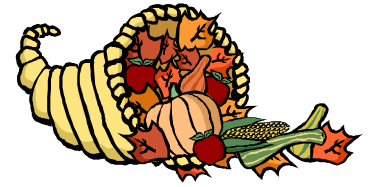




FOODNET MEALS ON WHEELS

NOVEMBER 2010

## NOVEMBER'S HARVEST



This year the Fair will be held on December 4, 2010 from 10 a.m. to 6 p.m. It will be at two adjacent locations on Dewitt Park—The First Presbyterian Church and the First Baptist Church.

The Ithaca Alternative Gift Fair is a fun way to bypass the annual stress of holiday shopping in crowded stores and malls while honoring friends and relatives with donations to causes that fit their values. The gift fair provides critical support for a diverse collection of community or-

ganizations locally, nationally, and internationally.

Each organization that participates in the fair offers variously priced gifts that have a specific purpose. Gifts, in the past, have started at \$5 and are tax deductible. For each donation, the giver received a holiday card with a description of the organization and gift.

This is the sixth Ithaca Alternative Gift Fair. Over \$200,000 has been raised for local nonprofit organizations at the past Gift Fairs.

### SNAP—YOU MAY QUALIFY!

The Supplemental Nutrition Assistance Program (SNAP), formerly called Food Stamps, has changed. More seniors now qualify, and benefits have increased. If you have medical expenses over \$35 per month, such as your Medicare premium, prescriptions, or health insurance payments it may increase your benefit. The Foodnet Nutrition

Outreach Worker helps seniors apply for SNAP. She can visit you with a portable copier to copy your documents, and fill out the forms with you. The interview with a SNAP worker at DSS can then be done by telephone. For prescreening of SNAP eligibility, or to make an appointment for application assistance, call 266-0654.

### THE CHANGE ON THE MENU

Many of you have called regarding the change on the menu. There is another entrée listed on the menu in parenthesis.

This is the substitute that is being offered on that day. Foodnet Meals on Wheels has always offered a substitute for the entrée, but it has always been a surprise. You never knew what kind of entrée would appear in your meal tray.

Now it's not a mystery anymore. You know what you will be eating ahead of time.

If you have any questions about this, do not hesitate to call the office at 266-9553.

Foodnet Meals on Wheels is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging, U.S. Administration on Aging, voluntary contributions from participants, and charitable gifts from individuals, businesses and foundations.

## WE NEED YOUR HELP TO KEEP OUR DRIVERS ON SCHEDULE!

Foodnet Meals on Wheels is experiencing growth in the meals we are serving. Our drivers are delivering more meals in the same amount of time. We need your help to accomplish this feat. Please keep conversations brief; remember that others are waiting for their meals also. Call the Foodnet Meals on Wheels office at 266-9553 to make changes in your meal service or request menu substitutions.

Please do not ask your delivery driver to shovel snow, feed pets, take out trash, or do other tasks not related to meal delivery. If you need help with household tasks, call Long Term Care Services at 274-5278. For help with snow removal, call the Office for the Aging at 274-5482.

Your cooperation is much appreciated.



### 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.

### Every Contribution Helps!

Big or small, your contribution at mealtime helps Foodnet Meals on Wheels provide meals to people who need our services. Without your donations, there are many people who would have to go without. Everyone can help!

**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 payment, simply call Lu Ann at the office at (607) 266-9553.**

WHEN THE BOLD BRANCHES BID FAREWELL TO RAINBOW LEAVES-WELCOME WOOL SWEATERS.

B. CYBRILL






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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](http://www.foodnet.org)

### DATES FOR NOVEMBER

**Nov. 7—Daylight Savings Time ends**

**Nov. 11—Veterans' Day**

**Nov. 25—Thanksgiving Day**

