

Food For Thought

Greetings all, we have much to share since our last Food for Thought newsletter!

We marked 57 years of service to the community at our Volunteer Appreciation Social in April. During our gathering we celebrated the impressive accomplishments of the home delivered meal program in 2022. The group learned that last year our volunteers prepared, packaged, and delivered 61,609 meals for 294 homebound and frail seniors in the greater Corning-Painted Post area! Those numbers represent a huge effort by our skilled & faithful volunteers and donors. Thank you for dedicating your time, talent and treasure to further CMOw's mission to nurture health, dignity, and independent living among people who need meals delivered to their homes.



As you read through the newsletter you will learn about the efforts of some of the hundreds of volunteers and donors in our community who support the seniors we serve. For instance, on page 2 you'll learn about an elementary school student body that donated 'blizzard bags' for our seniors. On page 3 you'll learn about other volunteer groups who pitched in over the past six months, including Wegmans, donating their time to deliver meals. On page 8 you'll find out which team won our Corning Meals on Wheels Golf Tournament sponsored by Bully Hill Vineyards. On pages 10 & 11 you'll note those of you who made direct financial contributions, without which there would be no Corning Meals on Wheels.

Our program is truly a local community solution, with neighbors helping neighbors. Corning Meals on Wheels receives very little government funding. Our federal, state, and county subsidies comprise less than 16% of the funds required to provide a meal. We continue providing for our local aging population thanks to the generosity of the volunteers and donors like you who so selflessly contribute your resources to help the homebound & frail of the greater Corning-Painted Post area.

Please help feed the need by donating today. Together, we can help people like Leona, who at 92 said she "is very happy with the meals and really appreciates the nice volunteers who take time to chat". Please donate today to help us fight senior hunger and isolation.

Warmest Regards,
David

Welcome to Our New Volunteers!

Scott Andrus, Corning Credit Union employees, Andrew Courtney, Roeshawn Daniels, Debbie & Rick Game, Jodi Hardy, Susan Harris, Geoffrey Haywood, Mariah Hurd, Mieko Johnson, Lani Kapusta, Marcie Creamer, Rita Lee, Chris Lewandowski, Fran & John Lorey, Kathy McClure, Rachael Merritt, Mary Muse, Casey Newton, Helen Revelas, Maricela Trejo-Moore, and Wegmans Corning store employees.

Gregg Elementary School Donated 300 Blizzard Bags!

In December, continuing a 21 year tradition, the students, teachers and staff of Hugh Gregg Elementary School donated 300 colorfully decorated 'Blizzard Bags' of shelf stable meals for our seniors to use when deliveries are canceled due to bad weather. Along with the Blizzard Bags, the school presented us with additional funds raised during the Blizzard Bag drive, enough to provide freshly prepared hot meals for 200+ seniors in need over the holidays!



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United Way is Making a Difference!

Many thanks to United Way of the Southern Tier Senior Supports Fund for granting us the money to buy & install a 12' stainless steel dish table with 3-bay sink for our kitchen and also replace well worn meal delivery carry containers.

Thank you to the United Way Senior Supports Fund for funding much needed capital improvements for programs like ours!

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Making the Season Bright! 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!

Subaru of America Donated \$8,232! 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.

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.



SUBARU



MEALS ON WHEELS AMERICA



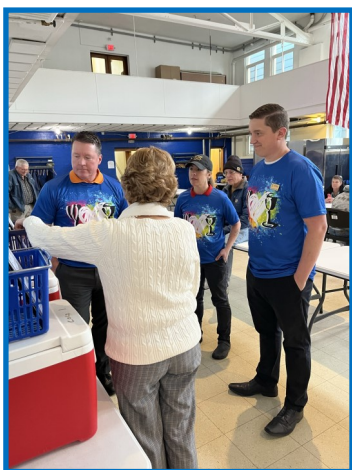
Community Partner
Food for Thought



United Way Volunteers
Making a Difference Many thanks to the employees of ServU Credit and to the United Way of the Southern Tier Chairperson, Marty Curran, for delivering meals as part of United Way of the Southern Tier's Day of Action. Well done by all!



A Special Tribute Corning Inc. IT department employees delivered 12 of our routes to honor the memory of a coworker in North Carolina who had been a Meals on Wheels volunteer. Corning Inc. senior leadership team member, Soumya Seetharam, also presented us with a check for \$150. Their Corning IT coworkers in NC volunteered with their local Meals on Wheels that day, too.



Wegmans is on the MoW Team! Many thanks to Wegmans in Corning for signing on to deliver meals for our homebound & frail senior neighbors in need. A long time supporter of MoW, Wegmans employees are now stepping in to fill open routes when our regularly assigned volunteers aren't available. Substitutes are golden, thank you!



Corning Inc. Departments Adopted Routes and You Can Too! Corning Inc.'s Legal Department adopted a delivery route nearly ten years ago, with employees taking turns donating their lunch hour on Fridays to deliver hot meals & welcoming smiles to area shut-ins. Corning's Corporate Communications adopted a route soon after, too! If your business or organization would like to experience helping ensure homebound seniors have at least one nutritious meal and a few minutes of personal interaction each day, contact us at cmowheels@aol.com or 607-962-7985, or sign up online at cmowheels.com.

