

Food For Thought



Summer 2024

Greetings all and thank you for being a part of the solution to senior hunger & isolation right here in the greater Corning area!

Thanks to your generous support, our volunteers prepared and delivered 55,680 meals for 269 homebound & frail seniors in Southeast Steuben County in 2023. Speaking of volunteers, we couldn't meet the need without the support of the ~200 people who volunteer to help area seniors age safely in place. Based on NYS minimum wage, our volunteers contributed \$216,450 worth of donated labor in 2023. We celebrated them and their service at our Volunteer Appreciation Social in April, it was great fun.



Our volunteers do a wonderful job delivering freshly prepared meals and welcoming smiles on our 15 delivery routes each weekday...but they need your help. Our greatest volunteer need is for substitutes to fill in when regularly assigned volunteers are not able to help. Consider adding your name to the sub list and filling in on days when our needs fit your schedule.

Volunteers provide the power, our donors provide the means. We have operated on a donation basis since our first deliveries back 1966. We receive a government subsidy of \$1.03 per meal provided; however, our costs are \$7.87 per meal and the price of ingredients and packaging continue to rise. Thanks to your generous support, we have not needed to start a waiting list for service. Your donations are making a real difference in the lives of our homebound & frail senior neighbors in need.

To those currently supporting our effort, thank you for dedicating your time, talent, and treasure to furthering our mission of nurturing health, dignity, and independent living among people who need meals delivered to their homes. If you, too, would like to help in the fight against senior hunger and isolation, give us a call at 607-962-7985, email us at cmowheels@aol.com, or visit our website at www.cmowheels.com to volunteer or donate online today.

Warmest Regards,
David



Welcome to Our Newest Volunteers!

Janette Beck, Matthew Butto, Michael J. Carlineo III, Lyn Fie, Amy Gallant, Jessica Maurer, Theresa McClellan (welcome back!), Carol Scott, James A. Scott Jr., John Sementilli, Christopher Spicer, and Curt Weinstein

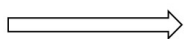
Hugh Gregg Elementary School Donated 300 Blizzard Bags!

In December, continuing a 22 year tradition, the students, teachers and staff of Gregg School donated 300 colorfully decorated 'Blizzard Bags' of shelf stable meals for our seniors to use when deliveries are canceled due to bad weather. The school also presented us with a financial donation... enough to fund an incredible 335 freshly prepared hot meals! That's a huge new record in the 22 year history of the Gregg School Gators' blizzard bag tradition. Thank you all!



An Extra Special Christmastime! Thanks to your generous donations and with much help from United Way of the Southern Tier supporters, our stocking stuffer drive was wonderfully successful! Our volunteers, along with Simmons Rockwell Subaru employees, delivered stockings overflowing with gifts to the ~140 seniors receiving our home delivered meals last December. For so many people, your donated gifts are the only presents they receive. Thank you for sharing your Christmas spirit with the homebound & frail seniors we serve!

United Way Senior Supports Fund provides much needed support! We received a grant from the United Way of the Southern Tier Senior Supports Fund to help modernize our operations. We will be switching from aluminum containers to microwave-safe biodegradable fiber containers for our seniors' hot meals. We will also be implementing the industry standard online volunteer scheduling tool called MoW Scheduler. Thank you United Way!



Subaru of America Donated \$12,665! Thank you for supporting our Subaru of America Share the Love Event grant activities in partnership with Simmons Rockwell Subaru and Meals on Wheels America last winter. A big thank you to Simmons Rockwell for partnering with us for 12 consecutive years on this important fundraiser for our area homebound & frail seniors.



