

MLK Day of Service Attracts New Volunteers

Nationwide Pre-Inaugural Event Has Local Impact for MOWWP

Lori Satterlee lives in Yonkers now, but she attended White Plains High School, and that was one connection that caught her eye as she looked at the list of ways she could donate her time and services, and answer a nationwide call to service in January. She saw Meals-on-Wheels of White Plains on the list and responded; today, four months later, she is a once-weekly volunteer.

Recent changes on the national scene have echoed and reverberated in every corner of the country, even reaching to White Plains and Meals-on-Wheels. With the inauguration coming a day after the celebration of Martin Luther King Day, then President-elect Obama declared January 19 a National Day of Service, and used the vast email lists from the fall campaign to encourage supporters to create service events or to participate in events in their communities.

We saw an opportunity in that, and posted an “event” for that chilly Monday morning, inviting prospective volunteers to come to our White Plains High School staging area to observe our operation, meet our staff and regular Monday volunteers, and attend a short information session.

The participants heard from Paul Schwarz (Board President) and Howard Lesser (Vice President), learned about our routes and procedures, and got to see the entire process first-hand. One attendee even went along with a pair of regular volunteers and did a route. About six of those who came that day have signed up to become regular or substitute volunteers.

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Lori Satterlee (left) prepares to go out on a weekly delivery route with her partner, Stella Miller.

MOWWP Celebrates 30th Year; Whittle Recalls Beginnings

Does anyone remember the “Super Squad”? They were the first volunteers delivering Meals-on-Wheels in White Plains when the organization was founded. As we celebrate our 30th anniversary, we wanted to look back at those early days.

In 1979, Carolyn Whittle was in her third term as County Legislator, representing White Plains. We spoke with her recently and asked her about the origins of the program. “My constituent newsletter asked people for suggestions,” she recalled, “and one that came in was that there were people who needed this service.” Whittle put together the structure and established the necessary legal framework and incorporation. The man who proposed the idea, retired CIA agent John Lothian, became the first director, and the fledgling agency began delivering meals to a dozen or more clients.

Space was secured in the Ridgeview Congregational Church, where we still have an office today; meals were prepared by St. Agnes Hospital, as they were until the facility closed a few years ago. “We wanted minimal government involvement,” Ms. Whittle emphasized.

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Rotary Club of White Plains Continues to Support MOWWP

The Rotary Club of White Plains is at heart a service organization. While weekly luncheons feature guest speakers as well as conversation and camaraderie, some of the dollars from each week's meeting add to a fund which largely accrues from more major fund-raising events held throughout the year, and which underwrite the club's service projects.

Each year the Club makes a number of grants totaling thousands of dollars to local not-for-profit organizations. Once again this year the Rotary made a sizable gift to Meals-on-Wheels of White Plains, actually increasing the amount of the prior year. The Rotary's board of directors makes these awards on the recommendation of the Community Service Committee.

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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

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, Peter Wolfson

MLK Day of Service Attracts New Volunteers to MOWWP

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On a recent Friday, as she was preparing to go out on Route 1 with long-time volunteer Stella Miller, Lori talked about how she happened to hear about our January event. "My dad forwarded me the email from the Obama mailing," she said. "He thought I might be interested in doing something that day."

Also, Lori says, the fact that we are a food-related agency attracted her. "I love to cook, and so that caught my attention. Also I liked the fact that Meals-on-Wheels is a secular organization," she added, noting that so many agencies like shelters and soup kitchens are faith-based.

Lori works in the children's book department of Barnes & Noble in Yonkers, and loves that, especially the opportunity to do read-alouds to youngsters in the store. But she also enjoys her now weekly trips up to White Plains to help some individuals at the other end of the age spectrum. To which we say, "Thanks, Lori!" And thank you, Mr. President!

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
- Hitachi Metals CAC & the Hitachi Foundation
- The Mandel Foundation
- MBIA Foundation
- RCS Foundation
- Rotary Club of White Plains Foundation
- United Way of Westchester & Putnam Local Presence Grant

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.

Rotary Club Supports MOWWP

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"This year, with the economic situation, we wanted to focus our efforts," said Ann Edwards, chair of the committee. "We wanted to assist the agencies serving the neediest members of our community, particularly those involving food. We only wish we could do more." Among ten other grant recipients were the Westchester Coalition for the Hungry and Homeless, Lord's Pantry, and Grace Church Community Center.

Representatives of the organizations were guests of the Club at a luncheon in early March, where Club President Georgene Mongarella presented the checks.

In every issue of this newsletter we list our annual grants. Behind some there are stories, and we are pleased to bring you this one. And we are very grateful to the Rotary Club of White Plains for their support.



Susanna Sussman accepts a check from Georgene Mongarella at a Rotary meeting.

Spotlight on MOWWP's Early Years

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So, although she was on the Board of Legislators, there was no connection to the County, and a Federal Community Development grant through the City provided start-up money.

And the "Super Squad"? Legislator Whittle had a dedicated group of volunteers who researched issues like fair pricing and violations of consumer laws, reporting their findings to the Reporter Dispatch (a White Plains daily newspaper and a forerunner of today's Journal News). The first Meals-on-Wheels volunteers came out of that hardy band of pioneers.

Today, we are still bringing daily hot and cold meals to about 70 of our fellow White Plains residents who are unable to shop and cook for themselves. While much has changed, we are still fulfilling the mission set forth 30 years ago. It's appropriate to remember those early pioneers who saw a need and did something about it.

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

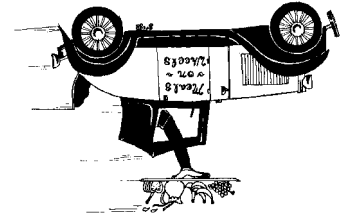
Contribute online at
mowwp.org

☐ 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

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Meals-on-Wheels News & Views

From the Director: **MOWWP Quietly Celebrates 30th Year of Continuous Service**

Meals-on-Wheels of White Plains first embarked on its mission of meal delivery to homebound residents of White Plains in 1979. And while I'm not a fan of clichés, I can't help but think: the more things change, the more they stay the same.

Thirty years have passed, but MOWWP still continues fulfilling the mission of delivering food to White Plains residents who are unable to shop or cook for themselves.

What else hasn't changed? While other meal programs have replaced hot food with frozen meals, we continue to deliver hot meals. While some programs have reduced their deliveries to fewer days per week, our volunteers are driving routes six days per week for some of our clients.

On a recent Friday, one of our volunteers mentioned to me that he was trying to identify a Meals-on-Wheels program for a parent who lives in another state. He was shocked to learn that all of the programs in her area offer only frozen meals on a once-weekly basis and shared with me his concern that his parent shouldn't be using an oven to

reheat these meals. I know that for many of our clients, even reheating a frozen meal in a microwave might be confusing and potentially unsafe. He pointed out how unusual our program is in today's economic climate.

As I write this, twelve MOW volunteers are delivering meals, in the rain, to our clients all over White Plains. And I know that despite the gloomy weather, our clients' moods will be quite a bit sunnier after their visits from our terrific volunteers.

This was the original mission of our founders and it is my honor to continue, thirty years later, to meet this goal.

As always, 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'.

Susanna Sussman
Executive Director

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