

## Meals-on-Wheels Rolls Thanks to Volunteers



Pictures are worth a thousand words!



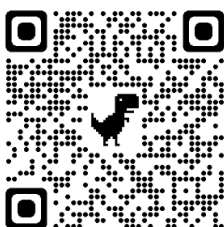
Volunteer Drivers & Deliverers are needed on Mondays and Thursdays 11 am to 12:30 pm



Above: See article on our new Board Members to find out who is holding the shamrocks. (p. 3-4)



[To volunteer](#), please use this QR code:



Then complete the form on the website.

## To Be or Not to Be, That Is the Question...

One of every three Meals on Wheels programs in the United States has a waiting list.

**Meals-on-Wheels of White Plains**

**has not had such a list.**

**That is not until July 1st, 2025...**

This is the day that Meals-on-Wheels of White Plains' ([#MOWWP](#)) next Community Development Block Grant (CDBG) year is scheduled to begin. CDBG is a Federal Grant provided to States and Localities like the City of White Plains to spend as the State or City deem fit. Since 1979 the City of White Plains has supported #MOWWP with CDBG funds. #MOWWP did not and still does not receive Older American Act grants (aka: Meals on Wheels Funds) to support our delivery of [meals](#) to elderly disabled residents of our city not able to shop or cook for themselves.

#MOWWP has made the choice to use cash reserves to cover the cost of providing meals to clients in financial need. Over the course of 30 years, the federal government, under the leadership of both parties, has not kept CDBG funding up with the pace of inflation. If the CDBG grant HAD kept pace, #MOWWP should have received \$38,000 more than the \$15,000 granted in the last program year, pretty much in line with our deficit.

We all read the news. Will there be a CDBG program on July 1st? Yes or No. If yes, how much less money? 10%, 25%, 50%, 75%, 90% less? HHS Employees that work with Meals on Wheels Programs have been fired.

Corporate support has dwindled as companies such as General Foods have left Westchester County or have experienced restructuring through bankruptcies, or acquisition by other companies from outside of our area. #MOWWP is not giving up and is seeking new sources for assistance. If you are the Officer of a Corporation here in Westchester or business owner and would like to assist, please email us at [info@mowwp.org](mailto:info@mowwp.org).

***Fortunately, our individual donors have held steady. If you are one: Thank you!***

MOWWP is now planning that there will be no CDBG funds. This is the prudent thing to do. It is not pleasant. While there have been other Meals on Wheels programs in Westchester that have closed altogether either temporarily or permanently, we do not anticipate that occurring at this time. However, there are no good outcomes in sight.

Decisions still need to be made, and details to figure out. When that happens, we will tell our clients first and then the public. To stay informed please subscribe to our e-news by going to <http://www.mowwp.org/subscribe/> and click through to enter your name and email address. Also follow us on Social Media using the QR codes provided elsewhere. You can search for us online using the hashtag #MOWWP, (our initials) We use it in content like this so that we can be found when it is posted.

These are confusing and difficult times. All of us are feeling stress, but we know that inaction is not an option. Often it is only a matter of luck that one person is able to give while another must be helped. We will get through this together.

-Jeremy Kasman  
Executive Director

# Meet Our New #MOWWP Board Members

Meals-on-Wheels-of-White-Plains greets four new Board members. The new Directors are Denise O. Matthews-Serra, Vidhya Rao, Dr. Enrique Jinete, and Jeremiah Frei-Pearson. We look forward to them bringing new energy, knowledge and commitment to our efforts to provide healthy medically appropriate meals to those in our community unable to shop and cook for themselves.



Denise O. Matthews-Serra, a Project & Client Relationship Manager, recently retired from her long, well-credentialed Financial Services career, brings extensive board experience to our agency. She holds an Economics degree from Hunter College and an MS in Project Management from Boston University. Denise is currently Board Treasurer for The Woman's Club of White Plains, Inc. and is a board member of The Thomas H. Slater Center in White Plains and United Way of Westchester and Putnam.

