



## DELIVERING MORE THAN JUST A MEAL

### MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Over the past six months, your generosity and commitment have made a powerful difference in the lives of the seniors and homebound neighbors we serve. Because of you—our donors, staff, volunteers, and community partners—North Area Meals on Wheels continues to do more than deliver meals. We deliver comfort, dignity, and connection.

As we reflect on the last six months, I am proud of what we've accomplished together and grateful for the compassion that fuels our mission every day.

As we move into the next six months, demand for our services continues to grow. Rising costs and an aging population mean your support is more important than ever.

You can help by:

- Making a donation
- Volunteering your time
- Spreading the word about our mission

Together, we can ensure our neighbors receive the nourishment and care they deserve.

With appreciation,



Randall LaManche  
Executive Director



*Our mission is to provide nutritious meals to seniors, the homebound and the disabled in northern Onondaga County, and to advocate for their overall well-being.*

### SERVING SENIORS

We serve all of the north area of Onondaga County, including parts of 11 zip codes. Current client demographics:

- 60% are females
- 53% are over 80 years old
- 62% live alone

We deliver more than a meal! Our driver is often the only person the client sees that day. It is a valued "wellness check" as it is mandatory for the driver to see or hear the client when making the delivery.



Laura Davidson  
Board President

#### Newly Elected NAMOW Board President

What an honor it is to be part of the leadership within the NAMOW community. We are poised to accomplish great things in 2026. Our commitment is to quality meals, uncompromised efficiency in our delivery and regular wellness checks, which are at the heart of our service to those in need.

With our building expansion in high gear, we are poised to increase our space and capacity to provide more meals and services as needed. It is such a pleasure to work with staff and volunteers alike who share a clear vision of the mission and arrive at our facility ready to work and enjoy each other's companionship!

Thank you to all the good folks and businesses in our community who support us with donations, in kind items and, well, who are just there for us. We really appreciate you!

## BUILDING EXPANSION UPDATE

Our building expansion continues through these past winter days. The contractor has made good progress since the beginning of the new year. Excitement grows!

Since the start of the new year

- The work has focused on installing roof trusses and roof sheathing. The roof's shingles will be installed when daily temperatures reach a minimum of 40 degrees. The weather proof roof is needed to start much of the interior work, such as sheetrock.
- Framing interior walls of new addition however, has begun.
- Upgrading of the electrical system has begun with new electrical distribution panels and related electrical equipment installed, including electric outlet boxes and conduit along walls in the new addition.

The work now focuses on the continued framing of interior walls and finalizing the electrical system. Hopefully, installation of the roof shingles can begin, as warmer weather approaches.

Great strides have been made in spite of the winter weather! Approximately 45%, plus or minus, of the construction is complete at this time. We are grateful for this continued progress and look forward to a completed project.

Our thanks goes to each of you who have supported this project in some way through volunteering to prepare meals, to deliver meals, or donate money to fund the building expansion.

A big thank you goes to our contractors who have worked hard to build our project from the dream stage to the functional stage. It takes a village and those in our community who need the support from NAMOW's mission are grateful too, not only today but tomorrow too.

***The Vision is Becoming Reality!***  
Stay tuned for ribbon cutting details (tentatively August 12, 2026).



**Clients Encourage Us On!!!**  
Feedback from our clients helps us to know we are meeting our mission!

*"Having MOW was a real lifesaver for us. Thank you for everything you do to make it work. I'm grateful for your kindness and generosity." Pat*

*"Thank you for helping my mom. It gives me comfort knowing she is getting meals and I don't have to worry about her." Anne*

*"You people have saved my life, truly. My meal delivery is the highlight of my day." Peter*



*A special Thank You! goes to retiring Board members Bill Eames, Kelly Graves, George Harrington, Sam Mondello and Mark Petranchuk for their dedication to NAMOW. We appreciate all their work and service - especially helping us prepare for the expansion.*

## NAMOW BOARD MEMBERS

A special welcome to our new board members who have agreed to serve for the next three years.

### Robert Crabtree

Bob retired after a distinguished 36-year career teaching elementary students in the Cicero North Syracuse Central School District (CNS). He continues to support education and the community through his current service on the school boards of both CNS and OCM BOCES



### Lisa Mondello

Lisa retired from SRC, Inc. and transitioned to be a consultant supporting non-profit organizations with strategies, communications, marketing, and event planning.



### Michael Speech

As the owner of Speech Family Candy Shoppe on Syracuse's north side, Michael is a respected entrepreneur in the local community.



### William Ward

Bill is retired from Advantage Sales and Marketing, where he honed his skills in strategic planning, retail sales management, software implementation, and operations management.



### Thomas Horth

Tom brings a wealth of experience from his 27-year career as an engineer with C&S Companies, where he specializes in guiding primarily public organizations through long-term capital projects and identifying funding opportunities.



### Richard Natoli

Dick's commitment to NAMOW spans nearly two decades as a dedicated volunteer. Over the years, he has taken on multiple leadership roles, including his previous tenure as President of the Board of Directors.



### Thomas Macera

Recently retired after a distinguished 29-year career at Lockheed Martin, Tom worked as an electrical engineer, where he held various project leadership and management positions.



### Kerry Ranger

Kerry is the long-time proprietor of North Syracuse Sales Co. located on Main Street in the village. He is currently serving his third term on the Town of Sullivan Board, where he continues to play an active role in supporting and guiding local initiatives.



