

North Area Meals on Wheels
413 Church Street
N. Syracuse, NY 13212
315.452.1402
www.namow.org

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MEAL TIMES



Our Mission is to provide nutritious meals to seniors, the homebound and the disabled in northern Onondaga County, and to advocate for their overall well-being.

President’s Message

2018—A great year!

Because of our dedicated and wonderful volunteers, the exemplary leadership of our Program Director, Kitchen Manager, Driver Coordinator and YOU! NAMOW had another great year fulfilling our mission and ensuring that “no senior goes hungry.”

In 2018, NAMOW served 111,967 nutritious meals to 256 clients!! \$166,432 was received from our generous donors throughout the year, including the Fall Appeal, Spring Non-Event, Golf Tournament, Memorial Gifts, Bottle Drive, General Donations, Grants, etc. 300+ volunteers, including dedicated loyal drivers, cooks, kitchen coordinators and kitchen volunteers got the job done!

Every day seniors await our driver’s arrival. This may be their only contact for the day...not to mention the two nutritious meals being delivered. YOU are making this happen. Whatever your gift is to us – the gift of your time, your talent or your financial support – it all comes together to put a smile on a senior’s face. If you have not had the pleasure of seeing one of our client’s smile, I personally invite you to join us one day in making deliveries to see your generosity in action! Please call 315-452-1402 to make arrangements! We will return your call and look forward to giving you the opportunity to see how impactful our program is for the seniors of our community.

We appreciate everything that so many people provide so we can continue to provide meals to the seniors in our community.

Thank You for Another Great Year!
Paul McGuire, President



A Gift for all occasions!

A donation to North Area Meals on Wheels is an appropriate gift for any occasion -- birthday, anniversary, thank you, wedding, in appreciation, and even Christmas. Your recipient will greatly appreciate your thoughtfulness, not to mention how appreciative we would be of your support to our Mission.

Board of Directors

Paul McGuire	President
Tony Tucci	Vice-President
Dan Toscano, CPA	Treasurer
Bob Graves	Secretary

William Brown	Darlene Dennis
Kelly Graves, Esq.	Maria Lisi
Gloria Morris, MD	Emily Sharp
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Support...

North Area Meals on Wheels by shopping at AmazonSmile. Go to AmazonSmile, click on it and choose North Area Meals on Wheels as your charity!

Thank You!

We’re social!



Instagram

Congratulations!

On behalf of Meals on Wheels America, I’m pleased to inform you that North Area Meals On Wheels has earned \$6,765.80 by participating in the 2018-2019 Subaru Share the Love® Event. We want to thank you and your organization for your participation in the Event. Due to your effort and dedication, this year’s campaign has been our biggest success yet!



Volunteering Above and Beyond!

H E Krueger Snow Plowing

For 27 Central New York winters, Howard Krueger has donated his services plowing the parking lots at North Area Meals on Wheels! Hard to imagine that many early mornings, afternoons, and evenings when Howard made sure the parking lot was cleared. The day begins in earnest at NAMOW by 7 a.m. Howard resigned from the Board of Directors in the ‘mid 90s, “I had so much going on in my life, time wise I needed to. I still wanted to make a contribution to NAMOW so I started plowing the lots.”

Howard sold his snowplowing business last October, with winter fast approaching he did not want to cause concern for us this past winter, so he personally kept us plowed. His services will be greatly missed.

A huge Thank You to Howard for his faithful contribution and many years of steadfast service to North Area Meals on Wheels. We are grateful for your service in support of our mission and our community.

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Blizzard Bags...

Stuff the Trunk!

Subaru vehicles were lined up in NAMOW’s parking lot on December 8 for the “Stuff the Trunk with Blizzard Junk” event. Donors “stuffed the trunks” with single-serving, shelf-stable food items, which NAMOW used to assemble its “blizzard bags.” Each bag contains the equivalent of two meals. Volunteers deliver the Blizzard Bags in preparation for those days when winter weather forces NAMOW to close.

This year was a particularly snowy year, and we were able to assemble and send out over 750 bags! Thank you to all the volunteers, employees, and donors who participated with the blizzard bags this season to be sure that no senior went hungry.

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Client Spotlight

When released from the hospital 5 months ago, Arnold started receiving Meals on Wheels. He was surprised how quickly we were able to start delivering meals. When asked how he feels about the food, he says, “I love it!”. Arnold is impressed with how excellently the meals are prepared and is happy that he is finally eating vegetables. He narrowed down his favorites to three, pepper steak, stroganoff, and crab salad. Arnold loves our volunteer drivers and appreciates that they go “above and beyond” for him. He says they have restored his faith in humanity! NAMOW is so glad that we can help people like Arnold.

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Record Setting Fall Bottle Drive!

