

Volunteers Are Always Needed



Can you be a Meals-on-Wheels of White Plains volunteer? Please let us know if you can help.

Many volunteers can commit to a regular weekly route. But we always need reliable “substitutes” to fill in.

Volunteers deliver meals on one of seven routes between 11:00 a.m. & 12:45 p.m. on Mondays and Thursdays. They bring wonderful meals, provide a bit of warmth and compassion, and serve as a safety check on our elderly neighbors.

Volunteers work in pairs – one to drive their own car, and one to carry the meals and deliver them. We bring to each client on Mondays and Thursdays – a hot entrée for the day, frozen entrées for subsequent days, cold meals, plus side dishes and beverages. Volunteer deliverers need to be able to carry some weight and go up and down staircases.

All of our clients fall into “high risk” categories for exposure to Covid and other contagious diseases (ex. - Flu) due to age and/or health conditions that prevent them from doing their own shopping and cooking. Therefore, we ask all volunteers to maintain their own vaccinations and boosters and “mask-up” when delivering meals.

To volunteer, please visit the Volunteer Sign-up page of our website:

<https://www.mowwp.org/to-volunteer/>

Our Volunteer Coordinator will first contact you by email. Thank you for offering to volunteer!



Photo Credit: Roddy McDowell, Use courtesy of the MPTF: Motion Picture & Television Fund. MPTF supports working and retired members of the entertainment community with a safety net of health and social services. MPTF.com

From the Director “Growing Old Ain’t No Place for Sissies.”

Bette Davis said, “Growing Old Ain’t No Place for Sissies.” Growing older, as everyone does, I feel the aches lasting a little longer. Hopefully I become wiser. Knowing that energy costs increase, my light bulbs are LEDs with a handful of curly florescent bulbs that first replaced the incandescent ones in closets. Air conditioners have all been replaced with Energy Star models, properly

sized for their rooms with great efficiency ratings. My wife and I live in a 3-bedroom co-op apartment, once filled with our children, but now we are empty nesters. We only turn on an AC or lights when we are in a room to use it. If only one of us watches TV, it is on an iPad instead of a large screen. Our usage is down by over one third. But as I write this, our monthly mid-August Con-Ed bill was a full \$100 more than last year in mid-August.

At Meals-on-Wheels of White Plains, we serve senior citizens who cannot shop or cook for themselves. Electricity is a mandatory expense for our clients. They are vulnerable to the dangers posed by heat. Air conditioning is lifesaving, not a luxury. Television is often their only companion. If my Con-Ed bill went up by 40% , - I am certain that is the minimum that it went up for our clients, many of whom also have medical devices to run, like CPAP machines.

Our clients certainly are not sissies. They do not complain to us about their aches and pains, about inflation, or anything that seems to be bothering them. Our volunteers are trained to be alert for trouble signs – slurring speech, excessive sweating, changes in breathing or skin tone, disorientation, etc. They coax our clients who, not being sissies, often respond with “I don’t want to be any trouble.” When needed we call their emergency contacts or 911.

Most often, we do hear thank you for being here today; thank you for thinking about us; thank you for the meals.

These thanks belong to you – the volunteers among you who deliver meals, and those who generously donate funds to pay for meals and a proper operation. So, from all of our gutsy clients to you – Thank you!

- Jeremy Kasman, Executive Director



Patti Horvath of the Field Hall Foundation
Greets Meals-on-Wheels Volunteer Jeff Petre

Field Hall Foundation Provides \$15,000 Grant to Supply Meals.

Patti Lavan Horvath, Program Officer, recently presented Meals-on-Wheels of White Plains with a \$15,000 grant from the Field Hall Foundation to support the provision of meal delivery to senior citizens living in White Plains who are not able to shop or cook for themselves.

The day was exciting, because of the “hands-on” approach of the Foundation and its staff. The generous size of the check is greatly appreciated, but checks do not smile broadly and say “thank you” to our dedicated volunteers. This was Patti’s second visit representing the Foundation to Meals-on-Wheels of White Plains. The first was to assess our operation in detail before deciding on the grant. This time, on a rainy day – Patti came check literally in hand, beaming from ear to ear and eager to meet each and every volunteer delivering meals that day.