**Current board members:** Laura Davidson, President, Ron Meyers, Vice-President, Michelle DeJohn, Secretary, Matt Guiles, Treasurer, Pat Carbone, Robert Crabtree, Len DelVecchio, Tim Fay, Thomas Horth, Tom Macera, Lisa Mondello, Richard Natoli, Kerry Ranger, Michael Speech Jr. and Bill Ward.

## GOLF TOURNAMENT

Save the Date for the 28<sup>th</sup> Annual Benefit Golf Tournament.  
**September 13, 2026**  
Foxfire Golf Course  
at Village Green





## MORE THAN A MEAL

Thank you NAMOW! This past year has been the hardest of my life. As a single mom to a special needs daughter, being diagnosed with breast cancer in January 2025 turned our world upside down overnight. I went through an initial surgery and, over the course of the year, three additional surgeries. There were days when simply getting out of bed took everything I had. While I am now cancer-free—something I am incredibly grateful for—I am still healing, still rebuilding my strength, and still learning how to move forward.

One of the greatest challenges during my recovery was something many people take for granted: being able to cook for myself. When you are exhausted, in pain, and trying to care for a child who depends on you, preparing nutritious meals can feel impossible. That is where Meals on Wheels stepped in and changed everything for us.

Meals on Wheels didn't just bring food—they brought relief, stability, and peace of mind. Knowing that healthy, nourishing meals would arrive regularly lifted an enormous burden from my shoulders. It allowed me to focus on healing, attending medical appointments, and continuing to be the mother my daughter needs. Proper nutrition has been critical in helping my body recover from surgery and maintain a healthy weight and BMI. When your body is healing from trauma, food truly is medicine, and Meals on Wheels made sure I had access to it.

But what has meant just as much as the meals are the people who deliver them. The volunteers are some of the kindest, most compassionate individuals I have ever met. They don't just drop off food and leave—they greet us, bring warmth, encouragement, and genuine care. On holidays, they surprised my daughter and me with little treats, presents, and handwritten cards. Those small gestures meant more than words can express. They reminded us that we are not alone during one of the most isolating times of our lives. Their kindness gives me strength on days when I feel weak, and their consistency gives me hope when everything else feels uncertain.

Today, as I continue my recovery and embrace being cancer-free, I carry deep gratitude for the role Meals on Wheels played in my journey. They nourish my body, but they also nourish my spirit. They help me stay strong not just for myself, but for my daughter.

Meals on Wheels doesn't just deliver meals. They deliver care, compassion, and the reminder that even in life's most difficult moments, there are people who show up and make healing possible.

With appreciation, Jen



## DONATE YOUR RETURNABLES

### Support Meals on Wheels – Donate Cans & Bottles Anytime

- Your returnable cans and bottles can help NAMOW continue delivering nutritious meals and vital daily check-ins to seniors in our community.
- Instead of tossing your empties into the recycling, set them aside and drop them off anytime to support our mission.
- Every nickel adds up, helping us reach more homebound neighbors while recycling your bottles for a good cause.

In 2025, the number of bottles and cans totaled 524,902 resulting in \$31,494

Watch for the new expansion that will house a drive-up bottle area for your convenience. Opening summer of 2026!

Drop-off location: NAMOW  
413 Church St. North Syracuse



Dedicated volunteers make it possible!

# VOLUNTEERS NEEDED!

Meals on Wheels depends on hundreds of volunteers to deliver nutritious meals –and to help prepare them. As demand grows, we're looking for community members who can lend a hand in the kitchen or on delivery routes. Just a little of your time can brighten a senior's day with a warm meal, a safety check, and a friendly hello.

Training is provided and scheduling is flexible. Find your purpose - scan the code to learn more and get involved!



### **Congratulations! Donna Snowberger**

Donna Snowberger, recently celebrated her 30th anniversary with NAMOW. Donna started her volunteer service in 1996. Since then, she has participated in the kitchen, on the Golf and Client Christmas Committees. Wherever help is needed, Donna is there. Her dedication, leadership, and long-standing commitment embody the very spirit of volunteerism, and we are deeply grateful for her 30 years of service!

*We appreciate  
all that you do*

North Area Meals on Wheels  
413 Church Street  
North Syracuse, NY 13212  
315-452-1402  
www.namow.org

Non Profit Org  
US Postage Paid  
Syracuse, NY  
Permit No. #143

Return Service Requested



Connect with us on social and scan  
to join our newsletter mailing list.



**North Area 2025  
Meals on Wheels**

**Meals Served**  
**163,901**

**Volunteers**  
**300**

**Clients**  
**551**

**Bottles & Cans  
Collected**  
**500,000+**

**Daily Delivery  
Routes**  
**26**

**Daily  
Miles**  
**400**

The infographic features a central illustration of a kitchen with a stove, a refrigerator, and a sink. A person in a red apron is standing near the stove, and another person in a pink shirt is near the sink. A blue car is parked in the foreground. The background is a light blue gradient.

### A GIFT FOR ANY OCCASION!

A donation to North Area Meals on Wheels is an appropriate gift for any occasion - Birthday, anniversary, wedding or great as a thank you. In appreciation of...In honor of

Your recipient will greatly appreciate your thoughtfulness, not to mention how appreciative we would be of your support to our Mission.

Scan to donate today and help a neighbor in need!