Her past board appointments include President of the White Plains Public Library Board of Trustees, Board of Trustees of the Westchester Library System-Governance Committee, and Board Trustee in her Gedney Farms neighborhood association. Denise's community involvement also includes the White Plains school system, where she was a substitute teacher and was active in the PTA, including as President of the White Plains PTA Council.

Vidhya Rao has been a resident of Westchester County for over twenty years. Her volunteer service, includes work with cultural organizations related to her Indian heritage, has involved fighting hunger through food drives for seniors and students in need during summer break, assisting with clothing drives in Westchester County, as well as with the development of Indian villages by funding children's education projects and reducing water scarcity.



Her professional experience includes over 25 years in the IT industry, primarily with Montefiore Health System. Her expertise covers healthcare insurance including claims, billing, electronic medical records and pricing, areas that will be of great importance as Meals-on-Wheels adjusts to new ways of doing business in a swiftly changing world.

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## Thank you to [Dunne's Pub](#)!

Meals-on-Wheels of White Plains again extends a special thank you to [Dunne's Pub](#) on Shapham Place in White Plains for hosting the second annual John Kirkpatrick Memorial Celebratory Irish Breakfast before the White Plains St. Patrick's Parade on March 8th.



Proceeds of the event went to support delivery of meals to those who cannot shop or cook for themselves in the City of White Plains. #MOWWP 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.



## Board of Directors & Staff

**President**  
Steven Hochman  
**Treasurer**  
David Klein  
**Recording Secretary**  
Sara Basson  
**Corresponding Secretary**  
Mary Helen Jordan

## Board Members

Hon. Ben Boykin  
Enrique C. Jinete, D.P.T  
Hon. Jeremiah Frei-Pearson  
Vidhya Rao  
Denise Matthews-Serra  
Pastor Tyrone Robinson  
Peter Wolfson  
**President Emeritus**  
Paul Schwarz (Deceased)  
**Executive Director**  
Jeremy Kasman  
**Volunteer Coordinator**  
Stephanie Baird  
[sbaird@mowwp.org](mailto:sbaird@mowwp.org)  
**Loader & Logistics Coordinator**  
Peter Tancredi

## Address:

311 North Street, Suite G5  
White Plains, NY 10605  
914—946-6878  
[info@mowwp](mailto:info@mowwp)

[mowwp.org](http://mowwp.org)

## Need Meals-on-Wheels? Use the QR Code to reach:

- [Client Application Form](#) for Meals-on-Wheels for self-referral or family members to complete.
- [Agency Referral Form](#) for Meals-on-Wheels of White Plains for Social Workers, Doctors, Discharge Planners, etc.

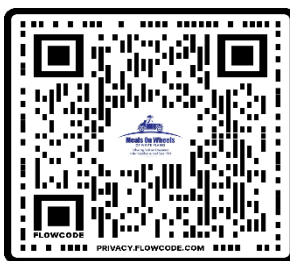


## Help Put the Social in Social Media for Meals-on-Wheels

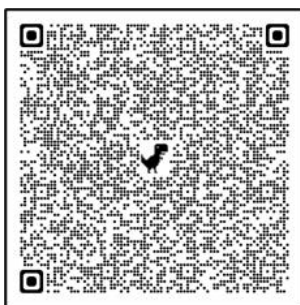
QR Codes to reach our @mowwpny Meals-on-Wheels of White Plains social media pages are below:



[INSTAGRAM](#) (above)



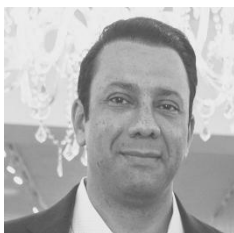
[LinkedIn](#) (above)



[Facebook](#) (Above)

## Meet Our New #MOWWP Board Members

(continued from page 2)



Enrique Jinete, known to his patients as "Doctor Rick," is a physical therapist passionate about helping people achieve their health and wellness goals. He holds a DPT (Doctor of Physical Therapy) from Stonybrook University as well as an MS in Physical Therapy and a BS in Applied Health Science from New York Institute of Technology. Enrique is the owner and CEO of Healing Therapeutics Physical Therapy PLLC, where he provides rehabilitation services to seniors, as well as to young children with muscle, skeletal and neuromuscular diseases. Enrique is excited about joining, where he feels that "... my communication skills, ability to solve problems and think outside of the box, and dedication will make me a valued and effective board member."

