



News on Wheels

The Annual Newsletter of Meals on Wheels of Ridgefield, CT

50 GREAT YEARS!

History of Meals on Wheels of Ridgefield

Founded & started operating from the St. Mary School basement

Moved to our current location at Ballard Green

>10,000 meals served

>20,000 meals served & 120 volunteers

>30,000 meals served

Eliminated client billing - all meals are free

>50,000 meals served & 175 volunteers



1974

1984

1990

2008

2003

2014

2019

2021

2020

2022

Second kitchen expansion

First kitchen expansion

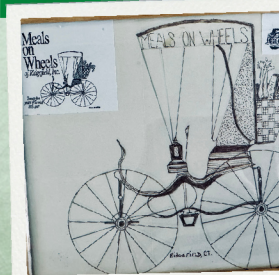
Cost: \$20/day to feed a client (now \$15/day)

850,000 MEALS SERVED IN 50 YEARS!

50 YEARS OF MILESTONES & MEMORIES



Some Photos from our Early Days...



LETTER FROM THE BOARD CHAIR | Dean Miller



This year we celebrated a big milestone - our **50th anniversary** of serving those in Ridgefield who can't prepare meals on their own! Our founders **started out in 1974 in the basement of Saint Mary School and served 24 meals a week.** We now serve over 1,000 meals each week from our commercial kitchen in Ballard Green. This can only happen with the amazing efforts of our 5 part-time employees and over 175 volunteers who dedicate their time and energy to prepare, pack and deliver delicious and nutritious meals.

From the beginning, we've been different from most Meals on Wheels operations. While many other organizations get their meals from an institution, all of our meals are prepared from scratch with fresh ingredients. Other organizations receive federal or state funds, which come with restrictions on age, income and ability. We have always been privately funded, which allows us to serve anyone in need who can't prepare their own meals.

We don't charge for meal service (which is a blessing to many of our clients who are on a fixed income), so we rely on the

generosity of the community. Luckily we are in a town where individuals, businesses and civic organizations are willing to donate the funds we need to operate - many have been donors for a decade or more!

The community also provides us with gifts to deliver to clients on birthdays and holidays, donates goods and services to use in our operation, and supports us in other ways such as food drives, fundraisers and helping to spread the word about our service.

We couldn't operate without our employees, volunteers and donors, so we thank all of you for your support. We look forward to the next 50 years of helping those in need in Ridgefield.


Dean Miller, Board Chair

Thank you TO OUR 175+ VOLUNTEERS Who give countless hours preparing, packing & delivering our meals

KITCHEN VOLUNTEERS

Phyllis Appel	Shannon Krause
Patti Ballard	Sonia Krishna
Sangeetha Basker	Connie LaBarbera
Steve Berney	Cliff Lamotta
Linda Bloch	Deb Linke
Michael Carnicelli	Ellen Lipton
Patrick Caudill	Janet Lloyd
Eunice Cepeda	Brenda Macmillan
Rafael Cepeda	Connie Marsala
Bridget Colabella	Deborah Matarazzo
Ree Coyman	Theresa Miller
Terryann Cucinell	Deb Morrison
Gina Cushman	Nancy Ollinger
Jennifer Dayton	Jean Pedersen
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Tori Dinkel	Mendy Polchinski
Lori Egan	Trudy Potter
Betsy Fitzpatrick	Daniela Puchall
Renée Fozouni	Jennifer Purinton
Mark Gilliam	Mary Alice Putnam
Linda Gliedman	Michele Quindlen
Amy Grossfeld	Dave Schupmann
Kathryn Guido	Laurie Schupmann
Betsy Hill	Gerry Sexton
Kristen Hoban	Mary Pat Sexton
Elizabeth Isaacson	Dana Sierakowski
Betty Ito	Melissa Smith
Karen Jones	Ginny Stoeffel
Mary Joyce	Kelly Turberfield
Joni Karsh	Celeste Ulmer
John Kazzi	Barbara Wickstrum
Patsy Knoche	Eileen Wilson
Trisha Kokas	