Three Cheers for Volunteers! You meet the nicest people volunteering! Here's a snapshot of your caring neighbors who volunteered with us during National Volunteer Week and throughout the year!



Jefferson Award for Public Service



Congratulations to volunteer Barbara Cook on being presented a Jefferson Award for Public Service! Barb's selfless dedication to helping her senior neighbors in need has made our area a better place, especially for the nearly two thousand people who Corning Meals on Wheels has helped age safely in their homes in the time Barb has volunteered with us. We are forever grateful for Barbara's 27 years (and counting!) of faithful service.

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.



A Special Thank You

Many thanks to Molly for donating hundreds of farm fresh eggs over the past year!

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



VOLUNTEER TODAY!

Deliver meals any weekday

11:15am-12:45pm

Sign up is easy!

Online: www.cmowheels.com

Email: cmowheels@aol.com

Phone: (607) 962-7985

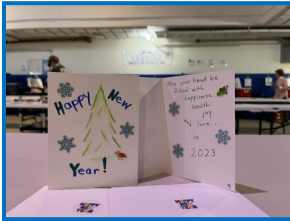
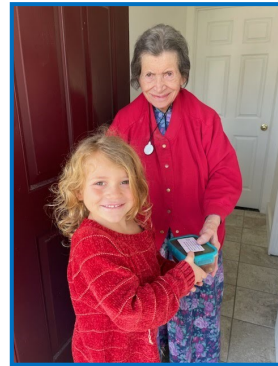
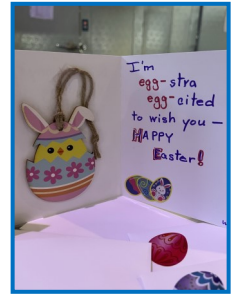
Stop in: 144 Cedar St, Corning

Volunteer today and

you'll feel great!



Making Holidays, and Everyday, Special A big Thank You to all of our volunteers and donors who help make special days special and bring a little extra light each day into the lives for the homebound and frail people we serve. Your efforts go a long way to reducing senior isolation, letting our seniors know they are not forgotten...that kind people like you are thinking of them on these special occasions and throughout the year. To name but a few of the people and groups decorating bags or making cards...thank you Alternative School for Math & Science, Ava, Carder Elementary, Calvin U Smith Elementary, Corning Inc. MT&E, Faith to Face Ministries, GST BOCES Culinary Arts, Mike & Mary, Victory Highway Wesleyan Church and all who make each day a little brighter for the older adults we serve.



Independence Day Treats!

Thanks to our skilled kitchen leader, Therese, and her talented volunteer teams, the seniors we serve enjoyed a cupcake topped with fresh strawberries for Independence Day. Thank you to volunteer Karen for donating the strawberries from her garden! Yum!

Ten veterans we serve were also treated to hand-made greeting cards from our anonymous card artist. The artist surprises us with beautiful handcrafted cards for special days. A special Thank You to the artist. We hope you see this and know that your artwork brightens the day for those we serve, and the volunteers who serve them. Well Done.



Bake Sales = More Meals for Seniors

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.



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 5th. The tournament raised nearly \$10,000 for our home delivered meal program! That is up \$2,300 from last year's tournament thanks to our generous sponsors and golfers!



This year's tournament championships are Hunter Patrick, David Stearns, Randy Youmans, and Mike Stearns. Thank you to all who played in the tournament, plus 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.



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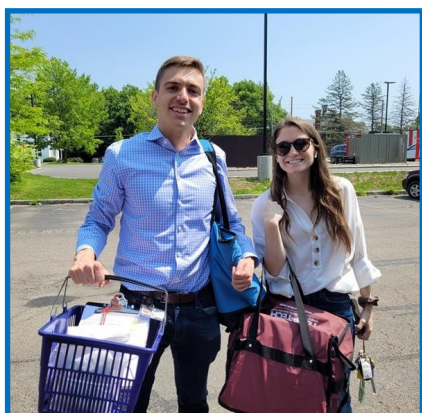
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February 2, 2023 - June 30, 2023

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Dan Salley

~ 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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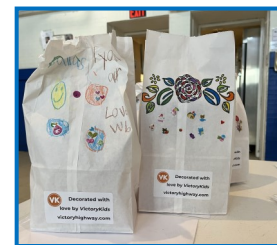
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[Companies turn employee volunteer hours into more meals for our seniors!](#) Check with your employer, they may have a volunteer matching program, like Corning Inc's 'Dollars for Doers', that honor your volunteer hours by donating funds to the charity you support through your volunteering. **[Many thanks to these volunteers for your Dollars for Doers donations: Anonymous, Laura Bowen, Valerie Christie, Jonathan Fuller, Emily Gridley, Cara Groeger, Fanziska Lorey, Brett Nordman, Bob Ohl, Jamie Post, Maria Strinni Gill, and Jiahau \(Bratt\) Yan.](#)**



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 72 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 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.

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