

DELIVERING SO MUCH MORE THAN JUST A MEAL

OCTOBER 2024 | FALL NEWSLETTER



MEALS on WHEELS
SYRACUSE



Welcome to this edition of the Meals on Wheels of Syracuse newsletter!

We're excited to share some wonderful updates with you. In this issue, we'll introduce our new board members, who bring fresh perspectives and enthusiasm to our mission.

We'll also shine a spotlight on our incredible volunteers whose dedication continues to inspire us all. Join us as we reflect on the success of past events and look ahead to exciting new opportunities for engagement and community building. Thank you for being a vital part of our journey.

STATISTICS 1/1/24-8/31/24



528
Volunteers



157,800
Meals Delivered



29,337
Miles Driven



10,192
Volunteer Hours



Welcome New Board Members



Josh Nelson

Josh Nelson is the new Secretary of the Board for Meals on Wheels of Syracuse. He founded Beverage Resource, providing strategic management services to the beverage industry, and has experience in fundraising, marketing, and governance from his roles on the boards of Advocates Incorporated and the Juvenile Diabetes Research Foundation. A committed community service advocate, Josh volunteers as a delivery driver for Meals On Wheels, often with his pudelpointers, Lia and Ivy. He looks forward to working with the board and his wife, Shannon, the Treasurer, to support the organization's mission.



Thaddeus J. Malley, CFP®

Thad is a CERTIFIED FINANCIAL PLANNER® and portfolio manager at J.W. Burns and Company in Syracuse. He began his career as an arbitrage trader in commodity futures and holds a Master of Arts in Economics and an Advanced Certificate in Financial Economics from the University at Buffalo, where he also earned a Bachelor of Science in Civil Engineering. Additionally, Thad is an adjunct professor at Syracuse University's Whitman School of Business, teaching finance and economics.



Angela Thor

Research Librarian for 40 years specializing in engineering and biosciences. When I'm not in the kitchen, both at MOW and at home, I enjoy birdwatching, walking trails, reading, and creating things.

St. Patrick's Day

A Heartfelt Thank You to Our Amazing Meals on Wheels Supporters!

We are overwhelmed with gratitude for everyone who made this day truly special. With nearly 30 participants, the energy and enthusiasm were absolutely inspiring! A special thank you to our incredible Alley Cats Riders, our dedicated Walkers, and an extra shout out to Maguire for generously providing a vehicle for the day. Your unwavering support means the world to us, and we are deeply appreciative of the entire community's commitment. Together, we can deliver. Thank you for being a part of this mission!



Our Amazon Hero

Our Volunteer Coordinator, **Tina Casella**, was named our Amazon Community Hero for her outstanding work in the Syracuse community.

Not only does she devote her time and energy to ensure all of our meal recipients receive meals, she also delivers sandwiches to those in need of food on the weekend through her church and helps care for animals in need after work at Helping Hounds.

Thank you, Tina, for your hard work and dedication! We are so grateful that you are part of the Meals on Wheels of Syracuse Team!



Earth Day Cleanup

This spring, we participated in the Earth Day cleanup at Franklin Square Park, organized by the Onondaga County Resource Recovery Agency. Thank you to all our volunteers for coming together to create a cleaner, healthier environment!





MILES FOR MEALS

Our first annual Miles For Meals, Good Neighbor Ride event with Metro Fitness in Syracuse was a great success! Thank you, Metro Fitness, for your generosity and the use of your spin studio—your support is making a big impact. Thanks to our volunteers and participants, we raised enough money to provide 190 meals for local, homebound friends in need.

**Mark your calendars
for our 2nd annual
event March 1st, 2025.**

**Together,
We Can Deliver!**





We Care Wednesday, and Good Neighbor Day

The Syracuse Mets chose Meals on Wheels of Syracuse as a nonprofit partner for We Care Wednesday. Thank you for your support.

