Greetings all,

The winter holidays are here! It’s the day before Thanksgiving, and thanks to your support, Corning Meals on Wheels volunteers and staff are about to deliver freshly prepared thanksgiving-style meals to your homebound and frail senior neighbors in need. While today is a bit special, our dedicated volunteers put our mission into action throughout the year; striving to nurture health, dignity and independent living among people who need meals delivered to their homes. We are able carry on our charitable purpose only through the generosity of you and others in our community. We do receive some government support; however, that subsidy comes out to only 78 cents per meal. While it is most appreciated, 78 cents doesn’t buy much these days. With increasing prices for groceries, rent, and insurance, so far in 2014 it has cost us, on average, $4.92 to prepare each delicious & nutritious meal for our home-bound seniors. When I say nutritious & delicious, you needn’t take my word for it. The county’s dietitian certifies each meal provides 1/3 of the RDA. As for taste, take it from our seniors, like Mr. K, a 92 year old WWII veteran who reports the food is “Wonderful! Better than my mom used to make.” So on behalf of Mr. K & all the seniors we serve, and the volunteers & staff who serve them, thank you for helping us help those who need meals delivered to their homes this holiday season and throughout the year. Please consider making a donation today…you can make a difference in the lives of your homebound and frail neighbors in need.

Warmest Regards,
David

We at Corning Meals on Wheels, along with Meals on Wheels of Chemung County, are partnering with Simmons Rockwell Subaru this holiday season to help our home-bound & frail senior neighbors in need. During this year’s Share the Love event, for every new Subaru sold or leased between Nov 20th and Jan 2nd, Subaru of America will donate $250 to the customer's choice of five national level charities, including the Meals on Wheels Association of America. As Subaru Share the Love event charitable partners, our local Meals on Wheels programs are eligible to compete for Share the Love grants from the Meals on Wheels Association of America! Our local events begin on December 5th. Check out our Facebook page (www.facebook/CMoWs) or web page (www.cmowheels.com) to learn how you can help us Share the Love.

Thank you to everyone who brought us fresh fruits & vegetables! Our seniors enjoyed the garden fresh apples, cucumbers, bell peppers, eggplant, garlic, green beans, summer squash, tomatoes, and zucchini. This helps us save on our food costs and serve fresh locally grown nutritious food.
New Volunteers: 😊

**Kitchen:** Richard & Rosemary Wolter, Sharon Abbott, Janet McKerrow

**Meal Delivery:** Judy Jerulli, June Eastland, Sara Ellison, Ashley Hamilton

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**Wish List:**

**Muffin Tins**

Thank you to Gary McCaslin for fulfilling a wish from our last newsletter. The covered steamer pan is perfect!

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**Adopt a Route:** A big thank you to the Corning branch of Elmira Savings Bank for delivering a route once a month. If you are interested in your business adopting a route once a week, or once a month, please give us a call! A great day for this would be a Wednesday. Break up the monotony of the week to put a smile on the faces of some grateful seniors in our area. This is a great lunch time activity! Give us a call at 962-7985 or email us at cmowheels@aol.com.

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**Christ Church Grant for Operations!**

We are very grateful to Christ Episcopal Church’s Mission Committee for granting us $2,500 to help fund operations! Special thanks also to CMoW volunteer and Christ Church member, Barbara Cook, for sponsoring our grant application. This very generous grant will buy groceries and packaging for 1,506 nutritious, freshly prepared meals for the homebound and frail seniors in our area.

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**Cards for our Seniors**

Friendship Baptist Church’s Women's Ministry has been providing birthday, get well, and sympathy cards for us to send out to our seniors, and in some cases their families. Thank you Deloris Folk for faithfully sending them to us every month! Two young ladies, Lauren & Ashley, made beautiful cards for our seniors (see Page 4). The girls delivered meals with their grandparents, too. Thank you Lauren and Ashley! We would also like to thank Diane Nessle for regularly bringing us a variety of cards for our seniors!

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**Blizzard Bag Collection**

Our neighbors at Christ Episcopal Church collected items for our clients’ blizzard bags. The donated shelf-stable foods will help ensure our seniors are well prepared should we not be able to deliver due to winter weather. Pictured at left are church members and CMoW volunteers (L-R) Paula Gullo, Bill Scheidweiler, Deb Townsend, and Bev Frost.

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**Farewell after more than 35 years of service!**

In September we bid farewell to volunteer Janet Simon. She’s pictured at left with Chef Brian Rook & Executive Director David Smith, and at right with the Tuesday kitchen crew. We thank Janet for her decades of service and wish her & her husband well as they relocate to be with family.

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**We want your old inkjet & toner printer cartridges and cell phones!**

Bring your used printer cartridges and cell phones (ANY condition) into our office or the UPS store and help us to raise money to feed the hungry and recycle at the same time!!

