

Food For Thought

December 2023

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Greetings all,

The winter holidays are here! As I start this newsletter, it's the day before Thanksgiving, and thanks to your support, Corning Meals on Wheels volunteers are about to deliver freshly prepared traditional thanksgiving 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.

Together, we fight senior hunger and isolation by delivering freshly prepared nutritious meals and, as we like to say, so much more. As you'll see on the pages that follow, members of our community extend a hand of friendship to the isolated people we serve through creative & fun artwork on our lunch bags, handmade cards, and other wonderful gifts of connection. Our delivery volunteers brief daily visit can itself be uplifting, and sometimes lifesaving.

Mary, a Corning resident who, at 86 and on oxygen, credits her Corning Meals on Wheels volunteer (also named Mary) with potentially saving her life. One August day, our volunteer noticed the smell of natural gas in Mary's home. Calls were made, the gas company responded quickly and a crisis was averted. For Mary, the daily visit may have prevented a tragedy.

One day in September, Lee, a 93 y/o widow living alone, didn't come to the door, the door was locked, and she didn't answer the telephone, all unusual for Lee. Her emergency contact lives out of state. We called the authorities for a welfare check. NYSP responded quickly, entered her home and found Lee on the floor. Like Mary, Lee also credits Corning Meals on Wheels with potentially saving her life.

Donate to Corning Meals on Wheels today so we can put 100% of your gift to work helping seniors right here in the greater Corning-Painted Post area. Thanks to caring people like you giving locally, we served 61,609 meals to 294 of our homebound & frail elderly neighbors last year. We do this with very little government funding, covering only 16% of the cost of providing the meals. We are truly a neighbors-helping-neighbors solution to senior hunger & isolation. We can't feed the need without your help.

Warmest regards,
David



Mary, who is on oxygen, is thankful for Corning Meals on Wheels volunteer Mary Gill Scott who noticed the smell of natural gas in her home.



Lee, alone at 93, is thankful for Corning Meals on Wheels volunteers like Stephanie McEnroe for delivering her meals and for the daily visits...which may have saved her life.

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, zucchini and 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.



Erwin Valley PTA's

Delicious Donation!

Many thanks to Erwin Valley Elementary School PTA & their supporters for donating 51 cheesecakes for our seniors! For our Thanksgiving Day style dinner, the ~140 seniors we served received cheesecake we topped with a pumpkin spice mousse...festive and delicious.



Corning Youth Football Scores Big!

Thank you to all who supported the Corning Youth Football cookie dough fundraiser and donated your cookies to us. In a wonderful show of support for the players and for the homebound & frail seniors we serve, you donated 4,000 cookies to our cause!



Applebees is a Good Neighbor!

Erwin Applebee's Grill & Bar employees helped prepare & deliver meals for National Good Neighbor Day. Applebees also 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!



Community Bank is a Good Neighbor!

The Market Street branch of Community Bank made a generous donation to



support our seniors on National Good Neighbor Day. Community Bank employees also deliver meals for us each month!

Beartown Peaches & Cream's Wholesome Donation!

Beartown Peaches & 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 cauliflower, the cabbage & carrots, and more!



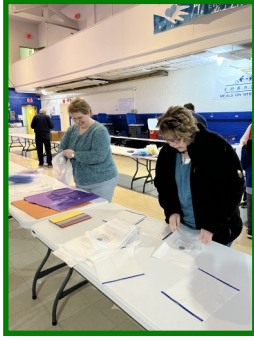
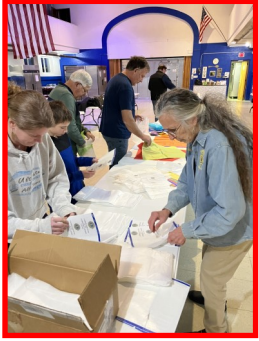
United Way of the Southern Tier Senior Supports Fund Shines!

Thanks to the United Way of the Southern Tier's Senior Supports Fund, we replaced our two bay sink and dish table with a 12 foot three bay sink and dish table, complete with a stainless steel backsplash! The Senior Supports Fund also helped



improve our food safety by funding new higher efficiency delivery containers for our hot meals. Thank You!

