



North Area
Meals on Wheels

Meal Times

DELIVERING MORE THAN JUST A MEAL

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear North Area Community,

It is hard to believe that fall is upon us. The year has been a whirlwind of activity and accomplishments! We are so grateful for your continued support. I believe that we have the most dedicated volunteers, the most generous donors, the most committed staff, and the most deserving clients of any organization I know.

Working together, we have so much to be proud of as the articles in this newsletter reflect. Most notably, Phase I of our recent building expansion is complete. All the hard work and disruptions will pay off as we are able to serve more clients. Thank you to everyone involved and to staff and volunteers who made sacrifices along the way. It's amazing that we didn't miss a beat and continued to serve clients throughout the construction. The expansion would not have been possible without financial support, and we are eternally thankful to everyone that contributed. A special thanks to Mark Petranchuk and Bill Ward who spent countless hours making the project a reality.

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. As you know, in addition to nutritious meals, we also deliver comfort, dignity, and connection.

Each of you receiving this newsletter makes a powerful difference to the lives of the people we serve. The past year is an illustration of how your continued dedication, generosity and commitment have helped position NAMOW for the future.

As we finish out the year and look forward to 2027, 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:

- Spreading the word to potential clients to help more people that need our services.
- Making a donation
- Volunteering your time

With appreciation for helping to ensure our neighbors receive the nourishment and care they deserve.



Randall LaManche
Executive Director



NAMOW STATS FOR JAN 1-JUNE 30

- 490 clients
- 79,813 meals
- 27 routes
- 425 miles a day
- 221,086 bottles collected

BUILDING EXPANSION AND RIBBON-CUTTING

Last year, we broke ground on a building expansion to help us prepare to increase our capacity. On August 13, that vision became reality as we celebrated with a ribbon-cutting ceremony for Phase I of the project.

This initial phase made a visible transformation by adding 2,400 sq. ft. and a solar array. The additional square footage created the opportunity to shift the administrative functions to the back of the facility and allow the production, distribution, and storage areas to expand, creating efficiencies. Building out the infrastructure (mechanical, electrical, plumbing, technology, etc.) will multiply our ability to fulfill our mission. There is also a new bottle drive area to increase fundraising efforts, a new conference/training room, and improved IT hardware to develop a network that will be more secure and allow for equipment monitoring.

The solar array will provide enough power for us to go “off the grid,” saving thousands of dollars each month. This phase completed our planning that will lead to the increased capacity.

We want to thank the staff and volunteers that lived through many inconveniences during the construction, and the project leads Mark Petranchuk and Bill Ward. We are excited about Phase II (that will happen over the next year) where we will shift functional areas, continue to improve the infrastructure and develop processes and procedures to improve operations. Our shiny new expansion will lead the way to NAMOW helping even more people that need our services.

The future is bright and we are grateful for your continued support!



The ribbon-cutting ceremony was well attended with media coverage that helped spread the word about NAMOW services. Patricia Mitchell and Marianne Carroll (sisters of John Zembrowski Jr.) whose family made a generous donation to the expansion project, did the honors of cutting the ribbon. We are thankful for their donation and the many other memorial gifts we've received. If you're interested in learning more about memorial gifts, please call us at 315-452-1402.



2026 GOLF TOURNAMENT IS A SUCCESS!

Thank you to our Community - Golfing, Connecting, Giving Back! On September 13th, the 28th annual NAMOW Golf Tournament was held at Foxfire Golf Course in Baldwinsville. The golf tournament is one of the major fundraising events for NAMOW and its success is a result of the hard work and participation from staff, volunteers, and community members, along with the support from local businesses.

Thank you to C&S Companies and Syracuse ENT Surgeons for being Platinum level sponsors; to Michael C Graham and Sons for their Gold level sponsorship; to US Foods for their Silver level support; and to Solvay Bank, SRC, Howard Hanna, and Welch & Company Jewelers for their Friend level support. We also thank the hole sponsors, as well as those who donated door prizes, raffle prizes and silent auction items. All of these donations contribute to our mission, serving those in need and allowing our dedicated volunteers to continue providing meals for people in our community.

A special thank you to the AT&T Pioneers for their invaluable assistance once again in setting up and working the registration table. The Pioneers are a group of AT&T retirees who have dedicated themselves to our cause for many years, donating numerous items for our golf raffle, and volunteering hours of their time. They have not only assisted with the golf tournament but have donated many items over the years to our facility, including a new washing machine, a new oven, new mailbox and countless hours volunteering their time on a daily basis. We thank you Pioneers! You are truly an exemplary partner in our mission, and your ongoing support is appreciated!

And of course, we thank our golfers; we couldn't do this without you! We hope you enjoyed the day while donating to a very worthwhile cause. We look forward to seeing you next year!



BOARD MEMBERS

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



Save the date

PASTA NIGHT! October 7, 2026

Don't miss our annual Pasta Night fundraiser. You can pick up a delicious complete pasta dinner while supporting the mission.

It's a wonderful way to experience the tasty food NAMOW prepares plus, it's a great deal and night off from cooking!

