

Food For Thought

December 2024

Inside this issue:

Special Thanks 2-5

Share the Love 4

New Volunteers 5

Tributes & Gifts 6-7

CMoW HOLIDAY CLOSINGS

December 25th
January 1st

Thank you to all who donated fresh produce!

Our seniors enjoyed the beautiful garden fresh cucumbers, bell peppers, summer squash, tomatoes, & more donated over the summer from many talented gardeners.



Corning Meals on Wheels is:

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

Greetings all,

As I write to you today it is the morning before Thanksgiving and Corning Meals on Wheels volunteers are here diligently working away in the kitchen. The volunteers are donating their time and talent preparing a traditional Thanksgiving dinner for the homebound and frail seniors we serve. The chef and volunteers are pouring their hearts into today's menu of roast turkey, dressing, gravy, mashed potatoes, green beans, tossed salad, cranberry-orange salad and a delightful gingerbread & pumpkin mousse trifle.

The volunteer driver-visitor teams will be arriving shortly. They, too, are donating their time and resources (fuel, vehicle wear & tear) to ensure our elderly neighbors have a warm meal on this cold day before Thanksgiving. While many of our 15 delivery routes are in or close to town, many of the driver-visitor teams venture out to the far reaches of our service area. One team will be driving down unpaved roads in Lindley, another in Beaver Dams, another in Coopers Plains, and another in Caton. They will go on those routes knowing that, along with delivering much needed nutrition, they may be the only person the homebound older adult sees and speaks with today.

We will be delivering today's meals to 131 homebound and frail seniors. We couldn't provide for them today or throughout the year without the committed and dedicated effort of the ~150 volunteers currently active on the Meals on Wheels team. When we consider the NYS minimum wage, our volunteers are donating the equivalent of over \$210,000 in labor this year. As generous and robust as that effort is, we are in need of additional help. If you are interested in helping with deliveries, please call (607) 962-7985 or visit us online at cmowheels.com to learn more about the volunteer opportunities we have available.

It takes resources beyond the volunteer effort to prepare and deliver the 58,000 plus meals we will serve this year. It takes funding to pay for the ingredients, packaging, equipment, insurance, rent, staff, etc. With inflation hitting us all, the cost of providing one meal increased by \$1.04 or 15.5% last year alone. We do receive a small subsidy from government sources; however, that public funding comprises only 13% of the funds needed to operate Corning MoW. We depend mainly on donations from those receiving the meals or their loved ones, and on the generosity of the community through individual donations, fundraisers, civic and church groups, and giving through local grant programs. We are truly a neighbors-helping-neighbors solution to senior hunger & isolation.

As we consider our blessings this Thanksgiving, I know ~150 homebound and frail older adults in the greater Corning-Painted Post area who are giving thanks to the volunteers and supporters of Corning Meals on Wheels for providing meals, and so much more. We can't feed the need without your help. Use the enclosed envelope or donate online today at cmowheels.com so that no senior goes hungry.

Warmest regards,
David



Jim, alone at 97, is thankful for Corning Meals on Wheels volunteers, like Alison, for delivering him nutritious hot meals and for the brief friendly visits.



Applebees Helps Seniors!

Erwin Applebee's Grill & Bar employees helped prepare & deliver meals for National Good Neighbor Day. Being good neighbors, Applebees also provided a delicious lunch for our volunteers and packed 'blizzard bags' of shelf stable food for our seniors to have on hand if our deliveries get cancelled due to winter weather. Good neighbors indeed!



Corning Youth Football Scores Big!

Thank you to all who supported the Corning Youth Football cookie dough fundraiser and donated your cookies to us. You donated 6,000 cookies for our seniors this year!



Beartown Peaches 'n Cream's Generous Produce Donation!

Beartown Peaches 'n Cream donated beautiful nutritious and delicious fruits & vegetables to help feed the need! Thank you for the potatoes & apples, the large variety of squash, the peppers, the cabbage, the onions, and more!



Eagle Scout Candidate Rehabs Our Parking Area!

Our parking lot is now GREAT! A huge Thank You to Luke Lynch, a Scout with Troop 3097, for taking on our backyard parking area for his Eagle Scout candidate project. Luke and the team he led transformed what was a poorly drained, uneven, overgrown patchwork of grass & stones into a properly graded and resurfaced parking lot. Well done!

