



## CHECK OUT THE NEW WEBSITE!

*you might be famous . . .*



## www.cmowheels.com

### SOME BASIC MANEUVERS:

The new *Corning Meals on Wheels* website is in *Blog* format, so the story you see first is the most recent post.

To navigate to previous posts you simply scan down the column. If you have something specific in mind, like the 42<sup>nd</sup> Annual Meeting, click on your topic of choice on the MENU in the left column. If you want to enlarge a picture on the site, just click on it.

As time passes, folders of previous posts are listed by month and year. If you know of events – or even a newsletter – you would like to review, explore the folders listed beneath the menu around the time you think they may have occurred.

Basic information about the CMoW program will always be listed first on the menu: “About Us” “Our Mission” “How to Sign-Up” “Volunteer” “Donate,” etc.

You can enjoy our site even if you don't have internet access. ~~at home~~ check out your local library. The reference librarian will be glad to assist.

If you have suggestions, questions or comments, there is a

comment section right below each posting. Comments are generally reviewed weekly, and posted on the site.

Beyond its primary function of maintaining our presence on the internet for those seeking our service, our vision is that the *Blog* will eventually become a vital information source about what's happening at CMoW – with more color, pictures, details and in a much timelier fashion. While it is not intended to replace the newsletter entirely, it will allow us to streamline it, hopefully to a 2-sided page. While still listing memorials and tributes and the donation envelope enclosure, the newsletter would function as an index to the *Blog* – in bullet or headline format. Saving the details for the website saves CMoW the cost of paper, printing and postage fees. Furthermore, it is a *Green Alternative* – saving trees and the resources consumed to process and ship what ends up in your mailbox.

Check out the site today for *Duck Race Updates*, the new *Volunteer Spotlight* and details on CMoW's partnership with the SSC (Corning) Library called *Books a la Carte*, designed to provide nutrition for mind as well as body.

## www.cmowheels.com

**INSIDE THIS ISSUE:** THE 9<sup>TH</sup> ANNUAL CRYSTAL CITY DUCK RACE & PIT CREW CHALLENGE IS AUGUST 7<sup>TH</sup>. Look for the new Blue & White No-Frills entry envelope and our slick new POSTER DUCK inside.



## FOOD FOR THOUGHT

Volume 19, Issue 1

Corning

Meals

On

Wheels, Inc.

144 Cedar Street

Corning, NY 14830

Phone.....607 962-7985

Email [cmowheels@aol.com](mailto:cmowheels@aol.com)

Web: [www.cmowheels.com](http://www.cmowheels.com)

*Food for Thought* is published quarterly to provide information to program supporters, donors, participants and their families & caregivers. Ad space is available at \$20/issue as space allows. Ads also receive website exposure.

### STAFF

**Mark S. Delluomo**

*Executive Director*

**Brian Rook**

*Kitchen Supervisor*

**Bethany Dunning**

*Administrative Assistant*

### AIDE

**Rebecca Peterson**

*Operations*

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Corning Meals on Wheels  
**MISSION STATEMENT**

*To provide nutritionally balanced meals to the elderly, homebound and frail of the Greater Corning-Painted Post area. who are unable to prepare or obtain meals for themselves, helping them to maintain their independence and quality of life.*

**SUBSTITUTE DRIVERS & VISITORS ALWAYS NEEDED!**

Some Regular Routes also available.

**11:15 AM to @1:00 PM.**

**One or more days a week**

**MONDAY - FRIDAY**

**TEAMS WELCOME!**

## BOARD NEWS



With terms ending and responsibilities at home and work ever shifting, some changing of the guard was expected at the Annual Meeting of the CMoW Board of Directors held this year on January 22<sup>nd</sup>. Long time board member, and president since 2006, Maryann Smith, exited after a combined 10 years of dedicated service to the organization. Thank you, Maryann, for your warm heart, cool head, hard work and good intentions. No sooner was the new president, former VP Joe Kilmer voted in, when he was whisked away to an exciting new management career in North Carolina. We wish Joe the best of luck. Step in, new kid in town, Rick Sivers – pastor of the First United Methodist Church. Rick had only been on the board a month



