



Message from the Executive Director

I am thrilled to have joined Meals on Wheels of White Plains this past June and am honored to share my first newsletter message with our community. It did not take long for me to recognize the extraordinary network of relationships that makes this organization so special. From meal preparation and packaging to distribution, volunteer delivery, and ultimately bringing nutritious meals to our neighbors in need, every step depends on dedicated people working together toward a common purpose.

One of the most inspiring sights is watching volunteers arrive at White Plains High School to pick up meals for delivery. What you see are neighbors helping neighbors—people willing to go the extra mile to ensure that others have access to nutritious food and a caring connection. When a volunteer arrives at a client's door, they deliver much more than a meal. The smiles exchanged represent companionship, reassurance, and human connection. For many of our clients, that friendly visit is an important part of their day and a reminder that they are not alone.

Today, most of our clients receive meals at no cost. This would not be possible without the generosity of community members, foundations, and supporters who believe in our mission. We are proud to serve our community and deeply grateful for the opportunity to make a meaningful difference in the lives of our neighbors. If you would like to learn more about our work, volunteer, or support our mission, I would be delighted to hear from you.

Warm regards,
Margie Ostrower, Executive Director
mostrower@mowwp.org | 914-946-6878



St. Patrick's Breakfast - 3 Years and Counting!

What do you get when you mix a family deep in roots in White Plains for 50 years with a hopping Irish Pub? You get the St. Patrick's Breakfast held each year at Dunne's Pub on the same day as the White Plains St. Patrick's Day parade.

John Kirkpatrick and his wife Susan have been residents of White Plains for more than 50 years and have served their community in many ways. Susan was active in the school community and worked with the County Board of Legislators that had ties to Dunne's. When John retired from the Common Council, he ran the breakfast as a fundraiser for Meals on Wheels.

John, a member of the Common Council for 9 years, the city planning commission for 2 years and a board member of the Westchester County Parks Foundation along with his law work, was a busy man. After he passed in 2023, Dunne's renamed the annual breakfast in honor of John's contributions to the city and donated the food and the space. Vicki Presser volunteered to organize the fundraising along with MOWWP.

Susan and their three children are grateful to see this recognition of their husband and father in the community he loved. Dunne's has now held the tribute breakfast for 3 years and raised more than \$10,000 for Meals on Wheels of White Plains.

Save the date for the next breakfast, Wednesday, March 17, 2027!

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Margie Ostrower
Executive Director



Staff Highlight: Stephanie Baird



How do all of our meals get delivered to the right places on the right days? Some of it is good planning, but most of the coordination and attention to detail comes through our volunteer coordinator, Stephanie Baird. Since 2008, Stephanie's primary role is to receive offers of help from volunteers, onboard these volunteers and then manage their role in our distribution. She keeps track of drivers, deliverers and backups. She takes the client's information and lays it out by route through White Plains and makes sure that the right meal is delivered to the right client. Stephanie says her favorite part of the job is working with the volunteers and getting to know them. Her favorite day of the year is our volunteer recognition gathering where she can be face to face with many that she usually connects with through phone and email.

Outside of MOWWP, Stephanie works as the Clinical Director for Positive Directions in Yonkers. This unit is the outpatient substance use clinic for St. Joseph's Medical Center. Stephanie has a master's degree in Marriage & Family Therapy. In her spare time, Stephanie loves to be with her nieces and nephews and be a part of their lives. We are so grateful to this staff member who performs all the magic for MOWWP.



FALL 2026

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MESSAGE FROM THE
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STAFF HIGHLIGHT

47 years of service
100 volunteers
20,000 meals per year
Immeasurable impact
Countless friendships
and smiles

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SCAN HERE
TO MAKE A
DIFFERENCE



Meals on Wheels of White Plains recently celebrated its annual Spring Volunteer Recognition Event, honoring the dedicated individuals who make our mission possible every day.

Graciously hosted by volunteer Danielle Solinski and her family, volunteers enjoyed a beautiful sunny afternoon filled with refreshments and great company. Since many of our volunteers deliver along different routes and serve on different days, opportunities to gather are rare. What unites them all is their shared commitment of time, compassion, and energy in support of our neighbors in need. This annual celebration offers a special chance to reconnect, catch up with friends, and celebrate the impact they make throughout the year. We were honored to welcome Justin Brasch, Mayor of White Plains, who joined us to personally thank our volunteers for their dedication and service to the community.





Golf Balls for Good

If you find yourself at the intersection of the Hutchinson River Parkway and Mamaroneck Road, you’re standing near a place that has quietly helped support Meals on Wheels of White Plains for years. Listen closely and you might hear the crunch of leaves and fallen branches beneath the feet of Marc Weinstein as he heads into the woods in search of golf balls, a labor of love he has undertaken for many years.

A White Plains resident and avid golfer for more than 60 years, Marc found a unique way to combine his passion for the game with a cause close to his heart. Before most people begin their day, Marc is already making his way through the wooded areas surrounding Maple Moor Golf Course and Saxon Woods Golf Course collecting lost golf balls. On a good day, he retrieves as many as 100.