Many thanks to all who contributed to the success of the project, including Dalrymple Gravel & Contracting, Edger Enterprises, Great American Excavating, Pennwood Development, Luke's fellow Scouts & friends who volunteered with him and, of course, Luke and the Lynch family.

Here are a few before, during, and after photos.



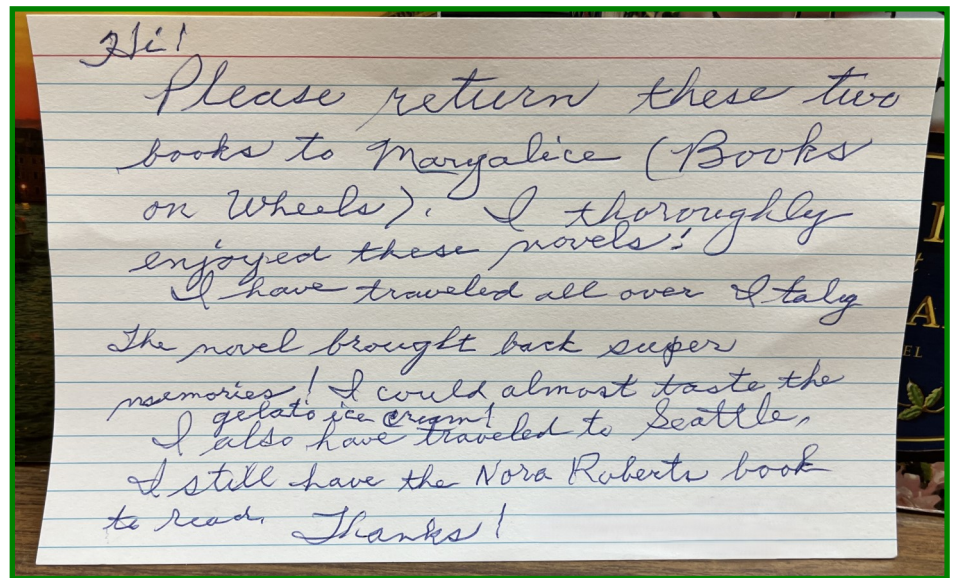
Lions Club Fruit Donation Thank you to the Corning Lions Club for donating & packaging apples, bananas, and oranges in gift bags for delivery to our homebound & frail seniors, making Thanksgiving even more special for the older adults we serve. Well done, Corning Lions!



Holiday Placemats Many thanks to the students of Tuscarora Elementary School in Addison, NY for making these wonderfully creative placemats for the seniors we serve! On one side is a Thanksgiving theme & the other is Christmas. Thank you to teacher Krissy Hamilton for leading this project for the past 20 years, it's a great tradition! Our seniors are very grateful, with many meals on wheels recipients using the placemats to decorate their homes for the holidays!



Books on Wheels, Feeding the Mind Books on Wheels is our partnership with the Southeast Steuben County Library where the homebound & frail older adults we serve have free access to books, DVDs, audio books, and preloaded e-readers. The library provides the media for our volunteers to deliver along with our seniors meals.



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 cmowheels.com. You'll be glad you did!



Thanks to all for the beautiful, nutritious, and delicious fresh produce!

Here's just a sampling of the garden fresh donations we received this season.



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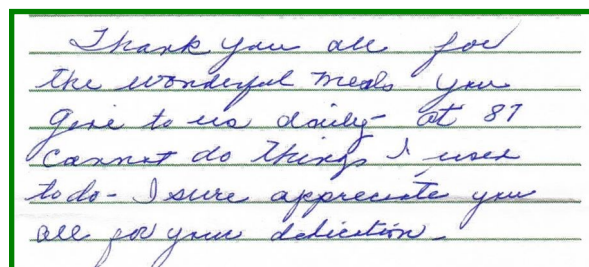
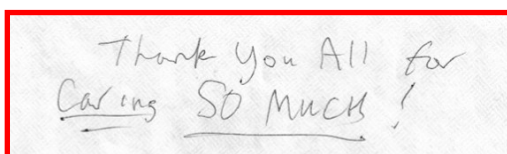


We at Corning Meals on Wheels are partnering with Simmons Rockwell Subaru this holiday season to help our homebound & frail senior neighbors in need. During the 2024 Subaru Share the Love Event, for every new Subaru sold or leased between Nov 21st and Jan 2nd, Subaru and its retailers will donate \$300 to the customer's choice of select charities, including Meals on Wheels! Visit us online at cmowheels.com/share-the-love to learn how you can help us Share the Love.

