



# FOODNET

*Fall 2003 Newsletter*



## What We Do Makes a Difference

*Stephen Griffin, Executive Director*

Adequate nutrition is essential for healthy aging, the prevention or delay of chronic disease and disease-related disabilities, and for improved quality of life. Yet poor nutrition is a major problem for many older adults. Almost 90 percent have a nutrition-related chronic disease or condition such as diabetes, heart disease, high blood pressure, or osteoporosis. About 40 percent of community dwelling older adults have inadequate food and nutrient intake, which affects their health and ability to function independently.

Foodnet's mission is to meet these needs. Foodnet provides nutrition services to older adults throughout Tompkins County. Meals in community centers improve participants' health and prevent more costly interventions. Home-delivered nutrition services, including Meals on Wheels, enable older adults to avoid or delay costly institutionalization and allow them to stay in their homes or communities. Other services include nutrition screening and assessment, education, and nutrition counseling. The purposes of these programs are to

improve health, improve dietary intakes, offer participants opportunities to form new friendships, encourage informal support systems, and link participants to other health and supportive services.

Sometimes people ask why Foodnet doesn't charge a fee for meals. We don't want anyone to go hungry. Under the terms of our grants, there is no income requirement and eligible people age 60 and above are provided with meals regardless of their ability to pay. Voluntary and confidential contributions for meals are encouraged, and the money raised allows Foodnet to reach more people. For people under age 60, there is a fee for service, which may be paid by the individual or a third party.

Help Foodnet make a difference! If you know someone who could use our services, please encourage them to call us. We appreciate the community's support of these critical nutrition services.

### Help Foodnet make a difference!

- Join us for our Wheel-a-thon, *Poker Run and Stroll & Roll* (pg. 2)
- Sew a placemat! (pg. 3)
- Make a pledge! (pg. 4)
- Volunteer! (pg. 4)

## Get to Know Us!

*Foodnet – at your front door, and all around Tompkins County, We're Seniors Doing Lunch.*

Foodnet has been serving meals at sites throughout Tompkins County for over 16 years. Some of these meals are served to groups in your neighborhood – in Lansing, Ithaca, Groton, and Trumansburg. Other meals are served to individuals in their homes, delivered daily at lunchtime. Foodnet serves two meals daily, a hot meal and a cold sandwich meal for later in the day. Last year Foodnet served about 650 meals a day. If you are over 60, a donation is requested for meals, but no one is required to pay for this portion of the Foodnet program.

You may think of Foodnet as *Meals on Wheels*, which is part of Foodnet's services. Foodnet took over the operation of Meals on Wheels in late 2000. Since that time, the fastest-growing program area has been Foodnet Select, the Meals on Wheels program available to people of any age. Foodnet Select clients or a third party pay the full cost of these meals; \$6.00 for the hot meal and \$1.00 for the cold sandwich supper. This part of Foodnet's operation grew from 6411 meals to more than 8000 meals!

Nutrition Counseling helps seniors to better understand their dietary needs and the impact of diet on their health status. In 2002, 555 people were provided nutrition counseling. In addition, nutrition education is provided in a group setting, covering topics of interest to seniors. Over 1100 people attended and received written nutritional education materials in the 48 sessions held in 2002.

Foodnet is the friendly driver at the door with a hot meal, the happy face at the congregate meal site, and the registered dietitian who helps to formulate meals that meet your needs AND your tastes. Last year, Foodnet's dedicated staff members helped to serve 1,146 different people a total of 154,783 meals.

The radio ad campaign that introduces the county to "Seniors Doing Lunch" at Foodnet came about as part of Foodnet's Capital Campaign a few years ago. This advertising helped more people know the benefits that healthy meals and companionship bring to older people in our community. Would you like to join the "Seniors Doing Lunch"? Please contact Foodnet at 266-9553 to find out how you can participate in the meal program, or volunteer at Foodnet.