Hope to see you there and be sure to tell a friend.

3:30-6:00 pm

\$15 tickets at the event

\$12 presale (before Oct 1)

Drive-thru for your convenience!

- Pasta with Sauce
- Meatballs
- Chef's Salad
- Italian Bread
- Fudge Brownie



Visit www.namow.org/pastanight or scan the QR code for tickets.

50/50 Raffle

*Purchase during meal pick-up.
Winner chosen on Oct 8 and
posted on FaceBook.*

MORE THAN A MEAL - CLIENT SPOTLIGHT



Serving our clients is NAMOW's mission. This new client spotlight will share some of the reasons people enjoy NAMOW's services. If you know someone that could benefit from meal delivery and a wellness check, please have them reach out to us!

We recently had the pleasure of speaking with Linda, one of our newer clients. Even though Linda has been receiving meals for a short time, she has become one of our biggest cheerleaders!

Health struggles have affected Linda's balance, which made cooking for herself a daily challenge. Maneuvering her way around the kitchen using her walker was not only difficult but dangerous as well, due to the increased fall risk.

A close friend and neighbor who was familiar with Linda's situation, suggested that she try Meals on Wheels. Linda was hesitant to begin the service because she and her late husband, John, had meals delivered many years ago and both felt the meals could use some improvement. After some gentle encouragement from this friend and neighbor, Donna Snowberger (who also happens to be a long-time NAMOW volunteer), Linda decided she would try again and thankfully she did! She stated, "The quality of food and the variety of meals offered is great – much improved from what I remembered. Now, I happily recommend the service to others in the community." For anyone who is unsure, as she was, Linda encourages them to try Meals on Wheels and says, "You will not be disappointed!" She suggests trying the meatloaf and chicken salad (two of her favorites!)

Linda wanted to share her thanks and appreciation with all the volunteers who prepare and cook the meals and with the friendly drivers who deliver them. She conveyed how much she appreciates the fact that the hot meal is always delivered hot and the cold meal always delivered cold. She is very happy with NAMOW and we are happy to have Linda back with us!

Linda's journey illustrates how our organization can help individuals maintain some of their independence and give them peace of mind. It truly is more than a meal.



THE CASE FOR MEALS ON WHEELS

Meals on Wheels is an evidence-supported, cost-effective solution to senior hunger and isolation. The research consistently demonstrates Meals on Wheels' efficacy in reducing health care utilization, preventing nursing home admissions and generating substantial health care cost savings. By fostering social connections, providing safety checks and delivering nutritious meals, Meals on Wheels supports older adults so they can maintain their health, independence and ability to age in their own homes and communities. ([Older American Facts and Data: Challenges Seniors Face](#))



National MOW facts

Today, 1 in 6 seniors are in danger of going hungry and over half feel lonely. These struggles are devastating for older adults across the country.

In our most recent client survey:

- 81.8 % responded 'Yes' when asked "Does NAMOW help you feel less lonely?"
- 95.6 % feel NAMOW has helped them stay independent and in their own home.
- 60.9 % stated they are eating healthier because of NAMOW.

SPONSOR SPOTLIGHT – VINCE’S GOURMET IMPORTS

Many local businesses have been long-time supporters of NAMOW and we’re going to highlight a new business in each newsletter. For this issue, our Board member Ron Meyers interviewed Sam Mondello, Jr., owner of Vince’s Gourmet Imports.

Ron: Please tell us a little about your background and how you got involved with NAMOW.

Sam: We’ve built our business around our family values which include providing the best quality products for customers, treating everyone like family, and helping in the community. Vince’s is celebrating its 20th anniversary this November and we’re honored to continue to support local organizations. Around 10 years ago, NAMOW was having a volunteer event and reached out to local businesses. I’m very glad that I decided to attend. The relationship grew and I joined the Board of Directors and got involved in many ways through various committees.

Ron: Why is NAMOW important to you?

Sam: The NAMOW mission is so important, and I believe it’s critical to so many of our neighbor’s survival. The nutritious meals and the wellness checks are a basic need that NAMOW is providing and we’re proud to help however we can.



Ron: How do you incorporate your nonprofit involvement into your business?

Sam: We believe that supporting an organization in multiple ways is the most effective. Volunteering is a great way to see the impact NAMOW makes. In addition to helping with the events, we sell reusable bags where the proceeds are donated to NAMOW, we bring our bottles and cans to the NAMOW bottle collection, and we also have an annual chocolate Easter egg raffle where the proceeds are given to NAMOW.

Ron: Is there any message you want to share with others that might help them decide to support NAMOW?

Sam: If you are unsure how you can help, start small! NAMOW is a great organization that can use your help in many ways: refer someone to receive a meal, volunteer or donate. Every little bit helps and you’ll feel great knowing your support makes a difference in the lives of so many of our neighbors!



DID YOU KNOW?

\$20



Helps feed a homebound person four meals

\$50

Provides lunch and dinner to a client for one week



\$100

Feeds a senior in your community 20 meals



Thank you!

\$250

Ensures healthy meals for a client for one month



Scan to donate today and help a neighbor in need!