The Field Hall Foundation’s primary mission is to improve the lives of older adults and their caregivers. It supports programs and projects that directly impact low-income and vulnerable older adults and their caregivers in Dutchess, Putnam and Westchester Counties, NY. Priority is given to those that address their most basic needs. Our delivery of meals falls into that priority area.

For more information about the Foundation, please visit their website www.fieldhallfoundation.org.



Westchester County Department of Senior Programs & Services Launches New Program to Help Plan for Aging

Developed by the Westchester County Department of Senior Programs & Services, and the Westchester Public/Private Partnership for Aging Services, the Live Well & Age Well: The Planning Ambassadors for Aging Program is designed to help residents plan for a successful quality of life in the future. Fordham University’s Ravazzin Center on Aging has created a survey that covers a variety of topics, including long term care, caregiving, technology, transportation, housing, nutrition and more.

About the survey: You must be 18 years or older to participate in the voluntary anonymous survey, which should take no more than 20 minutes to complete.

Participants may include: Older adults; Multigenerational individuals; and Caregivers.

The data will be used to plan for needed senior programs and services in Westchester County. The County’s goal is to capture input from at least 3,000 residents, and success depends largely on your assistance.

The voluntary and anonymous survey can be completed online as well as in person at certain DSPS events, houses of worship, businesses, organizations, and agencies, where trained Planning Ambassador faculty will be present to help with completing the assessments.

For more information about Live Well & Age Well: The Planning Ambassador for Aging Program, call 914-813-6102 or email PAFAProgram@westchestercountyny.gov.



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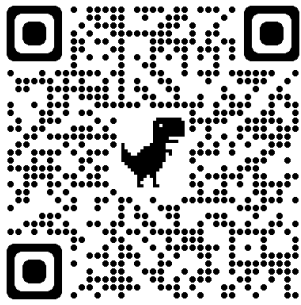
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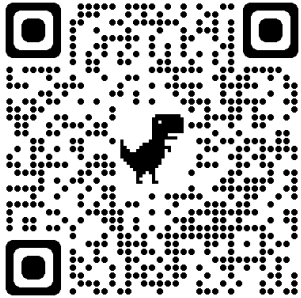
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**Meals on Wheels of
White Plains
is a member program of
Meals on Wheels of America.**



**QR Code for About Us
Webpage on mowwp.org.**



**QR Code for Contact Us
Webpage on mowwp.org.**

Welcome to Meals-on-Wheels Brochure & Client Intake Forms Posted on Our Website for Download

Are you in need of Meals-on-Wheels service because you are not able to shop and cook for yourself? Are you a family member of someone living in the City of White Plains with this problem? Or are you a Discharge Planner or Social Worker helping a patient in your hospital or at your agency who cannot shop or cook for themselves?

To help speed up the process of finding out more about us and applying to receive service following PDF documents are now available for download from our website www.mowwp.org.

Welcome to Meals-on-Wheels is near the top of our “About Us” page. You can use the first QR Code in the column to the left to reach this webpage.

There are two application forms found on the “Contact Us” page.

- Client Application Form Meals-on-Wheels of White Plains Service to be filled out by a potential client or a family member on their behalf.
- Agency Referral Form for Meals-on-Wheels of White Plains Service to be filled out by Social Workers, Discharge Planners, Doctors, etc. on behalf of their patients or clients.

Please use the proper form. Use the second QR code to reach the Contact Us Webpage.

Meals-on-Wheels mourns the passing of Robert “Bob” Thomasset, on August 20, 2023, at the age of 91. Bob leaves behind his loving wife of over 42 years, Mary Thomasset. Both Bob and Mary were long-time volunteers and members of our board of directors. Bob took on the role of Treasurer for more years than we can count. He will be missed.



