

# Food for Thought

Metro-Erie Meals On Wheels / (814) 452-6930 / [www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org)

## Staten Island Meals On Wheels Defend Seniors in Wake of Hurricane Sandy

Over the past week, the Meals On Wheels Association of America has contacted many local Meals On Wheels programs coping with the aftermath of Hurricane Sandy.

One of the most devastated areas was Staten Island, NY, where Joseph Tornello, the President and CEO of Meals on Wheels of Staten Island, Inc., lives and works.

“If you don’t believe in angels,

this will make you believe,” he said in a recent article by Sandra Zummo on [www.silive.com](http://www.silive.com) (Staten Island’s online newspaper).

Thanks to the compassion and generosity of numerous board members, community leaders and volunteers, the program thankfully regained power and began delivering meals to its homebound clients on Wednesday, October 31, 2012.

With a severe fuel shortage on the island and volunteers



running out of gasoline, people came to the program’s rescue to deliver its invaluable meals to the homebound elderly.

Rosann Holt, the volunteer administrator said that “Several people who volunteered with us years ago called to see if we needed help, and even a past employee and her son came in to lend a hand.”

## Welcome New Volunteers

**Nan Held and Sannie Potter**—After a year away, welcome back to MEMOW!  
**James Walczak and David Ostrowski**—Waiting for a Thursday route to open up.  
**Donna Shesterenko and Lori Shuman**—Available to sub weekdays and holidays.  
**Karen Clement and Catherine Bebko**—This new team is delivering Wednesdays in Harborcreek.



**Welcome everyone and thanks for volunteering!**

**Custom designed** driving maps with turn-by-turn driving directions are available now! Call us at 452-6930 to get yours.

## Metro-Erie Meals On Wheels

1128 State Street  
Suite 317  
Erie, PA 16501  
(Citizens Bank building)

8AM to 4PM

p (814) 452.6930

f (814) 452.6931

Sign up to get up-to-date info at  
[www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org)

Email us anytime at  
[info@mealsonwheelserie.org](mailto:info@mealsonwheelserie.org)

**Terry Pytlarz, Executive Director:**  
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**Wendy Bowen, Volunteer  
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WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*

## Elders and Fire Safety



**T**he Independent Council on Aging (ICA) recently had a speaker from the fire department talk to its members about fire safety and our elders and brought attention to this important subject.

The death rate in fires for people over 85 is three times the national average (National Fire Protection Assoc). Why? Lack of mobility, medications that slow decision making, living alone and kitchen fires caused by unattended or forgotten pots on the stove.

Other contributing factors are alternative heating sources like kerosene or electric space heaters, wood stoves and fireplaces. Smoking is a leading cause. And electrical problems like overloaded outlets, old and worn appliances, or old wiring.

Resource: <http://www.caring-for-aging-parents.com/elderly-fire-safety.html>



## Terry Pytlarz named to MOWAPA Board of Directors

**A**t the MOWAPA (Meals On Wheels Association of PA) Conference held in State College this past October, Terry Pytlarz, Executive Director of Metro-Erie Meals On Wheels, was named to the Board of Directors.

“It is an honor to be asked to serve on the board. MOWAPA gives voice to non-profit home delivered meal providers across Pennsylvania. We advocate for our clients in Harrisburg and also provide networking and training opportunities for our members. I

can send a question in one email to all members of the organization and get many responses on how they run their operations. It’s a great resource!”



While in State College, the board met with a former State Senator who we are asking to represent us in the halls of congress so we may continue to build, sustain, and empower effective programs.