



FOODNET MEALS ON WHEELS



JANUARY'S TIDBITS

FOODNET MEALS ON WHEELS WELCOMES 2011

Foodnet Meals on Wheels had a busy year in 2010.

In February, we were closed for 2 days due to a snow storm. Unfortunately, we also lost one of our drivers, John Yunker, at that time. We still miss John.

In March, we focused on March for Meals. Over 300 people signed our table cloth to pledge to end hunger. It was a successful campaign.

If you attended the annual picnic in June, you were entertained by members of the Sufferjets, the local roller derby team. They gave a demonstration of what they do and then

served the meal to people who were unable to walk to the serving line.

The Sufferjets and their sister team, the Bluestockings, also helped with our Wheel-a-thon in July. The Bluestockings took on the Green Mountain Derby Dames of Vermont in a bout that evening.

One of our drivers has a favorite memory of 2010 to share—sitting on the floor with a client eating lunch while waiting for the client's family to arrive. They had a great time.

We look forward to 2011 and the hope of good things to come!

DO YOU KNOW ABOUT ANIMEALS?

AniMeals is a program designed to help at-risk pet guardians with pet food and other pet needs.

The pet food distributed at local food banks has been donated to the SPCA of Tompkins County for the

AniMeals program. Clients of food pantries eagerly await the SPCA van with its scheduled deliveries.

By working with local social service

organizations, we have provided nearly five tons of animal food and supplies to the people in our community with the greatest need.

As the program grows, it is the goal of AniMeals to offer no-cost spay/neuter surgeries, rabies vaccinations, and other pet supplies.

For more information about AniMeals, contact the SPCA at 257-1822 or on line at www.spcaonline.com.

JANUARY 2011



Community Living Program

What is Consumer-directed care (sometimes called Self-Directed Care)?

Consumer-directed Care gives you more choices in meeting your care needs. You will receive a monthly budget amount that can be spent on services or supports that help you to remain independent, healthy, and safe.

With Consumer-directed Care, you can choose who to hire for your care, including friends and eligible family members. You also can choose how, when, and where your services will be provided. You can use some of your budget amount on other items that support your care needs.

To find out more about Community Living Program Consumer-directed Care eligibility and what services are available to you, contact Tompkins Care Connection at 607-274-5222.



BLIZZARD BAGS 2010-2011

Every year, Foodnet Meals on Wheels distributes what we call a Blizzard Bag. These bags contain an assortment of shelf-stable items that meet one day's nutritional needs. This is an emergency package distributed for use in case Foodnet Meals on Wheels is closed for weather or some other emergency. Please try not to use this bag until you need to.

The majority of the emergency blizzard bags have been distributed. If you did not receive one, please call the office at 266-9553 and ask for one. We will be more than happy to get a bag to you.



Help with yard work & snow shoveling!

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow shoveling for seniors on either a paid or volunteer basis. Contact the Office for Aging at **274-5482** for more details.




Donate Your Vehicle!

Tax deduction • Free towing

1-888-MOW-KAR1
(1-888-669-5271)

Hours:
Monday - Thurs: 8 am - 7 pm (EST)
Friday: 8 am - 5 pm (EST)
Saturday: 9 am - 4 pm (EST)
Sunday: Closed

Donate Online:
www.foodnet.org

Winter's Here with Ice and Snow!

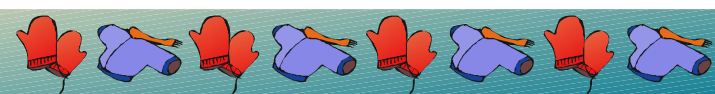


**Watch Your Step!
Where ever You Go!**

www.seniorsafetyonline.com

Emergency Information

If we can't deliver meals because of weather or some other emergency, there will be an announcement on the radio and a special message at 266-9553. Foodnet Meals on Wheels does not usually cancel deliveries because of weather unless it is severe enough to cause the public schools to be closed because of unsafe road conditions.



Foodnet Meals on Wheels is now accepting MasterCard, Visa, Discover, and Diner's Club cards as a way to make a voluntary donation for the meals service.

If you are interested in using this type of donation, simply call Lu Ann at the office at (607) 266-9553.

Perhaps I am a bear, or some hibernating animal underneath, for the instinct to be half asleep all winter is so strong in me.

Anne Morrow Lindbergh