We also want to thank Northland Communications who supports our organization and also other local not for profit- Day of Caring section, We are truly honored that you chose Meals on Wheels of Syracuse as one of the local charities to support.

This opportunity helped us raise awareness and donations to make an impact in our community.

Thank you to both organizations for helping us support the Syracuse community!



Day of Caring & Day of Purpose

We are incredibly grateful to all of the amazing volunteers from Pioneer Companies, National Grid, Janay Wilson, and Kerry & James Tarolli, who dedicated their time to Meals on Wheels of Syracuse for the United Way of Central New York's Day of Caring. Your generosity and hard work made a real difference in the lives of those we serve.

A special thank you, as well, to VIP Structures for joining us for their first Annual Day of Purpose! We are truly honored that you chose Meals on Wheels of Syracuse one of the local charities to support. Your commitment to giving back to the community has left a lasting impact, and we couldn't be more appreciative.



Thank you for making such a meaningful contribution!

Alley Cat Ride

Our 2024 Alley Cat Ride Was a Huge Success

We are thrilled to announce that this year's Alley Cat Ride brought together 90 incredible riders, who cycled to over 30 locations across Syracuse. We are deeply grateful to our generous donors, dedicated volunteers, amazing riders, and sponsors who made this event unforgettable.

A special shout out goes to our Presenting Sponsor, Antoni Cycles, for your generous support, and to Harvey's Garden for graciously hosting our riders.

Thanks to everyone's participation, we raised enough to fund five full weeks of meals for our recipients! The joy and positivity shared during the event radiated through the community, making it not only a memorable day but a meaningful one.

To our sponsors—this achievement would not have been possible without your unwavering support. Thank you for helping us make such a positive impact!

Save the Date for the Next Alley Cat Ride! July 12th 2025

Introducing Jennifer Stone, our Director of Food Service at Meals on Wheels of Syracuse.

Jennifer's career began with six years of service in the United States Air Force, where she gained her first experience in food service and diet therapy while working with soldiers in the base hospital. Following her military service, Jennifer transitioned to working with the elderly, serving as a Food Service Supervisor and overseeing Special Dietary needs for the geriatric population. With over 41.5 years in the food industry, including 20.5 years dedicated to Meals on Wheels, Jennifer brings a wealth of experience and passion to her role. She is deeply committed to ensuring that the elderly and most vulnerable members of our community receive proper nutrition.

Thank you, Jennifer, for your outstanding service to our community.

Together, We Can Deliver.



MY FAVORITE THINGS

What is your favorite food:

Cheese – extra sharp, the sharper the better

Favorite guilty pleasure:

It is so out of character for me but The Wives of Beverly Hills

Favorite season: Fall

Favorite book: I prefer non-fiction – I am currently reading Prince – The Beautiful Ones (Memoir)

Favorite Movie: Hocus pocus

Favorite snack food: See's Candy Peanut Brittle

Cups of coffee a day: 1

What Meals on Wheels Means to Ellen and Her Family

"Its a wonderful program and gives me peace of mind, as well as my children peace of mind. It is one thing less I have to worry about on a daily basis.

It also allows me to remain independent in my own home, and that's a big plus".

Thank you Meals on Wheels of Syracuse!



What Our Clients are Saying

"My physician wanted me to gain weight and because of Meals on Wheels, I have gained five pounds!"

"Because I am so sick, I cannot cook for myself, so I was eating processed food and feeling worse. Meals on Wheels gives me a healthy meal and makes me feel strong."

"It is a positive thing that I look forward to every day."

"I would probably starve without Meals on Wheels."

"Cooking scares me now that I cannot stand for more than five minutes at a time, and every day I am met with a healthy meal and a smile."

"I am currently bound to a wheelchair and cannot reach the top of my stove. Without this program I would have nothing to eat."