## BOARD OF DIRECTORS

### Our Mission

*to provide meals and other nutrition services that promote dignity, well being and independence for older adults and other persons in need in Tompkins County.*

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**Executive Director**  
Stephen Griffin

**Registered Dietitian**  
Carolyn Arnold, RD, CDN

## Participate in the Wheel-a-thon to Benefit Foodnet, September 20, Cass Park

Foodnet wants you to get rolling by joining the Meals on Wheels Foundation Wheel-a-thon. Foodnet is the Meals On Wheels affiliate agency in Tompkins County, and will be the beneficiary of all funds raised. Join us on September 20 for the second Foodnet Wheel-a-thon. The Wheel-a-thon, an effort sponsored by the Meals On Wheels Foundation of Western NY, encourages participants to use almost any form of motorized or nonmotorized transportation as long as it includes a wheel. In Tompkins county this year, in addition to the motorcycle ride of last year's Wheel-a-thon, there will also be an antique car rally, and a "self-powered" trip around the Cayuga Waterfront trail in Cass Park.

You can help by participating with your motorcycle or vehicle in the *Poker Run*, gathering pledges, and participating in the *Stroll and Roll* around the waterfront trail, or by organizing a group to participate with you. The Wheel-a-thon will be on Saturday, September 20. Registration starts at 10 a.m. at Cass Park Pavilion. Participants in cars and on cycles will start there for a *Poker Run* around the county. Registration for the car and motorcycle route is \$25. Self-propelled *Stroll and Roll* participants will also start at the Cass Park Pavilion and continue around the Cayuga Waterfront loop trail; these participants will be collecting pledges. All routes end at the Cass Park Pavilion, where participants can enjoy a picnic lunch and performance by Radio London. Participants who raise \$25 or more will be given a t-shirt and can participate in

prize drawings. See page four of this newsletter for a registration form.

We would like to thank the local sponsors of this year's Wheel-a-thon, Cutting Motors, Triphammer Mobil, and Integrated Acquisition & Development. Their support is vital.

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Meals on Wheels in 2000. Since that time, the fastest-growing program area has been Foodnet Select, the Meals On Wheels program available to people of any age.

For information about the Wheel-a-thon, Foodnet services, or volunteer opportunities, please call the Foodnet office, 266-9553, or visit the website, [www.foodnet.org](http://www.foodnet.org).



2002 Wheel-a-thon participants from The CBORD Group

Prizes! Music! Food!

## 2003 Wheel-a-thon

### *Get Rolling!*

#### ***Poker Run:* Four wheels or two — it's up to you!**

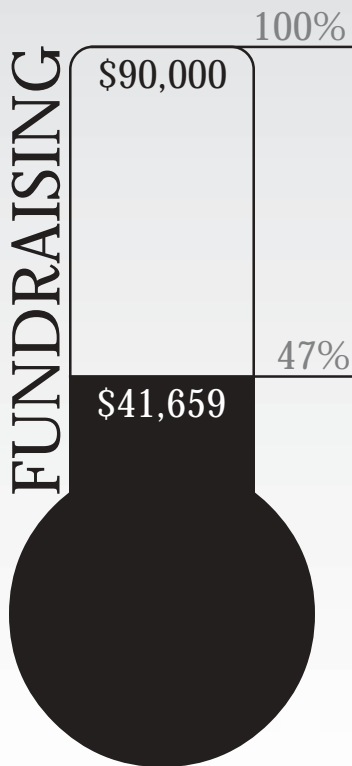
Stop Sites: Depart Cass Park 10:00-10:30 AM • Taughannock Falls Overlook 10:15-10:30 AM • Robert H. Treman State Park (upper entrance) 10:30-11:00 AM • Hospicare Garden 10:45-11:15 AM • Newman Overlook at Cornell Plantations 11:00-11:30 AM • Stewart Park 11:15-11:45 AM • Return to Cass Park 11:30-12:00 PM.

#### ***Stroll & Roll:* Rollerblades and bicycles are fine, a friend or two to join you divine!**

*Meals on Wheels programs in these communities are holding Wheel-a-thons on September 20 with the help of the Meals on Wheels Foundation: Auburn, Bath, Buffalo, Ithaca, Kenmore-Tonawanda, Lockport, Olean, and Penn Yan.*

## Annual Campaign Update

Approximately 65 percent of Foodnet's operating cost is underwritten by federal, state, and county funding, through the Tompkins County Office for the Aging. The rest comes from participant donations, community-minded citizens, and grants. Even with cutbacks in government grants, the annual fund has allowed Foodnet to provide services at the time of need, without placing people on a waiting list. Our goal is to raise \$90,000 this year for direct meal services, a meal delivery van, and food service equipment. Gifts to the 2003 Annual Fund total \$41,659 to date.