SUBARU



**MEALS on WHEELS
AMERICA**



STAFF

Executive Director
David W. Smith

Assistant to the Director
Lisa Carl

Kitchen Supervisor / Cook
Therese LaDouce

**Volunteer & Client
Coordinator**
Sue Dunn

Ops Aide / Cook
Meghan O'Toole Tuazon

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Bob Ohl

2nd Vice President
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Ian Adkins
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Corning Meals on Wheels, Inc. is:

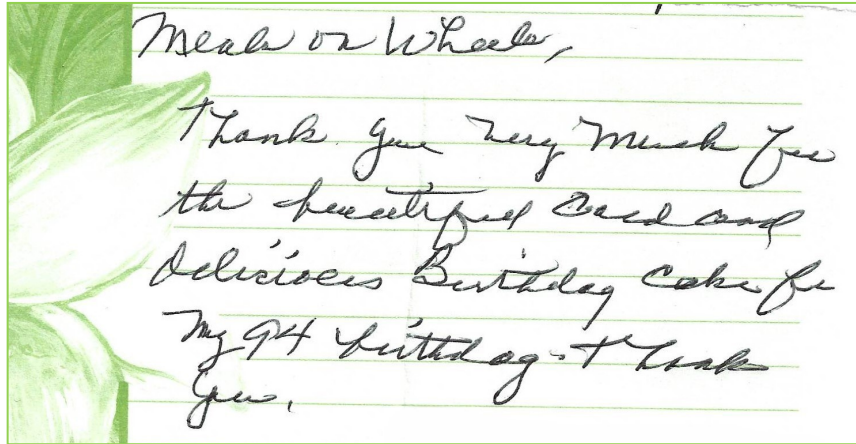
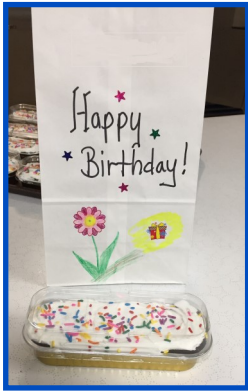
A United Way Agency and an affiliate of the Administration for Community Living, NYS Office for Aging, and the Steuben County Office For Aging.



Community Partner

Thank You for Helping Celebrate Birthdays!

Our volunteers deliver birthday cards and personal-sized birthday cakes in specially decorated bags to our seniors on their birthday. Thank you to Connie for the cheerfully decorated birthday bags, to Wende for donating her beautifully handmade cards, to all who donate cards and funds to help cover the cost of ingredients & containers for the cakes. You truly are making a difference in the fight against senior hunger and isolation!



Bake Sales = More Meals for our homebound & frail seniors in need

Thank you to all who support our bake sales! The bake sales are growing in importance as we look for ways to meet the challenges of providing for all who need our service in these financially challenging times. Thank you for digging a little deeper to help feed the need.





United Way Volunteers Making a Difference

Many thanks to the employees of Siemens Energy for helping prepare & deliver meals as part of United Way of the Southern Tier's Day of Action. Thank you for dedicating your day to helping our seniors!



Victory Highway Wesleyan Church Small Groups with Big Impact! Many thanks to the Victory small group for volunteering to deliver four routes for us in June. Thank you to a second Victory small group for making cards of encouragement for the homebound & frail seniors we serve and the volunteers who serve them. Well done by all!



Community Bank, Corning Credit Union, two Corning Inc. Departments, and Wegmans are a few local businesses with **employees** taking turns **donating their lunch hour to deliver hot meals & welcoming smiles** to area shut-ins. **If your business or organization would like to experience helping ensure homebound seniors have a nutritious meal and a moment of personal interaction each day, contact us at cmowheels@aol.com, 607-962-7985, or sign up online at cmowheels.com.** You'll be glad you did!



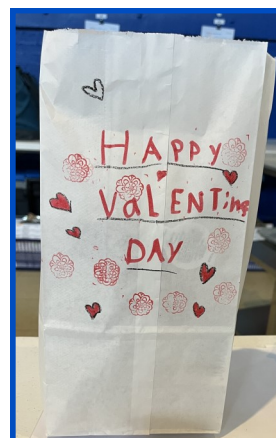
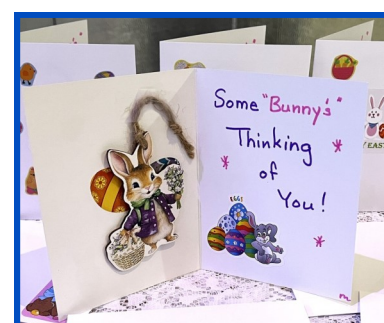
Substitute Volunteers Needed, can you help?