Volunteer Recognition



ERIC GANG

was recognized as our Iron Man driver at our annual volunteer recognition event held in the Metropolitan Club at NBT Bank Stadium. Eric has been driving and delivering meals for Meals on Wheels of Syracuse for 38 years. Eric is a funeral director and the owner of Gang Memorial Chapel. We are very appreciative that he has found time in his busy schedule all of these years to come in and help us. We couldn't deliver all of the meals we do without dedicated volunteers like Eric.

We thank Eric for all of his years of service!



NATHAN BARBER

was recognized as our All Star delivery volunteer. He started volunteering at Meals on Wheels in October of 2017. Nathan comes in four days a week to serve meals to our clients. In the past he has even done two routes in one day. Nathan is a kind soul and our clients enjoy seeing his smiling face at their doors. We are thankful for volunteers like Nathan who are so dedicated to our mission.



JERRY POTTS

was recognized as our Iron Man kitchen volunteer at our annual volunteer recognition event held in the NBT Bank Stadium. Jerry has been volunteering for the Meals on Wheels food service department since May 2002! Jerry is a retired GE employee and has had the opportunity to work in the radar department in both Turkey and Alaska, the sonar section in Logistics, also Syracuse headquarters and Virginia as a subcontractor for 3 years. When I asked Jerry what keeps him volunteering for Meals on Wheels his reply was "he likes to do good for people" and he is a church going man. He is involved with his community and enjoys the company of his peers. We are very appreciative to have him as part of our crew on Wednesday's.



ANGELA THOR

was recognized as our All Star kitchen volunteer at this year's volunteer recognition event. During the pandemic our program went through a lot of changes in process and volunteers. During this event we lost a lot of our existing volunteers. At that same time we gained some volunteers and Angela was one of those volunteers. Angela has been volunteering since 2020 and in those 4 years she has given an average of 3 days a week and is always willing to help wherever needed. She is very generous with her time and it doesn't stop there, her husband Alex comes in with her on Friday's and they are quite a team. There is a wonderful camaraderie with her peers. She has developed numerous friendships outside of Meals on Wheels as a result of her service work which is a win for everyone.

A Special Note of Thanks to Our Supporters

Dear Volunteers,

This summer has been scorching in more ways than one! For the third consecutive year, our mission to serve meals has “heated up,” with a record-breaking pace of growth. By the end of August, we prepared and served over 157,800 meals to 635 people. We are on track to deliver 237,000 meals by year’s end—up from nearly 231,000 meals last year.

This remarkable achievement would not have been possible without your dedication and hard work. Thank you to all the volunteers and staff who have been tirelessly preparing, packaging, packing, and delivering these essential meals. Because of your selfless commitment, many of our homebound neighbors are now food secure and healthier.

Looking ahead, our top priority is to meet the increasing demand for home-delivered meals.

To do this effectively, we need to recruit more volunteers. We recognize that the current routes are lengthy, and we are asking more from you both in the kitchen and on the road. To address this, we are actively working on recruiting new volunteers over the next few months through various strategies. Your help in this effort is invaluable.

Please reach out to your networks and let Mary Beth, our Community Relations Director, know about any potential leads. The more connections we make, the better our chances of success. Thank you once again for your unwavering support and hard work.

Remember, “together we can deliver.”

With deep appreciation,

*Mason Kaufman
Executive Director*



A Heartfelt Thank You to Our Incredible Meals on Wheels Volunteers From Bruce Wodka, Board President



As we reflect on the impact Meals on Wheels has in our community, we are filled with gratitude for the selfless dedication of our volunteers. Your commitment to delivering not just meals, but also kindness and companionship, is at the heart of everything we do here in Syracuse. Every day, you help ensure that our elderly and homebound neighbors receive the nutrition and support they need to live independently.

Your service goes far beyond the meals you deliver. For many of our clients, you are a lifeline—a friendly face and a caring presence that brightens their day. The time and effort you devote to this mission make a tangible difference in the lives of those we serve. Your compassion and generosity are truly inspiring, and they remind us that our community is built on acts of kindness, both big and small.