## The Importance of Good Nutrition

By Carolyn Arnold, RD, CDN

Good nutrition helps keep us physically strong, mentally sharp, and able to enjoy life. Well-nourished people get sick less often, and recover faster from illnesses and injuries. Many of the chronic diseases that become more common with age (heart disease, cancer, diabetes) are affected by what we eat.

The relationship between diet and health is very complex; much remains to be studied. We know how to prevent scurvy and other deficiency diseases, but are only beginning to learn about phytochemicals (compounds found in plants that have many health benefits). Individual needs for different nutrients are affected by heredity, lifestyle, body size, age, and other factors. Foods contain complex combinations of nutrients, which affect our ability to use them (for instance, iron is absorbed better from meats than from vegetable sources). There is no one perfect diet for everyone.

The keys to good nutrition are balance and variety. The most healthful diets include a variety of fruits and vegetables (at least five servings a day) and whole grains such as whole wheat, oatmeal and brown rice. Two or three servings each of low fat dairy products (skim milk or 1%, low fat yogurt, cottage cheese) and lean meats, poultry, fish, tofu, or legumes ensure adequate calcium, iron, and protein. Fats and sweets add flavor and energy but little else; use sparingly unless weight gain is desired.

Try writing down everything you eat for three days, and compare to these guidelines. Even a small change can make a big difference to your health!

## Sew a Placemat for Foodnet

In September and October, come to Quilter's Corner at Community Corners and try out a Pfaff 2044 Quilt Expression machine by making a placemat for Foodnet. The goal is 500 placemats, so that everyone who receives a Foodnet meal at Thanksgiving time will have a new placemat for use with their meal. You will have the chance to win the machine, and you will be creating a fun placemat for one of the Tompkins County residents that receives Foodnet meals daily. For information about all Foodnet programs, including home-delivered meals and congregate meal sites, call 266-9553.

### Community Meal Sites:

Meals are served at noon, Monday through Friday, unless otherwise noted.

**Titus Towers**  
800 S. Plain St.  
Ithaca, NY 14850  
277-5297

**The Salvation Army**  
150 N. Albany St.  
Ithaca, NY 14850  
273-2400  
(Tuesdays only)

**Groton**  
Center Village Court  
200 W. South St.  
Groton, NY 13073  
279-9145

**Lansing**  
Woodsedge Apartments  
Woodsedge Drive  
Lansing, NY 14882  
279-9146

**Seneca/Trumansburg**  
First Baptist Church  
Seneca Road East  
Trumansburg, NY 14886  
607-387-3015

## Foodnet Fun at Stewart Park!

One hundred seventy people enjoyed the 15th annual Foodnet Picnic at Stewart Park on June 27, 2003. Foodnet provided the food; Gadabout provided transportation; and Johnny Russo, Doug Robinson, and Woody Peters treated us to the sound of East Hill Jazz!



Foodnet is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging; US Administration on Aging; contributions from participants; and charitable donations from individuals,

businesses and foundations. Upon request a copy of our latest annual report may be obtained from Foodnet or from the Office of the Attorney General, Charities Bureau, 120 Broadway, New York 10271.

## Request for Volunteers

Volunteers are needed to help Foodnet pack meals in the kitchen, serve meals at community meal sites, deliver meals, and help with the Wheel-a-thon and other outreach activities. For more information on how you can help with the Wheel-a-thon or Foodnet Services, contact:

**Stephen Griffin**, Foodnet Executive Director at 266-9553, or visit the website, [www.foodnet.org](http://www.foodnet.org).

## Registration Wheel-a-Thon 2003

Name \_\_\_\_\_ Address \_\_\_\_\_

Name of Donor	Address of Donor	Amount	Check/Cash
		\$	
		\$	
		\$	
		\$	
		\$	
		\$	
		\$	
		\$	

Additional donations may be submitted on lined paper. TOTAL \$ \_\_\_\_\_

*I am unable to attend Wheel-a-thon 2003, but I want to support the Foodnet Meals on Wheels program. Enclosed is my tax-deductible donation. Checks made payable to "Foodnet," 2422 N. Triphammer Road, Ithaca, NY 14850*