We need substitute delivery volunteers. Fill in when we have needs that fit your schedule. Consider occasionally donating your lunch hour (~11:15 to 12:30) to help in the fight against senior hunger and isolation. Call today at (607) 962-7985 or sign up online at www.cmowheels.com.

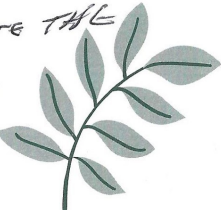


You meet the nicest people volunteering! Here's a snapshot of just a few of your ~200 caring neighbors who volunteer to help area seniors age safely in place by delivering well-balanced nutritious meals and welcoming smiles!



[illegible]


Your kindness does not
 go unnoticed. 

NANCY + I WANT TO
EXPRESS OUR GRATITUDE
FOR ALL YOUR DAILY SERVICES.
THANKS TO THE OFFICE STAFF
FOOD PREPARES, DELIVERY VOLUNTEERS
+ ALL INVOLVED IN KEEPING US
SENIORS ALIVE. THE CARDS + CARES
ON OUR BIRTHDAYS MAKES OUR DAYS
VERY SPECIAL. WE APPRECIATE THE
SMILING FACES OF ALL THE
MANY VOLUNTEERS
THANK YOU 



Abundant Garden?

Keep us in mind!!

You can help the homebound and frail by donating your garden fresh produce to Corning Meals on Wheels. It's a delicious and nutritious way of helping us keep our costs down. We can use almost any kind of vegetable & fruit.

Feel free to cut along the dotted line and hand the volunteer request to a friend or post it on a bulletin board around town.

Corning Meals on Wheels

Our seniors need your help!

Deliver meals any weekday

11:15am-12:45pm

Sign up is easy!

Online: www.cmowheels.com

Email: cmowheels@aol.com

Phone: (607) 962-7985

Stop in: 144 Cedar St, Corning

**Volunteer today and
you'll feel great!**



TOURNAMENT DELIVERS FOR OUR SENIORS!

We held our Corning Meals on Wheels Golf Tournament sponsored by Bully Hill Vineyards at the Corning Country Club on June 17th. The tournament raised nearly \$10,000 for our home delivered meal program! This year's tournament champions are Brad Tanneberger, Mike Learn, Jerry Hepburn, and Rich Nevins.



Thank you to all who played in the tournament, Bully Hill Vineyards, Excellus BlueCross BlueShield, and all of our sponsors for helping make this year's tournament a success. The homebound & frail older adults we serve are the ultimate winners thanks to your generous support in the fight against senior hunger and isolation.



Major Tournament Sponsor



**BULLY HILL
VINEYARDS**

Tier Two Major Sponsor



Cart Sponsors



CORNING
Law Department

SIEMENS
energy



WILLIAMS
AUTO GROUP

Save the Date for next year's tournament. We'll be back at the Corning Country Club on June 16, 2025. See you then!

Dinner/Awards Sponsors

Rich & Audrey Graham
Joanne Herman



David & Mary Smith

Lunch Sponsors

Bill & Susan Boland



Katherine Funk
Joanne Herman

Beer Sponsors



Tom Lane

Closest to the Pin Sponsor

The Klokus Family

Longest Drive Sponsor

Stan & Marge Solsky

Hole Sponsors

Ian & Laura Adkins

Cameron Manufacturing

Community Foundation of

Elmira-Corning and the Finger Lakes

Corning Dental Associates

Corning Credit Union

Corning Inc. Optical Fiber & Cable Team

Corning Meals on Wheels Board of Directors

Haughey Funeral Home (three holes!)

The Klokus Family

Nascentia Health

Nuage IT

Old World Café

The Pappas Family

Primp.