To each of our volunteers, whether you drive the delivery routes, prepare meals in the kitchen, or assist with the many behind-the-scenes tasks that keep us running, we extend our deepest thanks. Your unwavering support helps make our community stronger and more connected. Together, we are nourishing both bodies and spirits, one meal at a time.

Thank you for being the heart and soul of Meals on Wheels. Your dedication and compassion do not go unnoticed, and we are incredibly fortunate to have you as part of our team.

Bruce Wodka



Mark Your Calendars for these Upcoming Events

Pampered Chef Fundraiser

October 15-31, 2024

Get ready for the holidays with our Pampered Chef fundraiser and support Meals on Wheels of Syracuse! Shop for top-quality kitchen essentials, and a portion of your purchase will help us deliver meals and care to those in need this season. Order your items here: <http://www.pamperedchef.com/party/mowsyracuse1008>

October 23, 2024, 11am-2pm, Medicare Q&A with Licensed Medicare Broker, Pam Whitmore.

Stop in and visit Pam to get your questions answered about everything Medicare and changes for 2025. Pam is an unbiased, independent insurance professional who can provide impartial advice tailored to your needs. Can't make it to the event but have questions, feel free to reach out to Pam directly at 315-380-1910.

Meals on Wheels Chili/Soup Cook Off, Nov. 1, 2024, 1:-3:00 pm,

Spice up your day and showcase your culinary skills at our 1st annual chili/soup cook-off. All are welcome. Bring your best recipe, compete for prizes, and enjoy a fun, food-filled event with Meals on Wheels staff and volunteers. Want to participate but don't make chili or soup? Then bring in a salad, a dessert, bread, or drinks. Register with Mary Beth today, community@meals.org.

Donor Recognition Event, November 20, 2024, 10-11:00 am

Come join us for a special donor recognition event. Tour our facility and get a behind-the-scenes look at our services in action. Enjoy light refreshments as you see firsthand how our your support is making a difference in the lives of those we serve.

Giving Tuesday, December 3rd, all day fundraising event

This Giving Tuesday, make a meaningful impact by supporting our mission to nourish and care for homebound individuals in our community. Your generosity will help us deliver meals and smiles to those who need it most.

Syracuse Crunch Game

Join us on January 15, 2025, for a Syracuse Crunch fundraiser to support Meals on Wheels of Syracuse! Enjoy an exciting night of hockey while helping us provide meals and care to homebound neighbors in need. Tickets can be purchased through this link, www.syracusecrunch.com/meals, using promotional code **Meals** or by contacting Annika Tyson at 315-473-4444, ext. 126. Hope to see you there!

Syracuse Auto Dealers Association (SADA) Charity Preview, February 12, 2025, 6:30 pm, group photo at 7:00 pm.

Join the best party in town and support Meals on Wheels of Syracuse for an evening you won't forget. Tickets are \$150 per person, Bronze Sponsor, \$900, Silver Sponsor, \$1500, and Gold sponsor, \$3000. Contact Mary Beth for more information, community@meals.org.

Miles for Meals, March 1, 2025

Mark your calendar for our 2nd annual Miles for Meals event, to support our SPM Client Assistance Fund which provides food to our homebound friends that do not qualify for any type of funding but that are food insecure and living in poverty. Have an awesome work out and support an amazing cause. More details to come. Interested in sponsoring this event, contact Mary Beth at community@meals.org.

Volunteer Recognition Event, Wednesday, April 2, 2025

Calling all MOW volunteers, we want to celebrate YOU!! Join us for food, fun, fellowship and Syracuse Mets Baseball. Tickets are complimentary for MOW volunteers. Can't wait to celebrate you and all you do for the CNY community. Mark your calendar now – you don't want to miss it!

Get Involved, meals.org/volunteer

Support our Mission and Donate today, meals.org/donate