**OUTGOING MARYANN SMITH** when, due to his vast experience on/with boards, **INCOMING RICK SIVERS** he was approached with the presidency and graciously accepted. Welcome Rick. Other new faces on the Board include: longtime volunteer Jill Palmer – who brings her non-profit experience to the table through her association with 171 Cedar, SE Steuben Habitat for Humanity and Friends of the Library; Scott Beres, Doctor of Chiropractic and Certified Nutrition Specialist; Diane Kelly, RN and Certified Nurse Practitioner. In other Board news, Mary Reed remains the chair of the Development (think Duck Race and Pit Crew Challenge) while taking on the added duties of First Vice President. Patrick Roth has graciously accepted the Treasurer's position vacated by Ann Balch who had completed her term. Jackie Hertlein, finishing up her third and final term this year re-upped as secretary. Felix Forbes and Richard Hubbard commenced their 2<sup>nd</sup> terms and Anne Darling commenced her third and final 2-year term.

*For more Annual Meeting coverage & photos visit **CMOWHEELS.COM**.*

## FRESH & FAMILIAR FACES

Welcome aboard to our new volunteers. Gail Cordes is in the office Tuesdays. On weekly deliveries we have Ron & Barbara Woodruff, Jim & Sherry Robinson, Belinda Wilcox, Beth Thomas, Steve Connors and Rich Graham who also subs regularly. Andy Pierce and John O'Connell have signed up as subs on delivery, as has Mary Scott who joins husband Lewis. Faylyn VanZile & Geri Lines join Faylyn's mum, Bev Frost as substitute visitors. On productions Carol Haines is learning the ropes as a regular sub. And



Awanda Hunt, George Hall, Ed Cordes, Art & Donna Peck, Gail Cordes

newly retired Margie Rose has joined Friday's kitchen crew on diet layouts. Thanks go out to Kevin Johnson who recently moved to the area and, discovering time on his hands before his job started, helped out in the kitchen and on the road. Special thanks to our perennial favorites at Gregg Elementary School for supplying 180 emergency meal bags for the 6<sup>th</sup> year in a row - which came in very handy this year. That series of ice storms quickly used them up. Summer emergency bags were decorated Laura & Katie Dunning, Alecia LaBar and Ashly Brewer who also helped pack regular dinner bags on *Take Your Child To Work Day*. Ashly has also been helping in the kitchen on school holidays. Speaking of which, for Thanksgiving, the Lions Club (pictured left) prepared our clients festive fruit plates with warm wishes attached.

## HARK, MARK... Was that the Spring Thawing? The Market Falling?

Some of you may have noticed there was no spring newsletter. The Crash you heard in April? Yep. It was my computer and most of the stuff I thought I had backed up on my flash drive. And yep, it was definitely a job for John Parker. (No, no, no... Spiderman is *Peter* Parker.) John Parker is our new indispensable volunteer IT guy (from Cornell, no less). Besides replacing my hard drive and unlocking and retrieving what was seemingly irretrievable from the damaged drive off-premise, John has spent a few Saturdays and a Tuesday or two, reconfiguring our network and installing an external (and now, automatic) back-up. Unfortunately, none of this was up and running BEFORE the crash. But at least we had John already up and running. So thanks to John, things are about back to normal – for around here.

**Semi-related theme** – Thanks to Eric Jacobson and the Steuben Sheriff's Auxiliary for preventing crashes at the Bicycle Race Memorial Day Weekend – part of which benefited CMoW. *More later when we get the results.* -2-

**4<sup>TH</sup> ANNUAL PIT CREW CHALLENGE**



Hosts & last year's winners in **39.52** seconds, J&T Auto donated their \$500 prize back to CMoW!  
**Will Our Challengers Return?**



2006 Champs  
*Can they do it again?*  
Challengers  
Chilson-Wicox

*Will 2008  
be their Year?*  
Challengers  
Kent Brown



*Got their first taste  
last year. Will they  
come back for  
more?*  
Challengers  
Briggs  
Auto

Keep up to date with the latest Pit Crew Team entries by checking out the Website through August. Winners will be announced there as well. There's still time to enter. The Pit Crew is a great team builder. Think of the bragging rights if your pencil-pushers beat J&T's Pro Auto Wrestlers!