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 to learn more and get involved!



Need MEALS?

Do you know a senior, someone homebound or a disabled person in northern Onondaga County that could use nutritious meals? NAMOW provides a warm meal, a safety check, and a friendly hello.

Ask them to visit the website or scan to learn more about meal delivery.



NEW BOTTLE & CAN SORTING AREA



BOTTLE & CAN DRIVE SUPPORTS MEAL ON WHEELS

As mentioned in the building expansion article, the new facility has a drive-up bottle return area for your convenience. The goal is to collect more bottles and cans to raise even more money for NAMOW's mission.

While the bottle team works hard and volunteers to sort and prepare the bottles and cans for redemption, there are still expenses (i.e. gloves, bags, cleaning supplies, etc.) that need to be purchased to run an effective bottle return operation.

The team's goal is to get a sponsor for the expenses and keep all the proceeds for NAMOW operations. David France made a memorial gift in memory of David Morgan, a volunteer and past board member, which was dedicated for a Bottle Drive Sponsorship. This generous donation kick-started David's dream of having the expenses covered by sponsorship.

Thank you, David France, for your selfless act and to the whole team for the work they do every day. If you'd like to help keep the dream alive by sponsoring the bottle drive for 2027, please reach out to contact@namow.org or 315-452-1402.

Donate Bottles & Cans Anytime

- Instead of tossing your empties, set them aside and drop them off anytime to support our mission.
- Every nickel adds up!

Drop-off location:
413 Church St.
North Syracuse

Thank you to our dedicated volunteers that make it possible!



VOLUNTEER SPOTLIGHT: KAREN & JON

There are over 300 active volunteers at NAMOW and they make it possible to provide meals for almost 500 clients to receive nutritious meals and wellness checks. From working in the kitchen to preparing the meals, to assisting with administrative tasks and events, to delivering the meals, we are grateful and recognize that we have amazing volunteers. This new volunteer spotlight will share some of the reasons people volunteer.



I wanted to keep busy. I wanted to do some kind of volunteer work to help others. I knew how much Jon enjoyed volunteering at NAMOW and realized I wanted

to be part of this wonderful organization that prepares and delivers great nutritious meals to seniors in the comfort of their own home. The staff and volunteers are wonderful here!"

Karen and Jon have provided outstanding dedication to North Area Meals on Wheels for years. Jon began in 2015, as a substitute driver and by 2016 he had a regular route. Karen started to volunteer in the kitchen in December 2015.

Jon feels, "Besides bringing the clients a great meal, I enjoy meeting our clients and talking with them, finding out what they did in the past. They enjoy having someone to talk to and to listen to what they have to say. I realize everyone is a different individual, and I treat them as such." Jon is a favorite among clients on his delivery route. His consistency, kindness, and friendly smile brighten their day and make each visit feel special.

Karen shared, "After retiring,

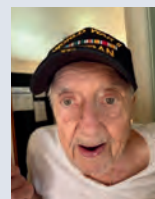
Karen looks forward to preparing the meals for the clients with special dietary needs and serving on the hot food line. In the past she has volunteered on the cold food line, as well as doing food prep. She is willing to help in all areas. Her reliability and positive spirit are greatly appreciated. Plus, she enjoys delivering meals to the clients with Jon whenever she can.

Karen and Jon illustrate that Meals on Wheels is built on people who give their time generously and show up with kindness. Their commitment strengthens our community and ensures our clients receive not only nourishment, but comfort and companionship.

Thank you, Karen and Jon - we are deeply grateful for everything you do!

Paying It Forward at 104

For the past 19 years, John Shott has quietly and faithfully supported North Area Meals on Wheels with monthly donations. His commitment reflects the same generosity and sense of duty that have defined his entire life—from his service in World War II to his decades of involvement in the North Syracuse community. At 104 years old, John continues to lead by example, showing that kindness has no age limit and steady acts of giving can make a lasting impact.



"John Shott represents the very best of the Greatest Generation," said Senator Christopher J. Ryan as he proudly announced John Shott as his 2026 New York State Senate Veterans Hall of Fame honoree. This annual recognition honors veterans from across New York State whose military service and commitment to their communities exemplify courage, sacrifice, and dedication to the nation. John is a wonderful example for us all and we are grateful for his continued support!

To become a monthly donor like John, scan the QR code.



North Area Meals on Wheels
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www.namow.org



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



THERE ARE MANY WAYS TO SUPPORT NAMOW... A LITTLE MEANS A LOT!

We rely on the generosity of our community to keep providing nutritious meals to seniors and individuals with disabilities across Central New York. If you have a business, you can become a sponsor and/or provide raffle and auction items that we can use to generate funds. Your organization will play a vital role in sustaining our meal programs and helping us expand our services to meet growing needs.



Individuals can donate, too! You can donate in memory or honor of someone with a one-time or recurring donation through our website. You can also drop off your cans and bottles or attend an event. Every donation - large or small, helps!

Visit www.namow.org for more information or scan to donate today and help a neighbor in need!

We appreciate all support and if you have any specific questions, please contact us at contact@namow.org or 315-452-1402.