In October, we raised \$ 2,201.40 thanks to your donations and the collecting by NAMOW volunteers. In addition, we received \$125.00 in cash donations.

Thank you to the 13 NAMOW volunteers who sorted and counted 36,690 bottles and cans in our parking lot. Special thanks to 9 students from North Syracuse Junior High School Builders Club who pitched in with enthusiasm and willingness.

Thanks also to all our volunteers who continue to bring in their cans and bottles and those of their neighbors throughout the year, as well as bringing in containers donated by our clients. Total proceeds for the 2 drives in 2018 was \$4,009.96.

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Volunteer Recognition!

All our volunteers are special and unique. However, once a year a volunteer is voted by fellow volunteers to be recognized in our Spring Newsletter.

Ann Maxfield has been a kitchen volunteer at NAMOW for over 25 years! She started volunteering so she could be helpful, and throughout the years has really enjoyed working with her fellow volunteers. In fact, when Ann moved to Camillus, she decided to continue to drive to North Syracuse to volunteer at NAMOW.

Ann thinks the food she serves is good, but most enjoys preparing the turkey sandwiches. Ann also volunteers at CatFISH in Camillus, driving people to their doctors’ appointments. Thank you to every one of our volunteers for all that they do!

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SAVE THE DATE!

May 11th, 10a.m. to 2p.m.

In our parking lot!

413 Church St.
North Syracuse.

Empty containers may also be dropped off any week day between 8 a.m. to 1 p.m.

An illustration of various empty plastic bottles and metal cans, including a large water bottle, a smaller water bottle, a green beer bottle, and several soda cans.



Don’t be Burdened with Tax For Your Retirement



Are you 70 ½ years or older and have to make required minimum distributions (RMDs) out of your traditional IRA? Make tax-free distributions out of your IRA today by donating your distribution (or part of) to a qualifying charity. NAMOW is a 501c3, thus a qualifying charity. IRA owners can make tax-free charitable contributions, if married and filing joint returns. Consult your tax expert to learn how to set up a direct transfer to a qualifying charity and avoid paying tax on your IRA distributions.

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March for Meals!

The National March for Meals Campaign is an annual month-long event designed to generate public awareness about senior hunger and isolation and to celebrate the invaluable services provided by senior nutrition programs. During our 17th Annual March for Meals event, we hosted Community Champions Week March 18-22, when local community organizations, businesses, and all levels of government volunteered their time to help ensure that our seniors are not forgotten.

During this week local restaurants participated in our Dine & Donate Week. Thank you to our generous participants: Paladino's Cicero Pizza, Just 1 Bite, Chic-fil-A and Jake Hafner's Restaurant for their on-going participation and support.



North Syracuse Police Chief Steve Rotunno delivering meals with volunteer Chuck Hladen



Cicero Town Supervisor Mark Venesky riding along with volunteer Bob MacSaveny

Annual Volunteer Chirstmas Luncheon

Our 2018 Volunteer Christmas Luncheon at Bella Domani this year was a huge hit! We had record attendance as 120 dedicated and loyal volunteers enjoyed the dinner, entertainment, and a surprise visit from Santa! • • • • •



NAMOW Supports Education

NAMOW has raised the 2 Scholarships this year to \$1000 each!

If you have served as a NAMOW volunteer for 1 or more years, your (grand) child, stepchild, niece, or nephew may apply!

Applicants must be a Senior in high school who is planning to attend an accredited school.

Application Deadline May 1, 2019
Applications available at NAMOW

Recipe Corner

Ham and Scalloped Potatoes



Ingredients:

3 lbs. Red Potatoes, quartered	Nutmeg to taste
4 Tbsp. Butter	1 lb. Ham, chopped
3 Tbsp. Flour	2 oz. Breadcrumbs
3 ¼ c. Milk	1 Tbsp. Butter, melted

Directions:

- Preheat Oven to 350° F.
- Quarter potatoes.
- In saucepan, melt butter 4 Tbsp., add flour and nutmeg, stir until smooth and continue to cook for 10 minutes.
- Add milk gradually while whisking until thickened.
- Place ham and potatoes into greased pan and pour whisked mixture over. Stir until all ham and potatoes are coated.
- Cover and bake for 1-hour until potatoes are tender.
- Mix bread crumbs and 1 Tbsp. butter and sprinkle over potatoes/ham mixture.
- Bake uncovered for approximately 30 minutes until golden brown.



Save the Date!

NAMOW's 21st Annual Golf Tournament will be held
Sunday, September 15, 2019 at the Foxfire Golf Course.

Join Us!

With the donation of a few hours on a weekday morning, you too can make a difference in the community in which we live. Just call 315-452-1402 any weekday morning or stop in and see us, for complete details!