In memory of WWII veteran

& CMoW meal recipient Tom Purcell, by Bob
Ohl

In memory of Homer Stampf, by Josie Stampf

& Bob "Mizzy" Misuraca

Truax's Tannenbaum Farm

Walmart Painted Post Supercenter

XGen Pharmaceuticals DJB

In Kind Contributors

The Adkins Family

Corning Country Club

Old World Café

Wegmans

TRIBUTE GIFTS & CONTRIBUTIONS

February 2, 2024 - June 30, 2024

FROM

David & Dorothy Austin
Mark & Rosemary Bachman
Bernadette Baldini
John Baldini
Diane & Dallas Bennett
Bob & Sylvia Brown
Louise Bush
Campbell High School Class of 1972
Norma Jo Carl
Jon & Jennifer Carpenter
Maryalice Condon

Barbara Cook

Lyle & Sandra Cook
Thomas Doud
Nancy Douth
Richard Dreifuss
Marge Duffey
Debora Evans
Steve Forman & Mary Darcangelo
Larry French
Tim & Angie French
Paul Gillette
Mike Gilmartin and Gordie Muck

Kathleen Hallinan
Elisabeth Hanley
Thomas Hart
Haverling Teachers Association
Dan Herman
Michael Herman
Scott Herman
Gary & Carol Herrlich
Julia Hertl
KDC Mohair Designs
Sylvia Kete
Stella King
Richard Kurchey
Susan Miller
Fran & Mary Helen Olmstead and family
Pat Osborn
William Owens
Mary & Mike Park

IN MEMORY OF

Tom Daw
John Benson
John & Sylvia Baldini
Ellsworth Boyd
Wanda & Joseph Romance
Valeta Brown, Bobby Brown
Graham Wightman
Tom Daw
My mom, aunts, and grandma
James A. Smith, Sr.
Raymond E. Condon, Patti Ann Condon, Raymond C. Condon

Clifton Fry, Jr., Eugene Saunders
Curtis Hooley
Thomas Daw, Jr.
David Walk
John Rudd, Lester Crumb
David Walk
Corky Lentz Reed
David Walk
Tom Barto
James Mulcahy, Jeannie Hickey
Ed Herman
Bob McEnroe, Sam McInroy, Bill Vincent
Lynn Hill
Keith Vaughan, Connie Peet
Louise Maloney
Mrs. Kathryn Clancy
Ed Herman
Ed Herman
Ed Herman
Marlene Salley
Martha Schreurs
George Roy
Jerry & Jinny Wright
David Walk
Rose Cutler
James A. Smith, Sr.
William Maguire

Roger Beebe
Jerry & Jinny Wright
Dominic, Philomena, & Donnie Cantando

FROM

Jackie & Dick Pope
Danielle Salley & Mike Dailey
Shirley Serdula
Joseph & Linda Shine

Mary Suffern
August & Marie Titi
Deb Townsend
Tuesday Ladies Golf Group
Gary & Sharon Van Etten
Kathleen & Dale Wexell
Diane Wilcox
Diane Wilcox & Florence Mulcahy
Megan Wilson
Peg & Craig Wilson
Mike Zaschak

FROM
Douglas & Carol Allan
Lisa & Jimmie Joe Carl
Linda Cevette
Joe & Helen Hanak
W. Brenda Jones
Tom & Hilda Lando
Sara & Doug McKenny
Pat Osborn

Josie Stamp

IN MEMORY OF

Marlene Salley
Dan & Marlene Salley
David Walk
George Roy, Eleanor Black, Corrine Sorge
George Roy
Rose Cutler
Clifton Fry, Jr., Dana Fry
Walter Joseph Golkiewicz
James A. Smith, Sr.
Rose Cutler
Louise "Weedie" Maloney
Mary Goodridge
Jeffrey Wilson
Carol Gleason Bailey
Carolyn Zaschak

IN HONOR OF

David Smith
Suzanne Tobey
Frank & Susan Wooten
Dr. Thomas & Marie Finnerty
Friendship Baptist Church
Wayne LeChase
Debbie & John Horigan
Beth & Charley Young, Russell Feldeisen, Carson Feldeisen, volunteers
Dolores Ross

4/2/24

Thank you for Meals on Wheels.
It helped me very much while I
couldn't walk. Everything was
delicious.
Sincerely,

~ Your Legacy ~

You can help improve the lives of the homebound and frail in our community long after your lifetime. Leaving an estate gift through your will to Corning Meals on Wheels is a wonderful way to continue your generosity after you are gone. The following is a statement that may be used as a model in preparing a bequest or trust designation: *I give, bequeath, and devise [the residue of my estate], or [__% of the residue of my estate], or [the sum of \$___] to Corning Meals on Wheels, Inc., a nonprofit corporation whose address is 144 Cedar St. Corning NY 14830.*

Corning Meals on Wheels recommends consulting with your attorney before making a charitable bequest.