**SPEAKING OF NUMBERS:** In 2007, Corning Meals on Wheels delivered 38,963 meals to 211 friends and neighbors – almost 8000 more meals than in 2006.



**THEEEEEEEY'RE QUAAAAAAAACK**  
*-er, we mean-*

**THEEEEEEEY'RE BAAAAAAAACK**  
Those Rascally Rubber Ducks are takin' another Dive at RACE FEVER, THURSDAY, AUGUST 7th, 2008

Keep checkin' the Website (pun unavoidable) for the page that looks like this one to get all the late breaking news on **CMoW's Signature FUNdraising Event.**

Prizes and Partners will be added on the site as they sign on. Contact CMoW Headquarters with any questions; to become a partner and/or to buy tickets 607 962 7985. You can use the Blue & White Duck Envelope enclosed here.

**Last year's race provided meals for over 8 of our community elders for a year. Help us beat that goal.**

**PRIZES**

SO FAR... STAYED TUNED. MORE TO COME!

- 1st place - The \$1500.00 SHOPPING BASKET
- 2009 LPGA CORNING CLASSIC PASSES for 2
- \$100 GIFT CERTIFICATE from BOURDAGE JEWELERS

**PRICES/PACKAGES**

FOR EVERY 5 QUACKS YOU BACK, YOU GET A 6TH FREE!

- \$5 - a LONE DUCK
- \$25 - a 6-PACK OF QUACKS
- \$50 - a DOZEN DRAKES
- \$100 - a FLOCK of 25

**PARTNERS** Special thanks to our Partners in PA:

*Gianna Delluomo, for donating her design time on our Poster Duck's new Southside Philly look and Crawford's Print Shop for donating the race tickets.*



Tickets are also on sale at **Brown's Cigar Store**  
6 W Market Street, Corning, NY

*From the Executive Director*

## LOVE HURTS, GAS PAINS

Even though I've been writing this newsletter for a long time (could it be seven years?), it's been a long time since I addressed you all directly about this kind of stuff. I haven't composed an Annual Review in two years fearful of *The Rant* within. But drastic times call for drastic measures. Or something...

Food prices are soaring. (I suppose here in the States, we should consider ourselves lucky we have food to purchase.) Refusing to be outdone, the cost of gasoline is skyrocketing higher and faster (again, we have it better than most – but that doesn't help when salaries and pensions don't rise proportionately). Don't look now, but for programs whose monikers contain both the words "*Meals*" and "*Wheels*" the current situation could be perceived as a double whammy. Still, Corning *Meals* on *Wheels* volunteers keep coming in to work. And still Corning *Meals* on *Wheels* keeps churning out the good food and friendly visits that keeps our folks well and independent. And that's the impetus behind this letter. I want to take the time to recognize the volunteers who are the real fuel for this program - and thank them for never threatening us with running on empty. It's not like they've been making a big deal out of the situation – and I can only surmise that it must be because they know if times are getting tough for them, times must be getting tougher on the folks CMoW serves.

And they are so right. Our elders and homebound on fixed incomes are having a hard time of it. More and more of them are signing on to the program because of the inability to pay for fuel and food – especially those in rural areas. CMoW is feeling the pinch as well. All deliveries from our suppliers have diesel surcharges attached to them. As program expenses rise, client and outside donations have slowed to a trickle. We lost some business partners due to this economy and though still a significant source of income even the United Way grant is coming in \$3,159 less than our award the previous funding cycle – with many dollars in an otherwise successful campaign being designated by the donors to agencies outside the United Way umbrella. All told, we're midway through 2008 looking for a way to plug a \$10,000.00 gap in our budget that we had hoped was already filled. None of this is a huge surprise – but we had hoped.