Debra Ancona	Gloria Driscoll
Richard Angotta	Sue Ferguson
Kerri Austin	Sean Flanagan
Renaud Baker	George Flynn
Sangeetha Basker	Peggy Ford
Chris Bleach	Renée Fozouni
Sam Bloch	Liana Furneri
Anne Blood	Beverly Gabel
Bob Brant	Tom Galvin
Colleen Broderick	Diana Gaughran
Liz Bronkesh	Marcia Geike
Stephanie Cahill	Peter Geike
Bob Camera	Sonia Girolamo
Christine Carr	Beverly Griggs
Patricia Cartwright	Karin Guynn
Dorothy Chapman	Barbara Hartman
Bob Christman	Zach Hendrix
Julia Cockerill	Sabine Heym-Kloeckner
Bridget Colabella	Michael Hourihan
Gary Condon	Elizabeth Isaacson
Amanda Cordano	Jane Jawlik
Megan Cosgrove	Mary Joyce
Avery Costigan	Barbara Kaplan
Virginia Cox	Caroline Keenan
Maureen Culhane	Mary Jane Keleman
William Cushman	Brian Kelly
Kacey Daubenspeck	John Kenyon
Don Daughters	Kristof Kloeckner
Catherine Desmarais	Trisha Kokas
Lynett Dickman	Thomas Kozlark
Len Doherty	Cliff LaMotta
Erin Donnelly	Renata LaMotta

Jacqueline Lang	Mandy Rosen
Michelle Lange	Jill Rotunno
Barbara Licare	Negin Royae
Dan Lindau	Jack Sanders
Jane Lindau	Stephanie Saunders
Marianne Loomis	Catherine Scholl
Andrea Macaluso	Dave Schupmann
Bill Markus	Mary Shickell
Morakot Masokas	Dayna Sierakowski
Linda McAllister	Erica Smock
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Mike McDermott	Rupinder Sura-Collins
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Ann Occhicone	
Michael	
Occhicone	
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Derrick Rapp	
Walter Richter	
Phil Riordan	
Rick Rodamar	

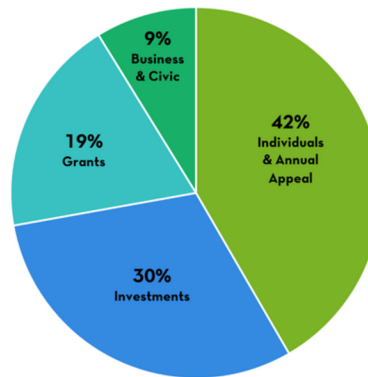
DRIVER VOLUNTEERS

2023 FINANCIALS | Laurie Schupmann, Treasurer

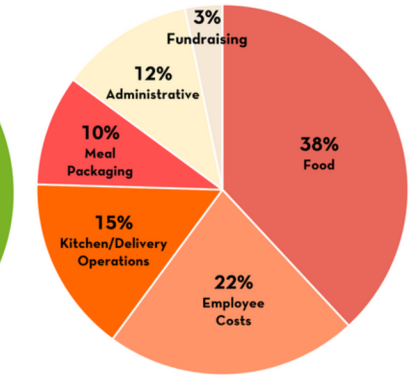


In 2023, we experienced a **2% increase in the number of meals** which we prepared and delivered compared to 2022. After inflationary pressures in previous years, our cost per meal in 2023 was the same as 2022. We are experiencing similar trends in 2024. Through September 30, 2024, **93% of our spending is for our meal program**. This compares to 85% and 90% in 2023 and 2022, respectively. In 2023, we experienced an increase in administrative expenses arising from nonrecurring financial statement audit costs.

The **generous support of our donors is our primary means of funding our growing meal program**. We rely on income from our investment reserves to fund expenses that donations don't cover. Importantly, these investment reserves have also enabled us to provide our meals free of charge since mid-2021 and to plan for future capital needs.