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 a little 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 19 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!



Potholders for Thanksgiving!

Many thanks to Christine Stull for sewing & donating 160 potholders for our seniors! Our volunteers delivered them along with a Thanksgiving style meal on 11/22. Our hot meals are 140 degrees or hotter at the time of delivery (for food safety)...that's very hot to the touch. Thanks to Christine donating her talent, time, and resources, our seniors will have potholders to safely handle the hot meals. She also provided oven mitts for each of our 16 delivery routes to protect our volunteers!



11 Lakes Market Cleans Up for Seniors!

Marie Blouin of 11 Lakes Market donated 160 Swedish dishcloths for our stocking stuffer drive. A very generous, useful, festive & fun gift!



Gifts from the Heart

Long-time volunteer and supporter, Karen Perreault, donated these wonderfully thoughtful gifts for our stocking stuffer drive. Karen knitted 160 'pocket hearts' for the homebound & frail people we serve. A meaningful gift in the fight against senior isolation.

*Thank you!!
Meals are delicious
and so helpful to us
Blessing*

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.



STAFF

Executive Director
David W. Smith

Kitchen Manager
Therese LaDouce

Assistant to the Director
Lisa Carl

Client & Volunteer Coordinator
Sue Dunn

Cook / Ops Aide
Meghan O'Toole Tuazon

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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 2023 Subaru Share the Love Event, for every new Subaru sold or leased between Nov 16th 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 www.cmowheels.com/share-the-love to learn how you can help us Share the Love.

Welcome to Our Newest Volunteers: Amber Adams, Bonnie Black, Jacob Brown, Teresa Decker, Mark & Mike Dobbins, Justin, Shannon, Cloe & Lucas Eberlin, Brian & Judi Gridley, Haley Langstine, Theresa McCartney, Kathi Randall, Cheryl & Denis Sweeney, Ashley Rice, Bob Walker, and the High School Learning Center students & staff!



Volunteer today! You meet the nicest people when volunteering. Are you interested in helping your senior neighbors in need? **Give us a call at (607) 962-7985 or sign up online at cmowheels.com. You'll be glad you did!**



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!**



I CAN'T FIND THE WORDS TO EXPRESS MY SINCEREST THANKS TO YOU ALL FOR EVERYTHING YOU'VE DONE FOR HOMER & I. YOU WENT ABOVE & BEYOND & I THANK YOU SO MUCH!

We thank you and so do the people we serve!

Dear Friends,
Thank you so much for good meals and the friends ships I meant when they brought me meals. God Bless you all for your good work.
Love ya,

ON HAPPY DAY,
Thanks to all who play a part of Meals on Wheels to whom I am very grateful at this time! Everyone was kind and took the moment to relate. Caring is Healing
Liquin Thank You

My mother always looks forward to her short visits with the volunteers. Thank you for your caring staff!!

The meals are delicious and the volunteers are so delightful!!

TRIBUTE GIFTS & CONTRIBUTIONS

July 1, 2023 - November 30, 2023

FROM

Cyndy Adler
John Armistead
David Bacon
Bavani Balakrisnan
Bernadette Baldini
John Baldini
Matthew Beecher
John & Marcia Browning
James Burroughs
Ann Marie Cardman
Lisa & Jimmie Joe Carl
Bob & Joy Catherwood

Linda Cevette
Chemung Valley Region Car Club
Michael & Michelle Cilip
CMoW former Tuesday kitchen co-volunteers

James Coles, Jr.
Barbara Cook
Philip Crooker
Crystal City VFW 524
Jennifer Driscoll
Margaret Duffey
The Ehemann family
Susan Estes
Jim & Julia Falzone
Roger & Sue Fletcher
Steve Forman & Mary Darcangelo

Barbara Frank
Larry & Susan French
The Friebis & Lembo Families
Jane Garnett
Janet Ginnane
Terri Grace
David G. Grossman, PhD
Kathleen Hallinan
Joel & Cindy Harkness
Don & Joan Haussener
Sheung-Nui Ko, Sin-Yi Ko, and Sin-Kuen (Ko) Hawkins
Scott Herman
Betty Hess
Beverly Karnuth
Carla Keegan
Kathleen Kennedy
Evelyn Krebs

