



Neither Snow nor Rain nor...Well, Maybe Snow!

MOW, Universal in US Today, Began in Dark Days of London Blitz

Meals-on-Wheels programs can be found virtually everywhere in the United States today, in every state and many other countries. Our agency here in White Plains dates from 1979, about 30 years after the first home delivered meals program.

The concept originated in Great Britain during the blitz, when the Women's Volunteer Service, already bringing food to servicemen, began providing meals to people who had lost their homes. The concept broadened after the war, and the WVS began delivering to homebound elderly.

The first such program was in Hertfordshire, England in 1947. The "wheels" were old baby carriages, and meals were kept warm with straw and old felt hats!

The earliest home delivered meal program in the United States began in Philadelphia in 1954. Margaret Toy, a social worker, pioneered an independent grant-funded initiative. Like modern programs, clients were people who did not require hospitalization, but needed a helping hand to maintain their independence. Most of the volunteers in that early program were high-school students, dubbed "platter angels."

Within a few years, home delivered meals programs were established throughout the country. Most are at the county or local level. Organizational and funding patterns vary, but many, like MOWWP, are entirely independent, use volunteers, and balance their budget using individual contributions.

Meals on Wheels Association of America is a national organization to which we belong, but every member program is an independent entity.

To think—it all started back in a London bomb shelter!

At Meals-on-Wheels of White Plains we have taken prided ourselves over the years in being able, like the Post Office, to make our deliveries under conditions. We've never faced "gloom of night," with our deliveries at midday, but it's been a very rare day when our volunteers didn't make it to our clients' doors with hot meals.

Our deliveries are all made by volunteers. When those volunteers can't make it out of their drive-ways, and can't meet us at White Plains High School, then we're faced with the necessity of closing for the day.

Clearly, with our clients counting on us for two meals a day, a missed day is no small matter. In previous winters we might have had one day when we were prevented from making our rounds. But this winter was not a normal winter.

Missing a day has never meant that our clients went without food. In advance of the cold weather, we deliver a frozen meal with instructions on how to reheat it in the event of a storm.

Normally, that's it. Maybe we'll have to replace the meal once after a closing. But this stormy winter found us replacing that emergency meal time after time after time, as the snowstorms, particularly in January, came one after another.

So while our clients were impacted by the closings, they were not left entirely without a meal. Just incidentally, for those readers who are wondering, we buy those frozen meals, but do not charge our clients for them. Remember that some of our clients do pay a small fee for our service. So the series of storms resulted in something of a financial loss for us.

Now we'll get ready for the inevitable heat waves ahead. Right now we're enjoying the spring.

Oh, and by the way, there was a day this winter that even the Post Office couldn't make it.

Connie's Bakery & General Store Makes Sweet Gift; Meals-on-Wheels Chosen as Charitable Partner

If you live in or near White Plains, you might not travel up to Mount Kisco often. You may not have heard of Connie Milstein or her terrific bakery. But here at Meals-on-Wheels our efforts to secure funds leads us to reach out to neighboring towns to uncover some unusual opportunities.

Connie's Bakery & General Store is a socially-responsible bakery and gift shop based in Mount Kisco. It also runs a second location in the lobby of Northern Westchester Hospital. What makes Connie's different from other bakeries is that while of course it offers a wide selection of delicious treats, it also operates Foundation Sweet Success, which is the "giving vehicle" for the bakery. Fully 100% of after-tax profits from Connie's support the charitable work of the Foundation.

Each year, six not-for-profit organizations are chosen as charitable partners, and the funds in the foundation are distributed equally among the partners. We recently learned that Meals-on-Wheels of White Plains was selected as a partner. This is a tremendous honor.

In addition to receiving a generous contribution of \$3,000, Meals-on-Wheels of White Plains is promoted in Connie's Bakery's locations and on their Web site in order to help spread the word about the work we do. We are thrilled to be included among such prominent organizations, including Blythedale Children's Hospital, My Sister's Place, Music Conservatory of Westchester, and Make A Wish Foundation of the Hudson Valley.

In addition to their charitable focus, the employees of Connie's Bakery also benefit. Under the direction of Executive Pastry Chef Simeon Manber, employees take part in a one-year, full-time baking apprenticeship program. This training is designed to help employees move into higher level jobs in the food service industry.

If you're in Mount Kisco, please be sure to check out Connie's Bakery & General Store. They are located at 41 South Moger Avenue, Mount Kisco.

Thank you to Connie Milstein and her terrific staff!

Do You Have A Vehicle That You No Longer Need?

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

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

Tel.: 914-946-6878; info@mowwp.org

Susanna Sussman, Executive Director

Stephanie Baird, Assistant to the Director

Paul Schwarz, President, Board of Directors

Members, Board of Directors:

Sara Basson, Evelyn Beilenson, Ben Boykin,
Abe Deutsch, Gawain de Leeuw, Steven Hochman,
Mary Helen Jordan, Mike Lengel, Howard Lesser,
John Lightstone, Peter Wolfson

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

- Community Development Block Grant (HUD)
- Connie's Bakery & General Store (Foundation Sweet Success)
- The Cushman Foundation
- Handcraft Cabinetry of White Plains
- The Mandel Foundation
- MBIA Foundation
- Rotary Club of White Plains Foundation
- Sidney Stern Memorial Trust
- United Way of Westchester & Putnam
- The Woman's Club of White Plains

We thank them all for their help!