But you know we still have hope because first and foremost, our veteran volunteers are standing fast with the program. I was talking to Darlene Ike of Chemung County Meals on Wheels, and we agreed we're feeling particularly blessed in this part of the country and state, especially considering some of the horror stories coming out of other areas nationally. Some programs have been forced to cut daily deliveries down to weekly drop-offs, eliminating that necessary daily check which literally can be a lifesaver. Darlene and I agreed the main issue we're facing here - with volunteers – is that new ones are getting harder to come by. Who can blame them? You'd have to be crazy to do any unnecessary driving when a gallon of gas has topped \$4.25 and that tomato in your salad took a bite out of *you* at \$1.75. You'd have to be crazy, right? Yeah. Sure. Except driving to (and for) CMoW isn't unnecessary. It is vital to the health of this community – and the greater community we all serve. We are taking responsibility for ourselves and each other. We are helping folks age with dignity, grace and independence, by keeping them in their homes and out of over-burdened hospitals and expensive assisted living facilities where the burden for those who cannot pay falls right back upon us. We know there is a better, more efficient way of using federal dollars. And we can go to bed at night knowing we've accomplished something - feeling a little less helpless as avarice spins the world out of control.



Therefore, I salute all our volunteers for sticking with us. I salute all volunteers everywhere. But I'm extremely proud of *Our Volunteers*. We haven't lost one driver to the price of a gallon of gasoline. (And have I mentioned we don't reimburse?) Ed & Joann still truck in from PA and Gladys & Tom from Caton. Jerry, Charlie, Roger and Rich drive for us twice weekly. The list goes on... Hornby, Beaver Dams, Big Flats, Coopers Plains... not only do we deliver there, our volunteers drive in from there. And at this point, I'm not just talking about our delivery teams; I'm talking about everyone who comes in. And unlike our vendors, I have yet to see a gas surcharge from even one of them. So... Dear Volunteers, I wish you peace and blessings eternal.

My hat's off to you all.

*Reminder: As volunteers you should please remember to track your mileage where and whenever you volunteer. Consult with your tax advisor. For 2007, the IRS allowed a .14/mile deduction for charitable driving. CMoW maintains volunteer attendance records and will happily sign end-of-year mileage vouchers. Who knows, maybe this year they will raise the deduction a couple more cents to stimulate the economy.*

*I think now is also a good time to acknowledge our staff: Brian, who drives in daily from Bath, and Beth from Big Flats. Also Becky, our Operations Aide who just moved to South Corning after commuting here from Bradford since February. (Brian, Bath; Beth, Big Flats; Becky, Bradford... hmmm). Anyhow, I think they're pretty good sports despite not having seen their paychecks rise 50 to 58%. Come to think of it, neither have I. Drat! Click the [MOWAA link](#) on our Website to see what's happening to programs nationwide.* -4-

~ **TRIBUTE GIFTS & CONTRIBUTIONS** ~

~ November 14, 2007 through June 20, 2008 ~

**FROM**

James Bacalles  
Lee Baldwin  
Sue Blazejewski  
Peter & Carolyn Calkins  
James Carpenter

Madeleine Carr  
Enrico & Marg Caruso  
Karl Congdon  
Walter Connor  
George Connors  
Donald Creath  
Gianna Delluomo  
Blanche Denson  
Katy & Richard Dreifuss  
Barbara Frank  
Bill Friends  
Eleanor & Peter Giambrone  
Yolanda Giuffrida  
Elton Harris  
Gary Hertlich  
Julia Hertl  
Bob Hull  
Richard Hylen  
David & Judy Iocco  
Joyce Killigrew

Ernestine King  
Alice Kirk  
Raymond & Grace LaShure

Comelia Lentz  
Donald Levantovich  
John & Audrey Martin  
Belle & Dix McDonald  
Maureen & Harvey Miller