George & Lucy Kibbe
Lena & Kristine Krebs
Therese LaDouce
Tom & Hilda Lando
Margret Lapp
Emily Lowery
Dale Magee
Lois Mangione
Russ & Judy Mason
Melissa McDonald
Mike & Linda McDonald
Carol McGill
Stephen McUmber
Sandra Meehan
Mary Ellen Morris
Mike Morrongiello & Jo Barlow

IN MEMORY OF

Katherine Andrade
Laura Armistead
Joyce Kautz
my Dad
John & Sylvia Baldini
Sylvia Baldini, Delphine Pierri
Katherine Andrade
J.Y. Thomson
John Mayes
Katherine Andrade
Carolyn Zaszak
Marie Catherwood, Jerome & Louise Fish, Zachary Lisk
Cornelia "Corky" Lentz

Ellen Windows
Dan Salley
Caroline Hall

James Harkenrider
Kathryn Willoughby
Lois Crooker
Katherine Andrade
John B. Mayes, Jr.
Richard Galusha
Mary "Louise" Young (Vasquez)
Corky Lentz
Rosemary Negri
Cornelia Lentz
Frances Backer, Stephen Graham, Mary Louise Young
Dave Iocco, Steve Graham
Yvonne Bailey, Nate Wilson
Linda Moyle Avila
Jerry & Jinny Wright
Steve Graham
Corky Lentz
Jerry & Virginia Wright
John & Jenny Burke
Barbara Thomas
Ellen Windows
Mary "Louise" Young

Ed Herman
Charlie & Chuck Hess
Kim Karnuth, Sharon Naylor
Elizabeth Ott
Doris Kennedy
Jon Krebs, Steve Staggs, Carolyn Zaszak
Bonnie Jean Hamilton
David Iocco
Ken Shepard
Leigh Clark, Rosemary "Sis" Negri
Dr. Milton C. Lapp
Cornelia Lentz
Celia Lang
Cornelia Lentz
Mary "Louise" Young
Josephine Causey
Rocco Ferratella
Barbara Thomas
Leora Stratton
Mary "Louise" Young
Mary S. Mahon
Sloane Sims

FROM

Rich Negri
Judith O'Connell
Fran & Mary Helen Olmstead
Fran Olmstead Family
Andrew & Kathleen Olson
Pat Osborn
Tom & Jill Palmer
Mike & Mary Park

Pamela Price
Patricia Reagan
Edmund Reif
Danielle Salley & Mike Dailey
Dennis Scranton
The Sementilli family
Kathy Simoes
Elizabeth Small
Margaret S. Smith
James & Janet Stewart
Sunshiners Senior Mixed Bowling League

Dave & Mary Tammaro
Mr. & Mrs John Telehany
Deb Townsend
Miles Vance
Barbara Virella
Mary Wakeman
Bill & Jean Walker
Walter J. Kent, Inc.
Eileen Williams
Peg & Craig Wilson
Yvonne Wilson
Dr. Geraldine Wolfe

FROM

Jeanne Beebe
The Carl Family
Lisa & Jimmie Joe Carl

Nancy Douth
Joanne Drewno
Vicki Hoover
Marvin & Hyung Lee
Charlene & Ed Schulz
Sunshiners Senior Mixed Bowling League

IN MEMORY OF

Rosemary Negri
Elizabeth Carapella
James Francis Cronin, Steve Graham
Curtis Hooley
Rosemary Negri
James Hayes
Corky Lentz
Dominic & Philomena Cantando, Donny Cantando, Bonnie Jean Hamilton, Eric Michaels
Cornelia "Corky" Lentz
Cornelia Lentz
Carole Reif
Dan Salley
Gloria Scranton
Louis J. Ferraro
Louise Young
Katherine Marie Andrade
Myron Smith
Cornelia Lentz
Cornelia Lentz

Marguerite Tammaro
Mary Mahon
Mary Foster
Jerry & Jinny Wright
Mary "Louise" Young
Virginia Adams, Eugene Saunders
Henry Keeter
Mary Sue Mahon
Cornelia "Corky" Lentz
Ernest Harold Day, Sr
Jesse, Sue, and Diane Wilson
Nancy Pieri, John Starzec

IN HONOR OF

Scott & Kelly Peck
Eileen Schmidlin
Michael & Michelle Cilip, Scott & Kelly Peck, Michael Zaszak
Debra Townsend
Scott & Kelly Peck
Caregivers everywhere
Mr. and Mrs. Gerald Sagona
Scott & Kelly Peck
Carson Feldeisen

~ 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.