~ 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.



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Kitchen Manager
Therese LaDouce

Assistant to the Director
Lisa Carl

Client & Volunteer Coordinator
Sue Dunn

Assistant Kitchen Manager / Cook
Caitlin Rodgers

Cook / Ops Aide
Meghan O'Toole Tuazon

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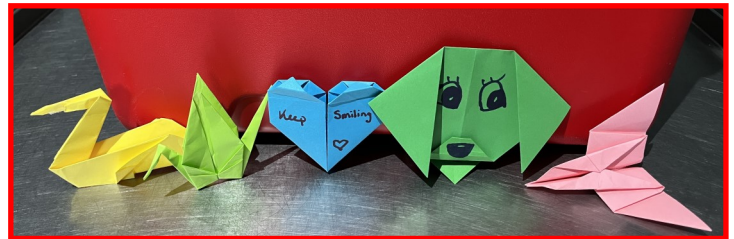
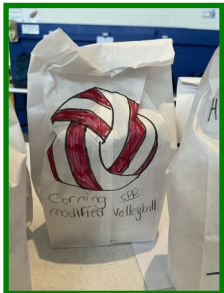
Joanne Herman

Raymond Leinen

Maria Strinni Gill

Welcome to Our Newest Volunteers: Carol Allan, Craig Allison, Molly Collins, Alex Fee, Amber Gillette, Susan Haynes Cervoni, Sharon Hemenway, Peggy Ketchum (welcome back!), Tom Lane, Linda Long, Rachael Merritt (welcome back!), Sue Milazzo, Aaron Musselman, Russell Ozer, Adam Paquette, Ellen Stephansky, Jon Stone, Terry Stutzman, Robert Yott

The Community Helps Battle Senior Isolation Organizations, businesses, families, and individuals have helped our homebound senior neighbors know they are valued members of a grateful community. The lunch bags you decorate and cards you make are wonderful, creative, fun, and colorful ways to brighten the day for the shut-ins we serve. Here's just a small sample...**well done by all!**



Feed the Need with Tax-Free IRA Qualified Charitable Distributions!

Tax law allows you to give up to \$100,000 to charity directly from your individual retirement account when you have reached 70 ½ without counting the distribution as taxable income.

This type of charitable gift is called a **Qualified Charitable Distribution** or QCD. QCDs count as IRA/401(k) distributions and may be used to satisfy all or part of your Required Minimum Distribution. Check with your tax advisor to learn more about QCD tax-free giving!

We're a 501(c)(3) nonprofit charity. Our tax ID is 16-0912403.

TRIBUTE GIFTS & CONTRIBUTIONS

July 1, 2024 - November 30, 2024

FROM

AC3 Pulmonary
Jaymin Amin
Phyllis Barnum
Mary Bell
Diane & Dallas Bennett
Joe Bergh
Carmela Bertron
Lewis Bloise
Gary Brown
Lisa Brown
John & Marcia Browning
Lisa & Jimmie Joe Carl
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Vera Dauman
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Tim & Amy Doult
Marge Duffey
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Nancy Grant
William Groome
David & Ann Grossman
Kathleen Hallinan
Connie Hamilton
Joe & Helen Hanak
Elton & Kris Harris
Jean Henninger
Janice Hoffman
Janet Hoover
Patricia Iddings
Dale & Debbie Jackson
Kimberly Jividen
Carol L. Johnson
Carla Keegan
Richard Kennedy
Kenrick Accounting team
Lucy & Bud Kibbe

Kim Kesselring
Sally Kostera and family
Richard Kurchey and the Sydney
& Mable Kahn Family Trust
Evelyn Krebs
Therese LaDouce
Adele Lanahan
Margret Lapp
Katie Leb
Marvin & Hyung Lee
Dale Magee
The Magee Family
Tony & Karen Maio
Sandra Manetta