John & Francie Nelson  
Camilla Nettle  
Gary & Patricia Pease  
Delphine Pierri  
Carl & Betty Ramberg  
Ellen Regan  
Rosemary Reilly  
Tom & Theresa Rossettie  
Joseph Rothermel  
David & Mary Smith  
Lisa Smith  
Susan Smith  
John Spiegler  
Roger & Beverly Tompkins

Deb & Philip Townsend  
E.R. VanElten  
Gordon & Sandy VanWormer  
Ralph Vona  
Al & Mary Wakeman  
Mike & Carolyn Zaschak

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Thomas Waaland  
Frances Smith  
Fuller Allen  
Shirley Wilhelm Critchfield  
Thomas Lambert  
C. Russell Carr & Janet L. Carr  
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Fred Draper, Jr.  
Mary Kosty  
Petie Wagner  
Amelia G. Creath  
Mary Rose Coblio  
Roy Denson, Sr.  
Prudence Jones  
Catherine Croft  
Franie Arnold  
Peter Giambrone  
Robert Giuffrida  
Barbara Hagy  
Helen Bohoy-Serdula  
William Hertl  
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Tom Regan  
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Donald Strong  
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Elizabeth O'Connor  
Lorraine Galvin  
Elwin Miller  
Marie Crispino  
Jim & Fran Thompson  
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Betty Cilip  
Kate & Barney Croft

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**JACKIE O'NEIL, Friend & Volunteer**

Marcia Adamy	Virginia Andrysick	James & Frances Babashak
Barbara Cook	Mark Delluomo	Beverly Frost
Milton Lapp	John Martin	Dr. Kamal Pathak
Conrad Stemski	Fred Whitcomb	Ristiina Wigg

**FROM**

Steve & Julie Albertalli  
Elijah & Gail Baity  
Yvonne Baker  
Robert & Leslie Bayer

Lois Colegrove  
Thomas Elmer  
Peter & Eleanor Giambrone  
David Hursh  
Richard & Beth Hylen  
Mildred Leet  
Maxine Lorey  
Eleanor Nasser  
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Sandra VanZile  
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Francis Glauner  
Clint & Lois Janes  
Maxine Lorey  
Marvel Monks  
Jack O'Neil  
William Riley  
Bill & Meg Scheidweiler  
Fritz & Linda Wasser

**IN HONOR OF**

Tom Palmer  
Helen Kuczka  
Avonne Dickerson  
June Bayer  
Don & Laura Campbell  
Rose Yorio ~ *Happy 95<sup>th</sup> Birthday*  
Carol Haines  
Gene Tunney  
Maryann Smith ~ *Merry Christmas*  
Mr. & Mrs. Harry Cleveland  
Jean Wosinski  
Betty Goodrich  
Trish LaFortune  
Louise Bush  
Anne Darling  
Dorothy Runyon  
Amory & Priscilla Houghton  
Joe Rothermel

~ **GIFTS** ~

John Bonk	Enrico Caruso
Dutch Craumer	Vera Dauman
Bob & Dee Eolin	Louis Glasgow
Elton Harris	Alice Hickey
Donald Keck	Laura Lehman
Donald McCabe, Jr	Ian & Jean MacKenzie
John Neidrich	Ken & Joan Overman
Anne & Warren Price	Dave & Kathy Rauscher
Ernie & Grace Russell	John & Chris Sharkey
Myron Smith	Dr. Hari & Indira Sharma
	Kogo Yamaguchi

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All Saints Parish Calendar Club	Coldwell Banker Horizons Realty
Corning Inc. Foundation	Corning Museum of Glass Staff
Emanuel Lutheran Church Women	First Presbyterian Church
Pratt Foundation	United Methodist Church <small>of Painted Post</small>
Joseph Rothermel Charitable Trust	Estate of Thomas Waaland

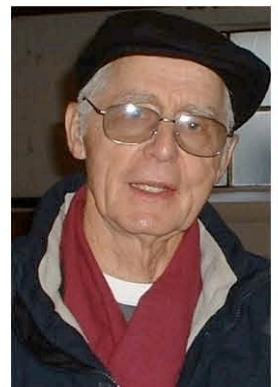
**Adopt an Elder Campaign Contributors**