TRIBUTE GIFTS & CONTRIBUTIONS

July 1, 2023 - November 30, 2023

GIFTS FROM

The Amin Family
Ed Andrewlavage & Madonna Cornelissen
Melanie Anastasio
Anonymous
Kelsey Arrison
Mike & Kristi Astolfi
Betty Bement
Daniel Bissell
Tom & Barbara Blumer
Dr. Heather D. Boek and Paul B. Dohn
Dave & Joan Boxall
Terry Briggs
William & Mary Chervenak
Kim Cobb-Cain
Kirstin Campbell
Catherine Caneau
Ann Capper
Michelle Caulfield
Melissa Colacino
Community Bank
Maureen Connaughton
David E. Cook
Theresa Cornelissen
Corning Incorporated Foundation
Corning Toastmasters Challenge
Mark & Sally Coveney
Vera Dauman
Alesia Decker
Mr. & Mrs. Kevin DeLuca
Daniel Divens
Michael & Linda Donovan
Jude Drew
Margaret Duffey
Michelle Dundas
EDC Management
Azita Eshraghi
Erwin Senior Citizens
Jennifer Fais
Doris Ferreira
First Congregational United Church of Christ
First Presbyterian Church

GIFTS FROM

Dr. & Mrs. Steven Garner
Joe & Sandy Giardina
Shirley Giardina
Lou Gigliello
Ginnan Family
Nancy Golomb
Pam Goforth
Dolores Gould
Joe & Carol Gouveia
Bruce & Judy Graf
Paula Graham
Sue Gruber
GST BOCES STEM Academy students
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Judith Hagerty
Amanda Hall
Sheri Hamilton
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Gene Herber
Karen & Jim Hogue
Ted & Carol Imhoff
John G. Ullman & Associates employee "Jeans Day" for Indigenous Day
Paul & Eugenea Johnson
Cheryl Jordan
James & Kimberly Kaffenbarger
Ronald Kasper
Karen Kirk
Nancy Kobbe
Tom & Shirley Kowalik
Richard Kurchey
Jean Krebs
Pam & Joe Lally
Hilda Lando
Edgar & Evelyn Lewis
Grace Lubold
Mary Magno
Michael Manzari

GIFTS FROM

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ONEHOPE
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ServU Federal Credit Union
David & Mary Ann Smith
Sara Sparling
Beverly Stevens
Emily Steves
Carol Stone
Andrew Strickler
Denis & Cheryl Sweeney
Matthew & Rebecca Syrett
Patrick & Sharon Tammaro
Leo & Judy Thomas
Amy Thorsen
Gretta Tomb
Linda Treible
Tony & Mary Tripeny
USW Local 1000
Scott Van Etten
Srinivas Vemury
Mary Wakeman
James Webb & Diane Legendre
Sandra Wheeler
Tracey Wilson
Yvonne Wilson
Windhover Foundation
Michiko Yamaguchi
Elizabeth Zilinski

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.

Thank you to these volunteers participating in your employer volunteer grant program, turning your volunteer hours into grant awards for Corning Meals on Wheels!

Corning Incorporated Foundation Dollars for Doers

Anonymous
Morgan Beatey
Patricia Campbell
Emily Gridley
Cara Groeger
Richard Marcellin
Melissa McDonald
Quinton Smith-Frank
Kathleen Young

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Corning, NY 14830
(607)962-7985
www.cmowheels.com

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Street2
City, Zip



A meal, and
so much more.



WE ARE
Meals On Wheels
So no senior goes hungry.

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

Corning Meals on Wheels, Inc. is:

A 501(c)(3) nonprofit, EIN 16-0912403, a United Way Agency, and an affiliate of the
Administration for Community Living, the NYS Office for the Aging, and the
Steuben County Office for the Aging.