



FOODNET MEALS ON WHEELS



SPRING BLOOMS



SPRING 2011

JOIN US AT STEWART PARK ON JUNE 24!

2011 WHEEL-A-THON AND TAILGATING

We're at it Again!

Saturday, June 11, 2011 at the Cass Park Rink, Ithaca, NY



SufferJets

vs.



Blitzburgh Bombers

Chicken BBQ Tailgate Party 5:00 - 7PM or until food is gone.

Live Music!

\$10 donation for chicken BBQ helps provide meals for our homebound elderly and disabled neighbors.

Meet the BlueStockings roller girls!

Doors for Bout open at 7 p.m., Whistle blows at 7:30pm

FOODNET WELCOMES BETSY SPENCER

My name is Betsy Spencer and I'm happy to introduce myself as Foodnet's new Nutrition Outreach Coordinator. My responsibilities include conducting home visits to complete yearly reassessments with all of Foodnet's wonderful clients as well as helping anyone interested fill out Food Stamp applications. My previous work experience includes working with the elderly in a nursing home and also working as a health inspector for a county health department.

I graduated from Northern Illinois University in May of 2008 and then joined

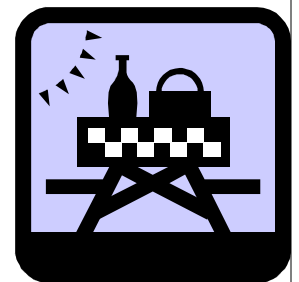
the Peace Corps. I was in the Dominican Republic for nearly 2 1/2 years as a Peace Corps Volunteer and returned to the good ole US of A in December of this past year. I am originally from Illinois but I moved to Bath, NY in February to be closer to family. I have a chubby, loving cat named Could-be who came home with me from the Dominican Republic, and I also have sweet, corky little puppy named Cooper. Cooper and I are big fans of the dog park. We love it here in Ithaca and I could not be happier to be your Nutrition Outreach Worker!

The 24th Annual Foodnet Meals on Wheels picnic will be held on June 24, 2011.

We will meet at the large pavilion at Stewart Park. The meals will be served at 12 noon. Social hour starts at 10:30 a.m. with music by Johnny Russo.

Come and enjoy a summer day at the park with Foodnet Meals on Wheels staff, supporters, and friends.

Suggested donation is \$3 dollars for people over 60 and \$6 for people under 60.



Help
Strike out
Senior
Hunger
Day
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

WHAT IS TOMPKINS CARE CONNECTION?

Tompkins Care Connection is Tompkins County's NY Connects location.

Tompkins Care Connection is a cooperative project between the Tompkins County Office for the Aging and Long Term Care Services to provide information and referral about the many long term care services available in Tompkins County and to improve access to these services.

Tompkins Care Connection can help by providing information on many services, such as:

- Home Delivered Meals
- Transportation
- Respite Care
- Home Health Care
- Free In-home Assessment
- Counseling and Support
- 24 hour companion live-in program
- And More

You can also find out who provides those services nearest you and how to get in touch with the providers of those services.

To contact Tompkins Care Connection, call 274-5222 Monday through Friday 8:30am to 4:30 pm. Get a Resource Guide on Long Term Care Support Services from Tompkins County Office for the Aging. Call 274-5482 or find it on the web at www.tompkinsco.org/cofa/GatewaytoSeniorServices.htm

Help with yard work

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

DID YOU KNOW.....?

The Finger Lakes Library System offers free books by mail for people who can not regularly visit a local library. 'Mail-it' lends free large print books and audiobooks by mail.

To sign up for this service, call

1-800-909-3557 extension 247.



RECYCLABLE ITEMS IN THE FOODNET MEALS ON WHEELS MEALS

We here in Tompkins County are lucky enough to have curbside recycling. People often ask if our trays are recyclable. Below is a list of the items that are recyclable and the ones that are not recyclable.

Recyclable:

- The tray the hot meals comes in.
- The milk cartons
- The aluminum tray that we use in case of an emergency. (Just rinse them out and put them in your recycle bin.)
- The paper bags



Not recyclable at curbside:

- The plastic film on top of the tray.
- Styrofoam containers and their plastic lids
- Plastic bags and waxed bags used for bread and cookies

You can recycle the plastic bag used for weekend meals. They can be recycled at most grocery and retail stores. call Tompkins Count Solid Waste Management at 273-6632 or visit www.recycletompkins.org for more information on recycling in Tompkins County.

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.