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**Eyeglasses and Hearing Aids Collection**

The Lions Club is a generous donor to our program. The glasses are collected and sent to developing countries where they are needed the most. The hearing aids are refurbished and recycled locally and are available to those individuals in need. Please bring in any unused glasses or hearing aids to us, and we will pass them along to the Lions Club.

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Thank you to the 2nd, 3rd and 4th grade students at Tuscarora Elementary School in Addison, NY for making double sided holiday placemats for the seniors. Many thanks to Krissy Hamilton, a teacher at the school and daughter of long-time CMoW volunteers Tom & Sherri Gehl, for organizing this effort. These gifts brings many smiles to our homebound seniors.
Thank you to Gary McCaslin for fulfilling a wish from our last newsletter. The covered steamer pan is perfect!

TRIBUTE GIFTS & CONTRIBUTIONS

June 18, 2014 - November 18, 2014

FROM
Carolyn Adams
Sue Blazejewski
Ed & Louise Bush
John Carlino family
Nancy Douit
Bev Frost
Mr. & Mrs. Joe Gallo
Tom & Sherry Gehl
Betty Hess
Betty Hess
Dave & Judy Iocco
Dave & Judy Iocco
Clint & Lois Janes
Jon & Evelyn Krebs
Jon & Evelyn Krebs
Edward & Carol Lincoln
Sharon Little
John & Karen Madison
Carol Nalepa
Camilla D. Nessle
Susan Roll
Susan Roll
Susan Roll
Eugene Saunders
Vincent & Eleanor Sementilli
Colleen Slack
Lisa Smith
Lisa Smith
William & Sheila Spak
Dr. Steve & Nancy Staggs
Chris & Deb Townsend
Chris & Deb Townsend
Alan & Mary Wakeman
Mike & Carolyn Zaschak
Mike & Carolyn Zaschak

IN MEMORY OF
Rosemary Peelle
Charlie Hess
Loris Sawchuk
June Davis
Charlie Hess
Charlie Hess
Charlie Hess
Charlie Hess
Betty Bryan Domko
Bryan J. Lanahan
Charlie Hess
Brenda Adams Zimmer
Regina Baker
Hazel Stewart
Julie Albertalli
Carole Reif
Julia Wesselhoft
Charlie Hess
Leland Stewart
Doris Stephens
Bill & Pauline Spak
Charlie Hess
Danny Nunez
Mary O’Connor
Charlie Hess
Bryan Lanahan
Genevieve Szczepankowski

GIFTS FROM:
AJ's Hair & Make-Up
American Legion, Skinner-Ernest Post
Frank Anastasio
Russell Bancroft
Sonja Beall
Bob Evans Farms, Inc.
Bill Boland
Dave & Joan Boxall
Rozalin Brack
Tami Caruso
Cheung Canal Trust Company
Chemung & Steuben County
Combined Federal Campaign
Christ Episcopal Church
- Missions Committee
Dan & Sarah Collins
Gail Cordes
Corning Inc. Global Supply Mgmt Group
- Jeans Day
Vera Daumann
Elwyn & Ethelyn Eaton
Floyd & Carolyn English
Beverly Frost
Kathryn Gerwig
Nancy Golomb
Harrold Family Foundation
Sriram Jagadeesh Hathwar
Elwyn & Jane Jimerson
Don Leonard
Edgar & Evelyn Lewis
Market St. Trust Company
Gary & Anne McCaslin
F. Brockett & Margaret Morey
Jim Murphy
Thomas & Barbara O'Brien
Bob & Ginny Ohl
Gary & Patricia Pease
Richard Peck
William Plummer
Margie Rose
Steve & Nancy Staggs
Steuben County SEFA
USW - Local 1000
Peg Wilson
Jean Wosinski

FROM
Alfred Delluomo
Camilla D. Nessle
Chris & Deb Townsend

IN HONOR OF
Mark Delluomo
Karen Fusco
Anne Price's birthday

15th Annual Crystal City Duck Race Winners:

<table>
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<tr>
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<td>Bob &amp; Linda Taylor</td>
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<tr>
<td>9th</td>
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<td>Robert &amp; Colleen Hull</td>
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Harriet, born in 1917, continues to live in her home thanks to Corning Meals on Wheels volunteers and generous donors like you!

On behalf of the seniors we serve and the volunteers who serve them, a big “Thank You” to all of our Duck Race ticket holders, volunteers and race sponsors. Thanks to you, we raised $9,600! The money raised will fund 2,313 meals for our homebound & frail senior neighbors in need.
A meal, and so much more.

WE ARE Meals On Wheels
So no senior goes hungry.

Volunteers Needed! Call 962-7985
or visit www.cmowheels.com