Bob Thomasset Delivers a Meal, 2003

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 ☐ \$180 ☐ \$100 ☐ \$50 ☐ \$30 ☐ _____ (Other)

Your Name(s): _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

E-mail: _____ **Telephone:** _____

This gift is (check one) ☐ in honor of or ☐ in memory of the following (please print below):

Name(s) of the person(s): _____

Please acknowledge my gift to the following:

Name of Addressee (if same as honoree above, enter same.): _____

Address: _____ **City:** _____ **State:** _____ **Zip Code:** _____

E-mail: _____ **Telephone:** _____

Please mail this form with your check to

Meals on Wheels of White Plains
311 North Street, Suite G-5
White Plains, NY 10605

**or donate on-line
at mowwp.org**

Meals-on-Wheels Menu September 25 to November 3

mowwp.org

Our menu follows the Westchester County Nutrition Program Menu prepared by Antonella Caggiano, RDN and is reviewed by Meals-on-Wheels of White Plains Consulting Dietician Lauren Kaufman, RDN. The menu is subject to change. It may vary based on 1) Individual diets, based on either medical needs or preferences resulting in substitutions. Clients are asked to inform us of these needs. We will check with their doctors as needed. 2) Supply chain &/or market availability issues. Our vendor's kitchen will make substitutions if an item is not available. 3) Changes made by Westchester County.

Monday	Tuesday	Wednesday	Thursday	Friday
9/25	9/26	9/27	9/28	9/29
Italian Chicken Sausage Roasted Potatoes Peppers & Onions	Asian Pork & Peppers Brown Rice Oriental Vegetable Mix	Eggplant Parmigiana Whole Wheat Penne Broccoli Chickpeas	Chicken Paprika Harvard Beets Tuscan Vegetables	Yankee Pot Roast Mashed Sweet Potatoes Cauliflower & Peas
10/2	10/3	10/4	10/5	10/6
Crispy Baked Chicken Corn Niblets Kale & Onions	Manicotti with Tomato Sauce Chick Peas Broccoli Florets	Beef Suabraton with Gravy Potatoes Red Cabbage	Potato, Zucchini & Cheese Frittata Stewed Tomatoes Green Beans	Honey Garlic Chicken Brown Rice Mixed Vegetables
10/9	10/10	10/11	10/12	10/13
Macaroni & Cheese Stewed Tomatoes Green Beans	Crispy Baked Chicken Baked Sweet Potato Collard Greens	Italian Meatballs Spaghetti Zucchini	Roast Turkey Mushroom Onion Stuffing Mixed Vegetables	Roast Turkey Beets Brown Rice
10/16	10/17	10/18	10/19	10/20
Knockwurst & Sauerkraut Tater Tots Peppers & Onions	Baked Ziti w/ Ground Beef Spinach T.B.A.	Sweet & Sour Pork White Rice Broccoli Florets	Sole Florentine Lemon Potatoes Carrots	Roast Chicken with Honey-Mustard Sauce Succotash Kale & Onions
10/23	10/24	10/25	10/26	10/27
Salisbury Steak Mashed Sweet Potatoes Cauliflower	Salmon Patty Corn Niblets Green Bean Casserole	Turkey a-la King Brown Rice Spinach	Pork Cutlet Brown Rice Mixed Vegetables	Chicken Cutlet Parmigiana Whole Wheat Penne w/ Sauce Broccoli Florets
10/30	10/31	11/1	11/2	11/3
Broccoli & Cheese Quiche Roasted Potatoes Stewed Tomatoes	Hungarian Veal "Ghoul"ash Buttered Noodles Creamed Spinach	Cheese Lasagna Chickpeas Broccoli Florets	Orange Ginger Chicken Brown Rice Oriental Vegetables	German Style Pork Chop w/ Sauerkraut Harvard Beets & Green Beans

Meals on Wheels of White Plains, Inc.
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mowwp.org
(914) 946-6878

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Meals on Wheels News Inside:

- "Growing Old Ain't No Place for Sissies."
- **Volunteers Are Always Needed**
- **How to Download Client Intake Forms**



Meals on Wheels of White Plains:
We are here when you need us!