Total Income
\$464,000



Total Expenses
\$414,000

It Takes a Village! IN-KIND DONATIONS 2023 & YTD 2024

Special thanks to these "villagers" who have donated so generously either their time, talent or specialty items:

Client Gifts

Evie Aronow
The Art Spot
Karen Belanger
Alison Brophy
Community Food Rescue
Jan Cuny
The Desmarais Family
Lynett Dickman
Jill Dillulo
Stephanie Donovan
Christine Eckler
Linda & Sarina Feola
First Congregational Church Sunday School Classes
Scarlett Fixler
The Franceschini-Gatje Family
Ann Gelbert
Katie Imbrogno
Kristine LaVigna
Lion's Heart
The Marino Family
Michelle McPartland
The Miner Family
National Charity League Nutmeg Chapter
National Charity League Ridgefield Chapter
Hannah Neumann
James Peryra
Ridgefield Academy
Ridgefield Civic Ballet
Ridgefield Garden Club
Ridgefield Girl Scout, BSA, Cub Scout,
Brownie & Daisy Troops
Ridgefield Public & Private School Students
SES Scotty Cares
Abby Smith
SOAR Together
SPHERE of CT
Tejada Family
Veteran's Park Elementary School
3rd & 4th Grade Classes

Goods & Services

109 Cheese & Wine
Adam Broderick Salon & Spa
Ancona's Wines & Liquors
Patti Ballard
Barlow Mountain Elementary School
Barlow Mountain Pre-K School
Tom Bishop
BJ's Wholesale Club
Bluebird Homemade Ice Cream
Branchville PTA
The Cake Box
Caraluzzi's
Janine Carboni
Church of Jesus Christ of Latter-Day Saints
Colonial Cleaners
Cornerstone Home & Gardens
Costco Wholesale
Cramer & Anderson
Deliberate Media
Tim Dent Team
Jill Dillulo
Farvue Farm
Founders Hall
Renee Fozouni
Dr. Blaine Langberg
Lounsbury House
Maddie McCartan & Keely Merrill
John Marra
Maurer & Associates
Minnie McCartan
Minuteman Press Newtown
National Charity League Nutmeg Chapter
Susan O'Connor
Jill Rae Designs
Ridgefield Academy
Ridgefield Basketball Association
Ridgefield Playhouse
Ridgefield Public & Private School Students
Saint Mary Vacation Bible School

Saint Stephen's Church Samaritan Garden
Sally's Stems
Dave Schupmann
Sobol
Stacey's Totally Baked
Stop & Shop
Paul E. Stoogenke, CMA, EA
Target
Kate Wark Photography

Community Volunteers, Supporters & Fundraisers

068 Magazine
Commission on Aging
Fairfield County Bank
Fairfield County Community Foundation
Founders Hall
Hamlet Hub
Hello Ridgefield
Interact Club at RHS
J. McLaughlin
Maddie McCartan & Keely Merrill
National Charity League Nutmeg Chapter
National Charity League Ridgefield Chapter
Personal Touch Welcome
Results Fitness Ridgefield
Angela Rice
Ridgefield Chamber of Commerce
Ridgefield Department of Social Services
Ridgefield Historical Society
Ridgefield Library
Ridgefield Lions Club
Ridgefield Press
Rotary Club of Ridgefield
RVNAhealth

2023
2024

DONOR LIST

\$5,000 & Higher

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Estate of Rose Antonucci
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Kevin & Mary Beth Burke
Frances Caldwell
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Lin Jamison
Eric Knachel
Arvind & Sonia Krishna
The Paul and Johanna
Laszig Trust
Wadsworth Russell Lewis
Trust Fund
The Albert Wadsworth and
Helen Clark Meserve
Memorial Fund
Pamela F. & Robert J.
Morganti Charitable
Foundation
Stephen & Rebecca Mucchetti
The John H. & Ethel G.
Noble Charitable Trust
Thomas & Michele Quindlen
The Ridgefield Thrift Shop
Tudor Foundation
Robert Wolf

\$1,000 to \$4,999

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Kermit & Patricia
Adler Foundation
Maria Leah Aguilár
Jack & Dot Alexander
John & Lori Berisford
Sam & Linda Bloch
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Troop 19
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Peter Collins
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Ridgefield CT Class of 1973
Ridgefield Lions Club
Ridgefield Rotary Club
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\$500 to \$999

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Noreen Omara
Nancy Pizza
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RVNAhealth
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Natalie Serfilippi
Gerry & Mary Pat Sexton
Maria Victor-Smith &
David Smith
Michael & Valerie
Sorrentino
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Daniel Westcott
Amanda Curtin &
Jonathan Winn
Mary Lou Worrall
David & Victoria Yolen
Elena Zegarelli

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Iskra Alexandrov
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Andrew Anderson
Janice Anderson
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DeYoung
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Pambianchi
Sunita Pardanani
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PayPal Giving Fund
Jean Pedersen

