



FOODNET MEALS ON WHEELS



OCTOBER'S MORSEL

OCTOBER 2010



TOMPKINS COUNTY OFFICE FOR THE AGING'S PUBLIC HEARING

You are invited to attend the annual Tompkins County Office for the Aging's Public Hearing to be held on Thursday, October 14, 2010 from 2 pm to 4 pm at Ellis Hollow Road Apartments' Community Room located at 1028 Ellis Hollow Road, Ithaca, NY.

The Office for the Aging Public Hearing will be from 2 pm to 3 pm followed by guest

speaker Cathy Roberts of the Empire Justice Center speaking on "What you need to know about Medicare & Health Care Reform" from 3pm to 4pm.

Refreshments will be served and seating is limited. For reservations, contact Danielle Conte at the Office for the Aging at 274-5490.



Do you know about New York State's money saving prescription program?

The Elderly Pharmaceutical Insurance Coverage (EPIC) program helps seniors in New York State save an average of 80% on their prescriptions! The program is generally used to supplement a senior's Medicare Part D or other drug coverage. It helps pay for the Medicare Part D premiums and to cover the Medicare Part D deductible, co-payments and coverage gap. In certain situations, even

those without Medicare Part D may be eligible for EPIC. Requirements: You MUST be: NYS resident; annual income of under \$35,000 or \$50,000 if married; and not receiving full Medicaid benefits. To learn more, call toll free 1-800-332-3742.

Foodnet has applications available – tell your driver you would like an application and we will send one with your meal.



Redeem those Farmers Market Coupons!

If you still have Farmers Market coupons, please be sure to use them by October 31st. There are plenty of fresh, locally grown fruits and vegetables available right now. Besides the Farmers Market at Steamboat Landing and Dewitt Park, there are neighborhood farmers markets in Groton, Trumansburg and Danby.



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.

MEDICATION DISPOSAL

Tompkins County Coalition for Safe Medication Disposal is planning an Unwanted Household Pharmaceutical Collection on Saturday, October 16 from 9 am-3 pm with a convenient drive-thru location at the Tompkins Consolidated Area Transit (TCAT) at 737 Willow Ave (off Rte 13), Ithaca



This is a supervised collection of:

1. Prescription drugs including:

Controlled substances	Liquids
Pills	Inhalers
Powders	Epi-pens

2. Non-prescription drugs

3. Pet Medicines

Leave medications in original containers and mark out personal information.

Not accepted are:

1. Mercury thermometers, mercurochrome, or other mercury products.
2. Medical sharps
3. Other hazardous waste



For more information, call 211 or visit

www.recycletopkins.org

Help
Strike out
Senior
Hunger
by
2020



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



DATES FOR OCTOBER

Oct. 12— Columbus Day

Oct. 31— Halloween

OCTOBER 2010

EVERYONE—MEET JULIA, FOODNET INTERN

My name Wei-Chun means where wisdom meets in Chinese. As Hong Kong was still a British colony when I grew up, I also got the name Julia when I was young. I came to the United States for college because I have always been eager for an exciting adventure of my own. As an undergraduate student at Cornell, I had a lot of opportunities to work with people with a culture very different from mine. It was an exciting and fruitful experience. In fact, I like Ithaca so much that I have decided to stay for another year as a dietetic intern.

Hong Kong, as the food paradise of Asia, has trained me to become a food lover. I hope that through becoming a dietitian, I will be able to help people eat smartly so that they can enjoy food and stay healthy at the same time.

I have only been at Foodnet for a few weeks and yet I have already had a lot of eye-opening experiences. I am grateful for the opportunity to see and be part of all the amazing community-changing work that Foodnet does and I look forward to working with the brilliant staffs and serving everyone in the following months.

How are we doing?

We want you to tell us what you like about our services, how we can improve, and get your ideas for new things we might try. Soon a survey will be given to you. Please answer the questions and return the survey to your driver or site manager in the envelope provided. Filling out the survey is voluntary and you do not need to write your name on the survey or the envelope. Julia will tally up the answers and report the results. The information we gather will help us serve you better. We look forward to your comments!

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.



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