

The latest from Meals-on-Wheels of White Plains

Thank you to Dunne's Pub!



Outside of Dunne's Pub, Before this year's St. Patrick's Day Parade.

Meals-on-Wheels of White Plains extends a special thank you to Dunne's Pub on Shapham Place in White Plains for hosting the John Kirkpatrick Memorial Celebratory Irish Breakfast before the White Plains St. Patrick's Parade on March 9th.

Proceeds of the breakfast went to support the delivery of meals to those who cannot shop or cook for themselves in the City of White Plains. Meals-on-Wheels of White Plains also thanks the breakfast "committee" of Dennis Power, our Emcee, and fine Irish Tenor; Susan Kirkpatrick, John's widow; Declan Farrell, proprietor of Dunne's Pub; and Hon. Victoria Free Presser who kept track of the details. About 80 people came out in support, had a great time, and helped their community.



MARCH IS OFFICIALLY SENIOR NUTRITION PROGRAMS MONTH

Hon Ben Boykin Presents Proclamation. (Right)

March for Meals: Helping to #SaveLunch Mayor Tom Roach and County Deliver in Different Ways

This past March, Meals-on-Wheels of White Plains honored the month as "March for Meals," part of a national Meals on Wheels of America campaign to raise awareness of policy efforts to increase access to nutritious food for seniors under the banner of "#SaveLunch". We were excited to welcome Hon. Ben Boykin as he presented a proclamation from the County Board of Legislators declaring March Senior Nutrition Programs Month in Westchester County.

The proclamation arrived shortly before a visit from City of White Plains Mayor Tom Roach (who joined volunteers in delivering meals), Common Council Member Jeremiah Frei-Pearson, and Council President Vicki Presser. The rain did not deter our elected officials from being there to serve our community. Jeremiah has taken a spot on our Board of Directors, and we are excited to welcome him to that role in our Meals-on-Wheels family.

This was not Mayor Roach's first ride along with us. He told News12 reporter Katerina Belales that he found on his earlier deliveries to our clients, "this is more than just a meal, this is contact with the outside world and someone to chat with." Mayor Roach got to chat with many of our clients as he surprised them by showing up at their doors with their meals.



Volunteer Lydia Kris and Mayor Roach deliver meals.

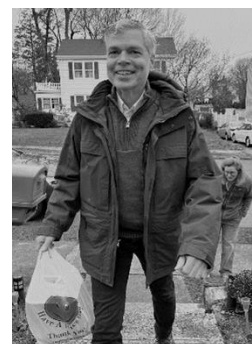
Although the March for Meals campaign is over, advocacy to secure funding for our Meals-on-Wheels programming is vital. Most of our revenue comes from donations, but Meals-on-Wheels also gets important funding from Community Development Block Grants (federally allocated funds distributed to localities). In White Plains, the City Planning Department carefully evaluates and allocates these funds to a wide variety of organizations like ours that provide needed services in the City. Please write to our representatives in Congress, Hon. Jamaal Bowman and Senators Charles Schumer and Kirsten Gillibrand, to support the full funding of these Community Development Block Grants.



L to R: Mayor Tom Roach, Hon. Jeremiah Frei-Pearson, Hon. Vicki Presser, Steve Hochman (background), laughing with volunteer Steve Taylor in orange coat.



Mayor Tom Roach at White Plains High School.



Mayor Roach walks up to a door to deliver me Mayor Roach walks up to a door to deliver meals.

Meals-on-Wheels Rolls Thanks to Volunteers

On a Monday morning in February, I searched the loading area for a man named Larry Marcus. I was brand new to Meals-on-Wheels of White Plains. I am Syd Walter, a student at Sarah Lawrence starting as the Communications Intern. I was going on a route that morning to see what it was like to deliver meals and to learn more about the people we serve meals to.

From a dark blue car, Larry emerged wearing a ball cap and wire-rimmed glasses. He waved; I bounced over to the car to help him load up. That ride along with Larry really set in motion what would define my time here at Meals on Wheels of White Plains: relationship building.

On that first ride along, I watched Larry engage in fleeting yet meaningful encounters with clients; most often, as we left, people were smiling.

The last person on Larry's route, we will call her Elena, was especially close with Larry. When we delivered meals to Elena, we stood outside the door for fifteen minutes while she talked about her life, clutching the billowing fabric of her shirt against her chest and using her free hand to animate her stories. We laughed with her and nodded along. Meeting Elena, it was clear to me the role that Larry played as a volunteer; he had become an extension of her community.

In working on a podcast project for Meals-on-Wheels of White Plains, looking at the people who make it possible, I interviewed Steve Taylor, another volunteer. When asked why he volunteers, he said:

“I had retired from a regular job, but I was still healthy and able to do things and I have always been impressed with the work Meals on Wheels does. Although [volunteering] is a regular commitment, it's a doable commitment. To be able to come in two to two-and-a-half hours every week and leave actually making a difference was perfect for what I was trying to do and where I was trying to move in my life.”

It's very true what Steve said. When you are delivering meals, you are helping to feed people. That's what this work comes down to, and that's why it is so powerful. Food brings people together and requires many hands to make a meal possible. To be a part of that network is a gift we can give to our neighbors and ourselves.



Dedicated Meals-on-Wheels Volunteers: Stephen & Mary Ryan (Left) Beulah Brown (Below)



Board of Directors & Staff

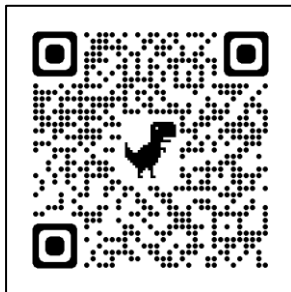
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- Volunteer Coordinator
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Syd Walter, Communications

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Meals on Wheels of White Plains



is a member program of
Meals on Wheels of America.