REFLECTS DONATIONS IN 2023 AND THROUGH SEPTEMBER 2024. WE APOLOGIZE FOR ANY ERRORS OR OMISSIONS. PLEASE EMAIL US WITH ANY CORRECTIONS OR IF YOU WISH TO REMAIN ANONYMOUS



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 Sheila Tudisco
 Antoinette Twidy
 Joan Varilla
 Jackson & Lynn Vaughan
 Bernard & Cynthia Veilleux
 Michael Vencel
 Timothy & Lori Vickers
 Veronica Viggiano
 Marc & Jessica Vigliotti
 William & Wendy Warnecke
 Clifford & Jean Webb
 Susan Wilkinson
 Alan & Susan Winsor
 Jing Wu
 Barbara Yankowski
 David & Julie Yaun
 Elizabeth Yohan
 Carolyn Zygmunt

Matching Gifts

Amazon Smile
 American Express Company
 Arthur J. Gallagher & Co.
 Becton Dickenson
 Deutsche Bank
 Entegris
 Fairfield County Bank
 IBM Corporation
 J.P. Morgan
 Laura Powers
 Northern Fairfield County Association of Realtors
 Pepsico Foundation
 Piper Sandler Companies
 Pitney Bowes Inc.
 Point72, L.P.
 PwC LLP
 Standard & Poors
 Synchrony Financial
 Tudor Investment Corporation
 United Health Group





CLIENT SPOTLIGHT

Patty Yaffa



Patty Yaffa and her family moved to Ridgefield 37 years ago, and she has always been an active part of the community. She was in charge of building the original Ballard Park playground, which was completed in 1992, and helped with the current playground. She has also dedicated time volunteering at the Ridgefield Community Kindergarten, The Barn, Ridgefield Youth Commission, Aldrich Museum, Temple Shearith Israel, Friends of Ridgefield Parks and Recreation, and she is currently Vice President for Ridgefield's Commission on Aging.

Patty enjoys spending time with her children and grandchildren and attending various town events because "they give me a chance to see people I know, meet new people and support Ridgefield."

Earlier this year, Patty needed surgery. Through RVNAhealth, she was surprised to learn that MOW could help her on a short-term basis during her recovery. After a quick call, she set up the service. She was skeptical of the meals she'd receive, but quickly realized that the food was "amazing, especially the chicken, fish and apple pie." However, she believes it is MOW's special touches that make MOW such an asset to the town. The **"unexpected added layer of warmth" comes from the responsive customer service willing to accommodate her needs, short chats with the volunteer drivers who were willing to walk her meals up the stairs, bags decorated by the kids in town, and special holiday meals. "MOW is a bridge that helps combat social isolation. The love and kindness of the community shows through with each delivery."**

Helen Dinucci



While living in Yorktown Heights in the mid 1990's, Helen and Bob Dinucci accidentally stumbled upon this "cute town with a Main Street called Ridgefield." They eventually moved to Ridgefield and made many friends through various organizations in town. They particularly enjoyed setting up and working at the Ridgefield Library book sales for over seven years. After Bob's passing last year, Helen continues to enjoy seeing and hearing from her three sons and dozens of grandchildren and great-grandchildren, as well as visiting with her friends and neighbors in town. Her son has several business ventures in town.

Helen and Bob started with MOW several years ago after a friend who also uses MOW recommended it. Helen has a difficult time carrying groceries and preparing meals due to severe arthritis in her hands. **She finds the meals from MOW are delicious and nutritious, which is important to her since she tries to stay healthy in her 90's.** She enjoys dancing along to music every morning and practicing putting golf balls in her home. Besides the fabulous food, she loves the "spectacular" lunch bags decorated by girl scouts and other children in the community. **She saves the bags and repurposes them as gift bags. "I like putting books and other gifts into the decorated lunch bags because it makes the gift seem extra special!"**





VOLUNTEER SPOTLIGHT

Barbara Kaplan



Barbara and Michael Kaplan moved their family to Ridgefield in 1973, and she had a fateful meeting with the Newcomers Club. They told her that a new MOW operation was starting in town and was looking for volunteers. From a young age, volunteering was important to Barbara and she was looking for a way to get involved and make some connections in the community. She immediately hit it off with one of MOW's founders and became a driver volunteer as well as the scheduler for all the drivers. She brought along her preschool daughter on deliveries and quickly learned all the roads in Ridgefield!