Jeremiah Frei-Pearson is a founding partner of a public interest class action law firm that represents employees, consumers, and people with disabilities in complex class actions. He is a graduate of Stanford Law School and Skidmore College.

Jeremiah is active in our City. He serves as an elected member of the White Plains Common Council. He previously chaired, and is still a member of, the Mayor's Advisory Committee for People With Disabilities and the White Plains Sustainability Committee. Not one to sit still, when term limits ended his service on the Board of Legal Services of the Hudson Valley, he promptly joined the Board of #MOWWP! Jeremiah is a substitute driver and meal deliverer for us. As a volunteer he is best known for being the only person we know to deliver meals in White Plains in a convertible with the top down! No wonder he is always smiling.



## White Plains Public Library Homebound Delivery Program

The first deliveries of Library books, DVDs, and CDs are starting thanks to #MOWWP's new partnership with the White Plains Public Library [Homebound Delivery Program](#). Our clients, all qualifying

White Plains residents, can have their favorite selections from the Library brought directly to their door, along with their meals by our #MOWWP volunteers. To learn more about the Homebound Delivery Program or to sign up call 914-422-1485 to speak with a White Plains Librarian today!

### 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](http://mowwp.org)  
Scan QR Code (right)







## 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 provide the best service possible for our clients, your neighbors. To start, **we seek Sponsors for each of the 7 current routes**. Each Route Sponsor will be recognized in signage on cars that deliver on their route.

**All sponsors will be recognized on our website, in print and electronic newsletters**, with your logo displayed and links to your website as appropriate. You will also be listed as a Friend of Meals-on-Wheels. We will provide material with our logo for display on your website and at your office or other space where you operate. **Other types of sponsorship will become available shortly.**

Meals-on-Wheels and our clients have relied on the generosity of the White Plains community since 1979. We are an independent local 501(c)(3) tax-exempt organization. An army of volunteers handles deliveries. Operating Meals-on-Wheels costs money. We [customize meals to meet the individual health needs](#) of clients and pay for the food we serve. As you view news of cuts to social safety net programs and the staff of federal agencies that administer grants helping the hungry from Food Banks to Meals on Wheels, keep in mind that before 2025 many seniors were already choosing between paying for their medicines, housing, or food. Think of the help that your business or organization can bring to seniors in need, living here in the city that we share.

Money is our scarcest resource, but we can always use volunteers. For example – employees can deliver meals on Mondays or Thursdays on your sponsored route. Or maybe your firm has technical skills that can assist Meals-on-Wheels in the back end.

Our [990 Tax Exempt Return](#) is posted on our website at [www.mowwp.org](http://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](mailto:sponsor@mowwp.org)

## When Meals-on-Wheels of White Plains Delivers a meal, what is different today than it was 30 years ago? What has changed?



On the surface, things look the same. Meals-on-Wheels of White Plains (#mowwp) still serves [nutritious medically appropriate meals](#) to our clients. But the trays are no longer aluminum, instead they are compostable cardboard. Both types of trays can be re-heated in an oven but not in a toaster oven. Today, the newer tray can be "nuked" in a microwave.

The [boundaries of the City of White Plains](#) are still the same. Many buildings are gone, and others rise to take their place. Construction seems to never end. City residents, our friends and neighbors grow older as time marches on. For some sooner than others the frailties associated with advancing age arrive.

Beneath the surface, #MOWWP sees change in our clients. Over the last 30 years there has been a 530% increase in those living in extreme poverty, unable to afford the cost of meals. This economic hardship results from consistent and constant rising expenses for housing, energy, and medicine, including over the counter items, leaving little income for food.

This year our ability to meet the needs of clients will be severely tested.

Tomorrow and the next 30 years are up to you. Please read our cover story "To Be or Not to Be..."

Thank you for your support! **Please pass this newsletter along.**