The work doesn’t end there. Marc brings the balls home, sorts them, and discards roughly 20 percent that are cracked or otherwise unsuitable for resale. The remaining balls get thorough cleaning in his kitchen sink, courtesy of a trusty Scrub Daddy, before being packaged by the dozen and going back to the pro shop. The balls are sold and the proceeds come to Meals on Wheels of White Plains as a donation.

The result of all this effort is remarkable. Each year, Marc’s golf ball enterprise generates approximately \$7,000 for Meals on Wheels of White Plains. About half of those funds come from golf balls collected during the winter months while Marc is in Florida. Getting them back to New York is a team effort. Last year alone, friends driving north transported more than 5,300 golf balls in four separate cars, all making their way up I-95 and into Marc’s care.

Marc’s connection to Meals on Wheels of White Plains began through Paul Schwarz, former MOWWP President and fellow White Plains High School alumnus. Marc was also aware of a neighbor who benefited from the organization’s services. Those personal connections were all it took to turn an idea into a meaningful fundraising effort—one that continues to make a difference year after year. Thank you, Marc, for all that you do for Meals on Wheels of White Plains and the community you serve.

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Blueberry Muffin Overnight Oats

By Joy Bauer, MS, RDN, CDN

Imagine waking up to a breakfast that tastes like a fresh blueberry muffin – but comes together the night before with just a little stirring. That’s the magic of overnight oats. There is no cooking, no fuss, just a few wholesome ingredients spooned into a jar and tucked into the fridge while you sleep. By morning, breakfast is ready and waiting.

Enjoy it cool and creamy straight from the refrigerator, or warm it in the microwave for a cozy start to your day. Every spoonful is bursting with sweet blueberries, hearty oats, banana, and chia seeds, plus creamy Greek yogurt to keep you feeling satisfied all morning long.

Feeling fancy? A sprinkle of chopped walnuts or peanuts on top adds a lovely little crunch. Each serving delivers 14g of protein and 10g of fiber. Hoping you love it!

DID YOU KNOW?

Meals on Wheels of America recently announced an extraordinary \$70 million unrestricted donation from philanthropist, MacKenzie Scott. Read more at mealsonwheelsamerica.org/news



INGREDIENTS

Makes 1 serving

- ½ ripe banana
- ½ cup fresh or frozen blueberries, thawed
- ½ cup milk of choice
- ¼ cup plain Greek yogurt
- ½ cup old-fashioned rolled oats
- 1 tablespoon chia seeds or ground flaxseed
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1–2 teaspoons honey or maple syrup (optional)

DIRECTIONS

1. In a bowl or wide-mouth jar, mash the banana with half of the blueberries. Stir in the milk, yogurt, and vanilla.
2. Add the oats, chia seeds, and cinnamon. Fold in the remaining blueberries.
3. Cover and refrigerate for at least 3 hours or overnight. Then, enjoy cold like chilled porridge, or microwave for about 1 minute for a warm and cozy morning meal.

Looking for more nutritious and delicious recipes? Visit JoyBauer.com for countless meal and snack ideas!

Thank You John Palefsky!

John Palefsky entered Clark University in 1979 to pursue a computer science degree. This was the same year that Meals on Wheels of White Plains opened its doors. Who knew all these years later that John and his technology expertise would benefit MOWWP. Professionally, John has enjoyed a long career spanning several decades working for corporations on their IT infrastructure and planning. John knew of MOWWP through his wife’s family. For the past few years, he has been helping wherever he can and over the summer joined the board of directors.

We are so grateful to John for upgrading all our systems, making document sharing and document retention a priority. He streamlined the process of running food labels from what was a half day task into a five-minute joy! He is superman, able to fly into the office and fix whatever is not working and always comes up with great solutions for the staff and volunteers. We thank John for always being on call for us and our office needs.

Message from the President

I am honored to serve as the new President of Meals on Wheels of White Plains, effective June 2026. I am deeply grateful that the Board has placed its faith in me to continue its mission to provide a vital service to our community.

While I knew about Meals on Wheels of White Plains because I served as Trustee on the White Plains Library Board with Paul Schwarz, a passionate past President who spoke of his deliveries, it wasn’t until my daughter, Katie, who had recently graduated from college, volunteered, unbeknownst to me, and described how surprised she was that there was such food insecurity in White Plains and painted a picture of those who were in need of the service. That was when I decided I needed to get involved!

Meals on Wheels of White Plains has always been about more than delivering meals. It is about care, connection, dignity, and community. Without our devoted volunteers, our work would not be possible. They bring compassion, reliability, and kindness to the clients we serve, helping to ensure that they receive not only medically nutritious meals but also the companionship and personal connection that mean so much. They look forward to visiting “their” clients just as much as the clients look forward to seeing them.

I am grateful for our resolute staff, whose daily commitment and hard work keep our organization moving forward every day; they are a small but mighty group. Together, our volunteers, staff, board, supporters, and community partners make a lasting difference in the lives of our clients. As I begin this new role, I do so with a strong commitment to continuing the important work of Meals on Wheels of White Plains. Please continue this journey with us through your ongoing support.

With heartfelt thanks,
Denise Matthews-Serra
President, Meals on Wheels of White Plains

