



MOWWP Volunteers Buck National Trend, Continuing in Face of Gas Price Crunch

But Need Continues Unabated For More Drivers, New Dollars

Despite all the voices of doom, and stories in the media, the loyal volunteers of Meals-on-Wheels of White Plains have continued to soldier on, driving and delivering meals daily to our seven routes covering the city.

As the price of gasoline, now back down a bit, spiked way above \$4 per gallon in recent months, national media such as The Wall Street Journal and National Public Radio carried reports of how the price hikes were affecting charities, with a specific focus on Meals-on-Wheels programs. Locally, a Journal News story told of Meals programs in our area which were affected.

These reports went on to talk of programs which have had to make severe cutbacks, such as making one weekly visit to deliver a batch of frozen meals, a drastic measure which eliminates the daily visit and check on the health of the client.

While the hardest hit programs are, not surprisingly, those in more rural areas with longer routes, our volunteers average 10-15 miles of driving on weekdays and more than 30 miles on Saturdays, making their voluntary contribution a not inconsiderable amount.

Along with our pride in, and gratitude for our volunteers, we must always mention that our numbers need to be augmented. We are always looking for supporters who are willing to pitch in with an hour here or there, or an hour each week, to help us make these much needed deliveries.

The reality is that our basic five-day program,

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Contribute Magazine Ranks MOWWP Among Top Charities

Meals-on-Wheels of White Plains is honored to be ranked as one of the top charities in Westchester for the second year in a row. Included in the Contribute 200, Meals-on-Wheels of White Plains has been identified for best practices among organizations in the New York/New Jersey/Connecticut area.

Criteria reviewed by Contribute magazine included four categories: program focus (money spent on program execution as compared to other costs); fund-raising efficiency; sustainability; and financial stability.

Brownie Scouts Make Sweet Gift Of Cookies to MOWWP Clients

Girl Scout cookies are a great treat, and a spring tradition all over the country. It might be said that “nobody doesn’t like” these annual treats; in fact, most of us have our favorite varieties.

This year a local group of Brownie Scouts put a new twist on the annual drive. Troop 2667 of Edgemont found a new way to sell a few extra boxes this year and sought a local charity as the beneficiary. When they called us earlier in the year, we were happy to be on the receiving end of their campaign.

Here’s how it worked. When the young sales-people got an answer like, “I already bought some,” or “I bought them at the office,” or even, “No, thank you,” the girls had a ready comeback.

“Would you like to buy a box and we will donate it to Meals-on-Wheels?” Even if a customer bought a couple for themselves, these scouts would suggest

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New MOWWP Delivery Initiative Will Help Clients to Feed Pets

Meals-on-Wheels of White Plains is launching a new pet food program this fall for clients who care for pets. A small number of clients have expressed interest in the program, which has come out of a new partnership with the SPCA in Briarcliff. Beginning this fall, donated pet food for our clients' pets will be distributed on a monthly basis by MOWWP volunteers.

Research has suggested that in addition to easing loneliness, pets can also help seniors live longer, healthier lives. Studies have demonstrated a link between pet ownership and improved survival rates for patients with heart disease. Additional potential health benefits include decreased stress, reduced bone loss, lower cholesterol levels and improved blood circulation.

For more information about this new program, please call the office at 946-6878.

Loyal Volunteers Continue; Help and Donors Still Needed

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covering seven routes, requires 70 weekly volunteers. We also have a number of volunteers who fill in for the inevitable cancellations. Right now some of those 70 regular slots are open, and we find ourselves using subs to cover the gaps. If you are able to make a weekly commitment, please call us at 946-6878.

Our other need, as always, is for contributions to carry on the work we do, day in and day out, 52 weeks a year. While we do charge a fee to cover the cost of meals, most of our clients pay less than the full \$9 per day, and many pay nothing. Almost half of our revenue comes in the form of contributions from individual donors. A handful of grants make up the third supporting leg.

Many of our loyal donors didn't even wait for a newsletter. Seeing that we skipped our spring issue, they sent in checks anyway! Thank You!

Do You Have A Vehicle That You No Longer Need?

You can help Meals-on Wheels of White Plains by donating it.

The process is fast, safe, tax-deductible and provides Meals-on-Wheels of White Plains with a source of additional income.

There is no fee for this service. Please call the office at (914) 946-6878 for details.

Meals-on-Wheels of White Plains

12 Ridgeview Avenue, White Plains, NY 10606

Telephone: 914-946-6878; Fax: 914-946-2069

Susanna Sussman, Executive Director

Annette Stangarone, Assistant Executive Director

Paul Schwarz, President, Board of Directors

Members, Board of Directors:

Sara Basson, Evelyn Beilenson, Ben Boykin, Abe Deutsch, Steven Hochman, Mary Helen Jordan, Mike Lengel, Howard Lesser, John Lightstone, Stella Miller, Dick Scherzer, Peter Wolfson

Meals-on-Wheels of White Plains Has Been Supported by Grants from:

- The City of White Plains, Community Development Block Grant
- The Cushman Foundation
- Handcraft Cabinetry
- The Mandel Foundation
- American Chai Trust
- Hitachi Metals CAC & the Hitachi Foundation
- MBIA Foundation
- RCS Foundation
- Rotary Club of White Plains Foundation
- United Way of Westchester & Putnam Local Presence Grant
- The Woman's Club of White Plains

VOLUNTEERS ARE ALWAYS NEEDED!

