighbors. We have served more than 28.6 million meals to our homebound neighbors and 12.2 million meals to seniors at our congregate sites.

The need for our services continues to grow.

You can be a part of ensuring we can continue our critical work for years to come by making a planned gift to the Meals on Wheels Foundation of Western New York.

Planned giving is a unique charitable option for everyone, regardless of financial circumstances or your budget today.

Making a planned gift can be as simple as designating a portion of your retirement plan or IRA to the Meals on Wheels Foundation of Western New York.

Achieve your personal financial goals and leave your legacy while knowing that your commitment will serve future generations of Meals on Wheels clients.

To learn more...

About how you can make a planned gift or to let Meals on Wheels know of your planned gift commitment, please call (716) 822-2201 ext. 43.

Meals on Wheels recommends contacting your attorney or financial advisor before making a planned gift commitment.
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.

PLATE EXPECTATIONS
Rocking and Rolling at the Richardson

Wednesday, August 30
5:30 – 8:30 p.m.

This year’s Plate Expectations event will be one of your very first opportunities to explore Hotel Henry, the fully restored, historic hotel and banquet facility on the H.H. Richardson complex!

The event will include food and drinks, games such as our popular balloon pop, the wall of wine, tours, live music and more.

Purchase your tickets today at mealsonwheelswny.org

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.

AAA Western and Central NY
Allied Mechanical, Inc.
Mr. and Mrs. Joseph D. Bielecki
Mr. and Mrs. Raymond J. Davis
Delaware North Companies, Inc.
Mrs. Joyce M. Dolce
Mr. and Mrs. Eugene P. Gramza, Jr.
Mr. David M. Green
Health Foundation of Western and Central New York
Mr. and Mrs. Russell P. Kamis
Donald and Jane Ogilvie
Mrs. Michelle G. Parrish
The PCA Group, Inc.
Mr. and Mrs. Bruce A. Roberts
Mr. Robert A. Scharf and Dr. Lawrence L. Van Heusen
Zenner & Ritter, Inc.