Corning Meals on Wheels is a 501c3 non-profit organization properly registered with the New York State Charities Bureau, EIN 16-0912403.

GIFTS FROM

Ian & Laura Adkins
Bruce & Lina Aitken
Anonymous
James & Karen Alpha
Mike & Kristi Astolfi
Mina Barron
Tom Beall
Tom & Barbara Blumer
Terry Briggs
Bright Funds Foundation
John & Kathy Broderick
John & Margo Brown
Catherine Caneau
Kim Cobb-Cain
Maureen Connaughton
Barbara Cook
Corning Incorporated Community Impact
& Investment
Corning Moose Lodge #274
Mark & Sally Coveney
Martin & Susan Curran
Vera Dauman
Anna Davis
Alesia Decker

GIFTS FROM

Phyllis Draper
Jude Drew
Chris & Kelly Drewno
Karl & Virginia Ehemann
Azita Eshraghi
Mieke Fay
Doris Ferreira
Timothy Frawley
Lou Gigliello
Nancy Golomb
Bruce & Judy Graf
Elisabeth Hanley
Karen & Jim Hogue
Carol Holmes
Brian & Christine Hoyler
Paul & Eugenea Johnson
Walter & Janet Jones
Cheryl Jordan
Ken & Connie Kirk
Donald & Marjorie Kloeber
Tom & Shirley Kowalik
Richard Kurchey
Therese LaDouce
Little Boomers LLC

GIFTS FROM

Grace Lubold
Pauline Miles
Steve & Sabina Miller
Sri Kamesh Narasimhan
Zachary Park
Bruce & Lynn Peffley
Donna Robinson
Stephanie Rodgers
Vicki Rossette
William Rosch
Joe & Lynne Ruocco
John & Eileen Sands
Christopher Scott
Simmons Rockwell Subaru
Patrick & Sharon Tammaro
Janet Thigpen
Gretta Tomb
James & Amy Truxon
Srinivas Vemury
Robert & Mary Jo Wich
Harold Williamson
Michiko Yamaguchi
Patricia Zine

[Companies turn employee volunteer hours into more meals for our seniors!](#) Check with your employer, they may have a volunteer matching program, like Corning Inc's 'Dollars for Doers', that honor your volunteer hours by donating funds to the charity you support through your volunteering. [Many thanks to these volunteers for your Dollars for Doers donations: Anonymous, Laura Bowen, Patty Campbell, Jonathan Fuller, Maria Majiros, Rich Marcellin, Conor McCormick-Cavanagh, Melissa McDonald, W. Robert Ohl, and Angel Tucker.](#)

Feed the Need with Tax-Free IRA Required Minimum Distribution Charitable Gifts!

- Congress passed a law allowing you to give up to \$100,000 to charity directly from your individual retirement account when you reach age 70 1/2 without counting the distribution as taxable income. This type of charitable gift is called a **Qualified Charitable Distribution (QCD)**. Qualified Charitable Distributions count as IRA distributions and for those age 73+ can be used to satisfy all or part of your Required Minimum Distribution.
- The charitable gift reduces your taxable income by the amount of the gift.
- Allows you to benefit from charitable giving even if you don't normally itemize your deductions.

We recommend you consult with your tax advisor to learn more about this tax-free giving opportunity.



Speaking of donations, Martha recently donated delightfully fun & cheerful quilted placemats for our seniors. Our volunteers had delivered meals to Martha's mother, Maxine, during her twilight years. After Maxine's passing, Martha quilted these placemats from fabric she found in the family home. On behalf of the homebound & frail seniors we serve, a heartfelt Thank You to Martha for the thoughtful & caring gift.





Corning Meals on Wheels, Inc
144 Cedar St
Corning, NY 14830
(607)962-7985
www.cmowheels.com

Thank you for supporting our area seniors!



Volunteers Needed! Call (607) 962-7985
or visit www.cmowheels.com