We are looking for reliable regular and substitute volunteers for our Monday through Friday delivery routes within the City of White Plains.

Please call the office at 946-6878 if you would like to be a Meals-on-Wheels of White Plains volunteer.

Annual Spring Party Honors Volunteers

Once again, regular MOWWP volunteer Heidi Sobo and her husband Scott were hosts of the annual volunteer recognition event in June. More than forty regular and substitute volunteers gathered with MOWWP staff and board members for refreshments and conversation.

Volunteers, by definition, contribute their time and energy, but this is the one occasion each year when we take the time for a formal acknowledgement of their crucial contribution to the agency.

In addition, we welcomed new members Mike Lengel and Peter Wolfson to the Board of Directors and gave thanks to Bob Thomasset, who leaves the Board of Directors of Meals-on-Wheels this year after serving the organization continuously as a board member and treasurer for twenty years. He and his wife, Mary, (in photo) are moving from White Plains. The good news is that they will still be nearby and will continue to volunteer for us.



Youngest Scouts Make Sweetest Gift

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buying one or two more for their donation to us.

Apparently, it was hard for anyone to resist their plea, and their efforts resulted in a gift of more than a hundred boxes of cookies, which we were able to distribute to our clients in March. Incidentally, as an indication of the project's forethought and preparation, a good percentage of the cookies were sugar-free, so that our many diabetic clients would not be left out.

Board President Paul Schwarz met with the dozen or so girls at one of their meetings to explain just how Meals-on-Wheels works. With a "hotbox" and samples of meals, the group learned about MOWWP by acting out a simulated "delivery" to illustrate just where their contribution was going.

We have had wonderful contributions from children, ranging from holiday cards to paper Thanksgiving turkeys to hand-painted and laminated placemats. But this one was easily the most unusual, and certainly the sweetest.



Yes, I can Help Meals-on-Wheels of White Plains!

I am enclosing the following tax-deductible contribution to Meals-on-Wheels of White Plains:

\$1,000 \$500 \$250 \$100 \$75 \$50 \$30 \$ _____ (other)

Name: _____

Address: _____ City: _____ State: ___ Zip: _____

Telephone Number: _____ E-mail: _____

Please mail this form with your check to:

Meals-on-Wheels of White Plains
12 Ridgeview Avenue
White Plains, NY 10606

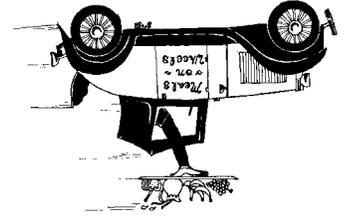
**NEW! Contribute online
at www.mowwp.org**

I can spare about an hour and a half a week to deliver meals.

Please remove my name from the Meals-on-Wheels of White Plains mailing list.

Delivering Community and a Meal since 1979!
Meals-on-Wheels of White Plains: We're here when you need us!

Illness, accident, old age—
We can't always be with our loved ones.



12 Ridgeway Avenue
White Plains, NY 10606
[Http://www.mowwp.org](http://www.mowwp.org)
(914) 946-6878

Meals-on-Wheels of White Plains, Inc.

Non-Profit Org.
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Permit No. 630

Meals-on-Wheels News & Views

From the Director: **MOWWP Weathering the Uncertain Economic Climate**

This issue of the MOWWP Newsletter has touched on some issues of national concern, as agencies throughout the country have been affected by skyrocketing fuel costs. I have received several phone calls from reporters trying to follow this story on a local level, and I have been telling them that for MOWWP, the only news is that we have not lost any of our volunteers because of gas prices.

In fact, as gas prices have hit unimaginably high levels, we have been so incredibly touched by the dedication of our volunteers, without whom our organization could not survive.

The rising cost of fuel, while not decreasing our numbers of volunteers, has impacted our agency in a number of ways. Food costs have risen. Our rent has increased by 10 percent because heating oil expenses are so high. The need for our service, as more and more people find themselves struggling to make ends meet, will likely rise in the colder months.

We expect to ride out this storm, but it will take a fierce determination on our part to pick up the pace on raising funds to cover our expenses. The competition for corporate grants is tougher than ever, and we increasingly need to rely on the generous contributions from all of our individual donors, like yourself, who really are our "bread and butter" (literally!).

We continue to work hard to provide a valuable service to White Plains residents in need; please consider helping us with a contribution to help keep us up and running for the years to come.

Please feel free to call me anytime and I'd be happy to answer your questions about MOWWP.

A handwritten signature in cursive script that reads "Susanna Sussman". The signature is written in black ink and is positioned above the printed name and title.

Susanna Sussman
Executive Director

For more about Meals-on-Wheels of White Plains, see our new website: <http://www.mowwp.org>