VOLUNTEERS ARE ALWAYS NEEDED!

We are looking for reliable regular and substitute volunteers for our Monday through Saturday 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.

Howard Lesser Leaves White Plains and MOWWP; Board Member and Volunteer Will be Missed

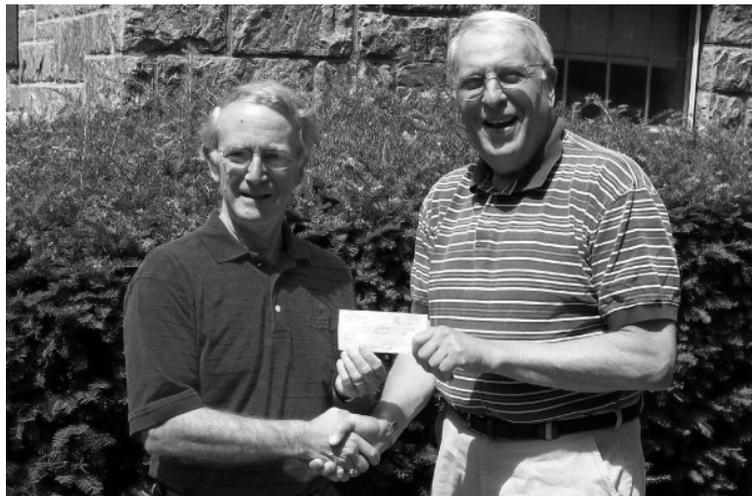
We felt a particular sense of loss recently when long-time Board member and Vice President Howard Lesser told us he was moving out of White Plains. We'd known for some time that he was working on it, but in making it official, "dropping the other shoe," he gave us the bad news we didn't want to believe.

Howard grew up in White Plains, a member of the White Plains High School class of 1956. He and his wife Marge, who have lived in the Prospect Park neighborhood for 31 years, are moving to a senior community in New Jersey, where they will be closer to their children and grandchildren, and have a range of activities available to them as well.

Howard has been a member of our Board for more than ten years, and Vice President for the last few years. He has been a stalwart, always there when there was a job to do. He has been a volunteer and made countless deliveries, often filling in at the last minute. He has covered the office in the event of the Director's absence. He has been there for special events, from preparing the annual Thanksgiving baskets for our clients, to manning our booth at the annual "Taste of White Plains" event.

Meals-on-Wheels holds an annual volunteer appreciation party each June. Howard and Marge Lesser have graciously stepped up as the hosts of that event for several years.

In addition to his participation, his advice and ideas,



One of the ways Howard Lesser (right) was helpful to MOWWP was in the area of fundraising. He is shown here handing a check to Board President Paul Schwarz.

Howard brings a puckish sense humor, a lighthearted spirit of enjoyment and a devilish playfulness to whatever he does, and those qualities often enlivened the proceedings of our Board and our agency.

We will miss his dedication and his participation, his serious work and his equally serious play. Most of all, we wish Howard and Marge well in their new home, and hope that they will visit us often. -P.S.

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

Contribute online at
mowwp.org

I would like to learn more about volunteering. Please contact me.

Please remove my name from the mailing list.

Meals-on-Wheels of White Plains, Inc.

12 Ridgeview Avenue
White Plains, NY 10606
mowwp.org
(914) 946-6878

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RETURN SERVICE REQUESTED



Delivering Community and a Meal since 1979!

Meals-on-Wheels of White Plains: We're here when you need us!

Meals-on-Wheels News & Views

From the President:

Meals-on-Wheels of White Plains is a very healthy organization. We have a lot going for us. We have an energetic group of volunteers who selflessly give of their time to deliver meals to our fellow citizens. We have a large group of donors who make it possible, with their annual contributions, for us to continue doing what we do. We have a group of conscientious board members who oversee the agency. And we have a talented and dedicated director who keeps everything running smoothly. What more could we possibly need? More of the above!

Who's reading this? Our volunteers, our donors, our board—our friends. (If you really are reading this, you definitely take an interest.) So here's my thought:

If you're someone who has donated to us, occasionally or perhaps regularly, maybe your schedule right now would allow you to try volunteering. Not every day. Not every week. An hour now and then. Would you try it? You just might find it very satisfying.

Or here's another thought. You've got a friend or a neighbor who should be reading this. Someone who should be on our list. Someone who should be a donor. Why not pass this newsletter along with a suggestion?

If you're a volunteer, think of one friend who should be doing this too, and have them call us.

And yes, there's someone out there reading this who would really like to participate, who has some great ideas for us, who should be on our board. Please let us know. We'd love to hear from you.

In sum, we're doing well, but to do even better we'd love every one of our readers to take one more step in supporting our work. Thank you!

A handwritten signature in black ink that reads 'Paul Schwanz'.

For more about Meals-on-Wheels of White Plains, find us at mowwp.org

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