IN MEMORY OF

Deb Townsend
Mary Louise Young
Mary Beth Loden
Sylvia Baldini
Bob Horodyski
Henry & Grace Bergh
Sylvia Baldini, Del Pierri
John Bloise
Robert W. Brown
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Joann Cook
Ben Hedden and Robert Johns
Grace Rosettie
Joe & Shawn Corcoran
Lois Crooker
Helen & Roswell Crozier
Kay Culver
Carole Anne Weigel
Richard V. Bates
Gary Herrlich
Irene Hanley
Grace Rosettie
Deb Townsend
Richard V. Bates
East/West classmates gone before us
Gus Filbert & Bob Garrett
Richard V. Bates
Richard V. Bates
Gary Herrlich
Kathryn Anastasio
Jerry & Virginia Wright
Grandparents John & Jennie Burke
Richard V. Bates
Jo Ellen Bauer
Debra Townsend
Debra Townsend
Debra Townsend
George Gifford
Robert Brown
Richard V. Bates
Larry Jividen
Richard Johnson
Elizabeth Ott
Theresa Taylor
Richard V. Bates
Deceased members of the Cantando &
Kibbe families
Deb Townsend
Richard V. Bates
Richard V. Bates

Jon C. Krebs, Karl Hertlein
Bob Brown
Tim Lanahan
Dr. Milton Lapp
Dorothy Bodfish
Mrs. Doris Bempkins
John Covell
Joan Wilson
Marlene Fiorini, Bob Kosty
Debra Townsend

FROM

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Timothy & Marilyn McDermott
Mike & Linda McDonald
Stephanie McEnroe
Nancy Goodrich McLaughlin
Dean & Julie McManus
Keith McPherson
Karin Meriwether & Tom Snow
Alison Merkl
Jill Miller
Maryann Mineo
Dorothy Moore
The Morse Family
Jody Morse
Gordon Muck & Ann Koenig

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Walt Iddings
John & Sharon Neidrich
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Fran & Mary Helen Olmstead and
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IN MEMORY OF

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Bob & Jason McEnroe
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Homer Stamp, Andy & Pauline
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Tom & Josephine Ricotta and family
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George Rayno
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Carol Ann Turner
Odessa Lee Hannon McGrady
Richard V. Bates
Linda Carpenter Scouten,
Robert Brown
Richard V. Bates, Irv Siegler
Debra Townsend
Joseph Raymond Welch
Rose Houper
Grace Rosettie
Kathleen Wilkinson
Tina (Manalio) Zayhowski
Daniel Woodhouse
Vivian Woodhouse
Deb Townsend

TRIBUTE GIFTS & CONTRIBUTIONS

July 1, 2024 - November 30, 2024

FROM

David Anderson
Dr. Henry & Marlene Cook
Debbie & Tim Cooper
Friends of the Library SSC
Joe & Helen Hanak
Constance Hanley
Lois S. Janes
Alison Merkl
Jenny & Dave Quackenbush
Ed Reif

IN HONOR OF

Margaret Schuckers
Happy Birthday Jesus
R. Vernon G. Howe
Local 1000 Union Hall
Ann Marie Lagonegro, Gil Sweet
Elisabeth Hanley
David W. Smith
Jean Krebs' family
Grace Lubold
Ed & Evie Lewis

Thank you to these volunteers participating in Corning Incorporated's Dollars for Doers program for turning your volunteer hours into grant awards for Corning Meals on Wheels!

Anonymous, Patricia Campbell, Andrew Courtney, Emilee Lindner, Rich Marcellin, Conor McCormick-Cavanagh, Melissa McDonald, Helen Revelas, and Angel Tucker

GIFTS FROM

Anonymous
Frank & Lou Alteri
Frank Anastasio & Sally Kostera
Lance Babcock
David Bacon
Gail Bardhan
BCK Partners, Inc.
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Thomas & Barbara Blumer
Dr. Heather D. Boek and Mr. Paul B. Dohn
Bill & Sue Boland
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Diane Legendre & James Webb
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Seth O'Neil
Dennis & Carol Naylor
Lou & Diane Nettle
Barry Nicholson
Margorie & Al Nieber
Barbara Oplinger
John Orser
Pat Osborn

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Steve & Margie Rose
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Susan Wedding
Joe & Candy Wilson
Peg & Craig Wilson
Yvonne Wilson
Louise & Bill Wirz
Mark Wood
Derek Woollatt
Michiko Yamaguchi
Roy & Benda Yarnell

These meals mean much to me, especially now that I can't do much for myself.
Thank-You



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

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Steuben County Office for the Aging.