She volunteered for around 5 years and once her children were in school, Barbara became a full-time teacher in Ridgefield and later in Stamford. She retired after 20 years and began to look for new opportunities. **When she found out MOW was looking for drivers in 2020, she signed up and began delivering meals again, which she does to this day...50 years after first delivering in 1974!**

Barbara enjoys gardening, hiking, walking, traveling and spending time with her children and grandchildren, and she still finds time to fit in all her volunteer activities. She finds MOW very rewarding. **"I appreciate it, and the clients are appreciative of the service,"** she said. **"I enjoy the flexibility, the people you get to meet and work with, and I'm proud to be associated with MOW."**

Renée Fozouni



Renée Fozouni wears two hats for Meals on Wheels. Not only does she lead the COD (Center of Distribution) team in the kitchen on delivery days, she is also our Co-Treasurer. Renée and her family moved to Ridgefield 11 years ago after living in France and Germany.

Now with both kids in college, Renée dedicates a good chunk of her time to volunteering. She started volunteering for MOW during the 2020 lockdown. She began as a driver and six months later joined the kitchen COD team. Renée explains that the COD team members are the critical "middlemen" of the operation. **"We make sure the right amount of food is being made by the kitchen, we distribute the food to the right clients and routes, and then everything is organized and packed into the coolers for the drivers to deliver."**

As a board member and Co-Treasurer for the past 2 years, Renée handles the depositing and recording of donations. She says that her favorite part of being a MOW volunteer is **"the people I've met and the direct impact we have on our clients."**



Organization News



Congratulations to **Kathryn Guido** on her **upcoming retirement**. She started volunteering with MOW over 25 years ago and has been our Friday Kitchen Manager for the past 20 years. She will be retiring at the end of this year, and we thank her for her many years of great work in the kitchen! **Mark Gilliam**, one of our Friday kitchen volunteers, will be our new Friday Kitchen Manager on January 1st. Thank you Kathryn and congratulations to Mark.

We are saddened by the **loss of Jean Pedersen**, one of our longtime volunteers, who **passed away earlier this year**. Jean was a Monday kitchen volunteer who was known as our "bread lady" and also wrote cheerful messages to our clients on their meal lids. We will miss her and her support and enthusiasm for MOW.



BOARD OF DIRECTORS

We welcomed Kory Salomone as our new Board Member in charge of Development, and we thank our retiring board member Liz Ballotte for her service. We also thank Dyane MacDaniel-Brandt, our former Board Chair Emeritus, who retired this year

- BOARD CHAIR | Dean Miller
- VICE CHAIR | Michelle Lange
- VICE CHAIR EMERITUS | Phyllis Appel
- TREASURER | Laurie Schupmann
- CO-TREASURER | Renée Fozouni
- RECORDING SECRETARY | Josh Weinshank
- CORRESPONDING SECRETARY | Gary Rapp
- PUBLIC RELATIONS & DIGITAL | Hilary Aronow
- NEWSLETTER EDITOR | Caroline Keenan
- FACILITIES | Alan Must
- CLIENT SERVICES | Gloria Driscoll
- DRIVER SCHEDULING | Beverly Griggs
- DRIVER ADMINISTRATION & COMPLIANCE | Rupinder Sura-Collins
- DESIGN | Yenny Reed
- DEVELOPMENT | Kory Salomone

FINANCE COMMITTEE
 Tom Miserendino: Chair
 Gary Condon
 Dean Miller
 Gary Rapp
 Laurie Schupmann
 Joe Venturato

ADVISORY BOARD
 John Frey
 David Pazer, MD
 Tony Phillips
 Tom Reynolds
 Theresa Santoro
 David Schneider

KITCHEN STAFF
 Operations Managers:
 Joni Karsh
 Theresa Miller

Kitchen Managers:
 Kathryn Guido
 Joni Karsh
 Mary Pat Sexton

Dietitian Consultant:
 Open

2023 YEAR *in* REVIEW

53,000

MEALS SERVED

220

CLIENTS SERVED

175+

VOLUNTEERS WHO GIVE MORE THAN 10,000 HOURS

\$15/DAY

TO FEED ONE CLIENT