*Providing lunch & dinner, 5 days a week for the following time periods:*

<b>1 Year</b>	<b>Gregory DiIorio in memory of Marian DiIorio</b> <b>Kirk Gregg</b> <b>Lynn Simandl in memory of Mary Rose Coblio</b>
<b>30 Weeks</b>	Marisa & Mark Newhouse
<b>12 Weeks</b>	<b>Mary &amp; Simon St. Laurent</b>
<b>6 Weeks</b>	Diane & Lou Nettle Cass & John Pouschine Marcia Weber & Jim Flaws
<b>5 Weeks</b>	<b>Sally Pinkston</b> <b>Robert Rockwell</b>
<b>4 Weeks</b>	Joanne & Edward Herman
<b>2 Weeks</b>	<b>Thomas Blumer</b> <b>Thomas &amp; Mary Buechner</b> <b>Dr. Robert &amp; Joanne Cole</b> <b>Nancy Douth</b> <b>Dr. James Felli</b> <b>Thomas Hinman</b> <b>Amo &amp; Priscilla Houghton</b> <b>Anne &amp; John Pignatore</b> <b>Jeff &amp; Andrea Rubin</b> <b>Dr. John Sementelli</b>
<b>1 Week</b>	Barbara Cook Gene & Carolyn Kolczynski Mr. & Mrs. John A. Peck

*"Our true nationality is Mankind."*

~ **H. G. Wells**



Congratulations to our own  
**Jerry Wright** on receiving one  
of this year's Jefferson  
Awards for volunteerism.

**Special Gifts ~ 2007**

*Foundations, Trusts & Friends who got us through another year*

Valentine B. Pratt Trust	Estate of Edith Treinen	Windhover Foundation
Conifer	Coming Beagle Club	Christ Episcopal Church
		Kraft Foods

*"Goodness is the only investment that never fails."*

~ **Henry David Thoreau**



## Corning Meals on Wheels

144 Cedar Street  
Corning, New York 14830  
Phone 607 962 7985  
Email [cmowheels@aol.com](mailto:cmowheels@aol.com)  
Web [www.cmowheels.com](http://www.cmowheels.com)

Nonprofit Organization  
US Postal Permit #45  
Corning NY 14830

### THE RIVER & THE PITS



### TAKE THE CHALLENGE



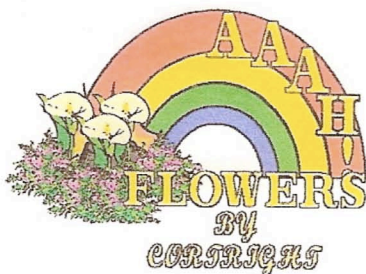
ENTER BOTH

### THE DUCKS & THE PIT CREWS FUELED 8 ELDERS LAST YEAR!



Photo by Brian Rook

### SUPPORT OUR SPONSORS - SUPPORT CORNING MEALS ON WHEELS



50 Caton Road  
Corning, NY 14830  
Phone 607 962 1311  
Fax 607 962 0356  
[aaahfbyc@aol.com](mailto:aaahfbyc@aol.com)

*Tom Cortright*  
Owner/Designer

## Linda Fero

*Hairstylist / Nail Technician*

*440 N Hamilton Street  
Painted Post, NY 14870*

*Telephone 607 . 962 . 2328  
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[www.Aclystoverfuneralhome.com](http://www.Aclystoverfuneralhome.com) (Take a virtual tour)

By placing a business card ad in our newsletter, our sponsors are helping to defray the costs of getting information out about our program. Each ad is only \$20 per issue, with a circulation of 1600 and is additionally posted on our website.

*CMoW is an affiliate of the Administration on Aging & the NYS & Steuben Offices For Aging.*



United Way  
of the Southern Tier

*Volunteers from Victory Highway Wesleyan Church stuffed, folded and labeled this and last winter's newsletters. Thank you!*