The podcast project with interviews of Steve and Larry will be coming out in May. You will be able to listen to it on the Meals on Wheels of White Plains website. Look for an E-newsletter with the link as well. If we do not have your email address, please subscribe on our website.

If you or someone you know is interested in volunteering, scan the QR code to the left. It links to the Volunteer Sign-up page on the website.

Need Meals-on-Wheels?

Use the QR Code to reach these two application forms:

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

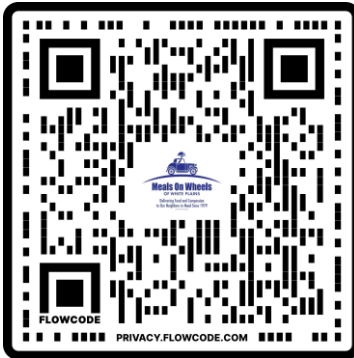
(Scroll down the page for both forms)



Help Put the Social in Social Media for Meals-on-Wheels



INSTAGRAM (above)
QR Code for @mowwpny
Meals-on-Wheels
of White Plains on Instagram



LinkedIn (above)
QR Code for @mowwpny
Meals-on-Wheels
of White Plains on LinkedIn

Facebook QR Code is on back page.



Steven Hochman (Right) sharing laugh with Pete Tancredi (Left) our Loader.

From the #MOWWP President: Steven Hochman

Last month was “March for Meals.” April is National Volunteer Month.

Some twenty-five years ago, my friend Paul Schwarz asked me to join him in delivering meals as a Meals-on-Wheels of White Plains volunteer. And so, on Saturdays, we began to drive around White Plains bringing a smile, some conversation, and meals to lonely people. Often, my wife Jane took Paul’s place with me on “our” route. We saw the faces and heard the voices of those being helped. Over time the three of us built relationships with the people we were delivering to. It is amazing how much communication can transpire in the “couple of minutes” it takes to hand over a set of meals!

When training new volunteers, Meals-on-Wheels explains that we are a “wellness check.” Understanding this really kicks in after a few weeks. I learned in my visits what each client’s “normal” appearance and demeanor was. “Joe” would shave and wear a collared shirt. If he didn’t, this was a signal that something was amiss. A call to his emergency contact would be made. “Mary” would always be bright and articulate. If she answered the door with a blank expression and slurred speech, a call to 911 would be in order.

My wife and I became donors as well. Over time, my volunteering expanded from delivering meals to serving also as a member of the Board of Directors, Treasurer and then as President of the Board. When called upon, I still occasionally deliver meals.

Without volunteers and donors, people in need will not be served. Last year our volunteers delivered 39,000+ meals, 15% more than in 2022. We pay a vendor to prepare each meal.

Please continue to be our partner. Volunteer or donate using the links and information provided in this newsletter. Pass this newsletter on to a friend or family member or neighbor and encourage them to help. Follow us on social media and take an active part in liking, sharing, and commenting on posts.

Thank you,

Yes, I can help Meals on Wheels of White Plains by passing this newsletter onto a friend and asking them to donate or volunteer. Or I can help with my own contribution.

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: _____

Please email me about volunteering to help delivery meals on Monday or Thursday. (fill in address above)

Please mail this form with your check to:

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

Use the QR Code (Right) for our website to click through to either the Donation or Volunteer Webpages.
If you wish to donate in honor or memory of someone, please use the online form on the Donation webpage. Thank you!



Can You Be a Meals-on-Wheels Sponsor?

We are asking for the support of local businesses and other organizations, large and small, to become a sponsor of Meals-on-Wheels of White Plains. Please help us to continue providing the best service possible for our clients, your neighbors. Sponsorships are available for a minimum annual gift of \$5,000.

All sponsors will be recognized on our website and our print and electronic newsletters, with your logo displayed and links to your website where appropriate. You will also be listed as a Friend of Meals-on-Wheels, and we will provide you with material and signage with our logo for display on your website and at your office or other public space your business operates. The first seven sponsors to sign up will be recognized as *Route Sponsors* in signage on the cars that deliver meals on sponsored routes. (We currently have seven routes.)

Meals-on-Wheels and our clients have relied on the generosity of the White Plains community since 1979. We are an independent local organization. An army of volunteers handles the deliveries, but operating Meals-on-Wheels still costs money. We pay for the food we serve and customize meals to meet the individual dietary needs of our clients. As you view news reports of seniors forced to choose between paying for their medicines, housing, or food, think of the help that your contribution will bring to our clients in need, living here in the community that we share.

Money is our scarcest resource, but we can always use volunteers. For example - employees on lunch hours of one to two hours can deliver meals on Mondays or Thursdays on the route your company sponsors. Or maybe your firm has technical skills that can assist Meals-on-Wheels on the back end.

We are a 501(c)(3) tax-exempt organization. Our financial report and 990 tax return are posted on our website at www.mowwp.org.

Your generous support can help keep Meals-on-Wheels rolling. For information or to become a sponsor, please call us at (914) 946-6878 or email sponsor@mowwp.org.

Meals on Wheels of White Plains, Inc.
311 North Street, Suite G5
White Plains, NY 10605

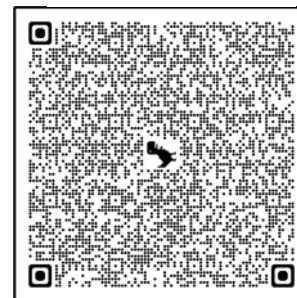
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(914) 946-6878

Please pass me along to a friend!

RETURN SERVICE REQUESTED



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



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Hashtags:

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