

Majority of MOW Funds Are Individual Gifts

Personal Link to Client Couple Inspires One Loyal Contributor

Marc Weinstein is a long-time loyal contributor to Meals-on-Wheels of White Plains. For years he has seen this as a local organization doing good work in his hometown, and worthy of his support. But something changed recently.

Individual contributions are our largest source of revenue, comprising just over one half of our annual budget. The other half is comprised of payments from clients who can afford the service, and a few corporate grants. Only a small portion of the budget, 5%, consists of a Federal Community Development grant from HUD.

We have our own mailing list of contributors, to whom we send one annual appeal and two editions of this newsletter. That is why Contribute Magazine gave us its highest ranking for the percentage of our budget which goes directly to program.

Mr. Weinstein had always received our mailings, but this year there was something else. He noticed that Meals-on-Wheels volunteers were making daily deliveries to an elderly couple in his building, a couple he knew, and whom he often visited and assisted with household chores.

"I never brought meals," he noted, "But I saw your Meals-on-Wheels volunteers, how devoted they were to helping these people, and how cheerful they were, day in and day out.

"It validated my faith in your program," said Mr. Weinstein, in explaining why he had substantially increased his contribution this year.

There may be other contributors whose reasons mirror Mr. Weinstein's, who have been inspired by some specific experience. Perhaps someone you've known has been helped by Meals-on-Wheels, here or somewhere else. If you can tell us what touched you and motivated your participation, we'd love to hear from you!



Paul Schwarz and Howard Lesser at the MOWWP booth at this year's "Taste of White Plains." See story on page 3.

Annette Rella Stangarone, 65 Was MOW Assistant Director

Annette Rella Stangarone, who had served as assistant to the director of Meals-on-Wheels of White Plains for nearly fifteen years, died last May 20th after a long battle with cancer. She was 65.

Annette began serving the agency at a time of growth, when Anne Petersen, longtime Director, saw the need for a regular part-time assistant in the office.

For many years, and working with three different directors, Annette handled routine chores in the office, and was the key link to our corps of volunteers, responsibilities which she handled until her illness forced her to stop in the fall of 2008.

It was Annette who handled the task of making sure that there were fourteen volunteers on hand each day to take care of deliveries. She arranged the pairs of "regulars" who took a specific route and day. A number of those pairings are still working together.

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Meet Stephanie Baird:

Scheduling, Assisting MOW Volunteers Is Only Part of the Picture

When a volunteer's phone rings, the cheerful voice from MOWWP is that of Stephanie Baird, Assistant to the Director for the past year. And the smile greeting them at the loading site is Stephanie's, too.

A Pennsylvania native, Stephanie holds a B.A. in Psychology from Penn State, and an M.S. in Marriage and Family Therapy from Mercy College. She is currently enrolled in the National Council on Alcohol and Drug Dependency program at the White Plains Mercy campus, and will have her clinical certification next June.

In addition to her work for MOWWP, Stephanie is an intern Drug and Alcohol Abuse Counselor at Positive Directions in Yonkers, where she handles individual and family cases and conducts group sessions.

An energetic and positive personality, Stephanie says of her work, "I'm exactly where I'm supposed to be in life. I feel like I'm doing what I was meant to do...I'm passionate about it, and I can't wait to see what happens next!"



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

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

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 deLeeuw, 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:

- American Chai Trust
- Community Development Block Grant (HUD)
- The Cushman Foundation
- Handcraft Cabinetry of White Plains
- Hitachi Metals CAC & the Hitachi Foundation
- 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 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.

Annette Rella Stangarone, MOWWP Assistant Director

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And even more importantly, she would make the calls to volunteers on the substitute list to fill in the daily changes and cancellations. She was almost always there at the staging area to greet the day's volunteers, and in the occasional case of a "no-show," to hop in a car and do the route herself.

Annette is survived by her companion Bill Scott, and sons Joey and Ron. Ron also worked for MOWWP for a time.

Annette saw the agency through several transitions and crises: changes of directors and changes of location. Through it all she was, especially for our volunteers, more than just the voice on the phone or the smile at the loading area. She was the face of Meals-on-Wheels.



At "Taste of WP," We Find Donors, Volunteers, and More

September in White Plains brings an annual street fair, "A Taste of White Plains," an event which attracts thousands, and showcases restaurants as well as everything from children's rides to a lineup of classic automobiles.

This year, sensing the logical connection of food and White Plains, and through the generosity of the White Plains Business Improvement District (BID) and its director, Rick Ammirato, we were granted a space right on the midway (Mamaroneck Avenue), where we displayed our equipment and talked to many of the passers-by,

informing them of our operation. Board members manned the booth, talked with interested citizens, and were happy to take in several hundred dollars in donations, and sign up a number of new volunteers.

A highlight of the afternoon was the appearance of a former client, as happy to see us as we were to see her. We had served her through several years and illnesses. Looking quite fit, and smiling, she told us, "You guys saved me. I'm here today because of Meals-on-Wheels."

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**

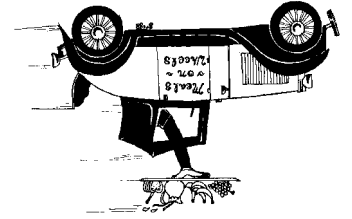
**Contribute online at
mowwp.org**

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

☐ **Please remove my name from the 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
mowwp.org
(914) 946-6878

Meals-on-Wheels of White Plains, Inc.

Non-Profit Org.
U.S. Postage
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White Plains, NY
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Meals-on-Wheels News & Views

From the President: **How Do We Do It? And a Salute to Our Saturday Volunteers!**

We often assume that everyone knows how Meals-on-Wheels operates, and then we are reminded that many of you don't! So every once in a while, it's good to give a little primer on how we do what we do.

First of all, we are a completely independent not-for-profit agency, and not part of any larger organization. Second, we are not a government body. Only 5% of our budget is covered by a small Federal grant.

Three locations are important. Our office is in the Ridgeway Church, on Fisher Hill. Our food is prepared by the wonderful caterers, Horizon Food Service, in Mamaroneck. And our staging area, the crucial link where the meals meet the wheels, is generously provided by the school district, in a corner of the high school grounds.

That's the spot from which six or seven pairs of volunteers go out each day, hot box and cooler in a private car, to make a delivery of two meals to about ten clients on each route.

That's how it works Monday through Friday. We offer limited Saturday deliveries to clients who have no one else

to look in on them or assist with food on the weekends. We generally run just two Saturday routes.

This column is a salute to our loyal Saturday volunteers, some of whom have never even met our staff or seen our weekday operations. They don't get the cheery greeting at the high school or the assistance loading and unloading the car.

The Saturday volunteers travel down to Mamaroneck to pick up the meals, load their own cars, and come back to White Plains to do the route, which by its nature is more spread out geographically than our localized Monday to Friday versions. Then, when all the deliveries are done, they make a second trip back to Mamaroneck to return the containers.

So, while our weekday regulars get a hello and a thank-you each time, we rarely get a chance to recognize those devoted Saturday volunteers, who are really flying "under the radar."

Thank you all!

A handwritten signature in cursive script that reads 'Paul Schwartz'.

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