Town of Penfield Supervisor’s Column
October 18, 2016

I recently attended a presentation made by Meals on Wheels at the Supervisor’s Association monthly meeting. Their mission is to provide nutrition services to help people stay healthy and independent in their homes. Monroe County’s program began in 1958 and is the third oldest Meals on Wheels program in the United States. They provide hot, ready-to-eat meals delivered to the home three to five days per week, and they also offer daily cold meals for dinner, weekly frozen meals, weekend frozen meals, kosher meals, shelf stable meals and grocery bags.

General eligibility for the program is to live in a safe environment, be home between 10:30 AM and 1:30PM, full cost meals are available to everyone regardless of age or impairment and subsidized meals are available to individuals who have difficulty shopping or preparing meals or live alone or with someone who is unable to prepare meals.

Anyone can make a referral by calling 787-8397, a diet technician will schedule a home visit to assess the environment, nutrition needs and eligibility for financial aid. Also, if you would like to become a volunteer please contact Meals on Wheels at 787-TEAM (8326). If you know someone in our community who may need that extra assistance to help them stay in their own homes and apartments please contact Meals on Wheels, it can and will make a difference!

Gather all your ghosts and goblins for the annual Penfield Recreation Family Halloween Fun this Friday, October 21 at the Community Center from 6:00 – 8:00 PM...FREE games, Trick-or-Treat, hayrides, crafts, and more! There will be a pizza dinner available - personal pizza, salad, chips & beverage from 5:30 - 7:30 PM (or until sold out) for just $5.00/person. Purchase your tickets via phone with credit card or at the Rec office. Tickets may also be purchased at the door. Come join in on the fun!

Mark your calendars for the next Penfield Trails Committee guided hike on Saturday, November 12 at Sherwood Fields. Try out our newest all-season park for hikers in all weather conditions and see if the Commission Ditch is flowing. All hikes are FREE; however, hikers are asked to pre-register by calling 340-8655, option 6. Please wear appropriate footwear as there is some steep terrain and slippery conditions.

I am reminded by the town employee’s Wellness Committee that the 4th quarter of the year focuses on Stress & Mental Wellness. October is work/life stress management month, November is practical ways to manage your stress month, and December is holiday tips to manage stress month. I invite you to review the many programs offered by the Penfield Recreation Department to help manage wellness. Please review the fall edition of the Pen-Rec brochure or visit www.penfieldrec.org to view all of our programs.

There are still many dates for the “Splash into Family Open Swim and Swim Lap” offered through the Penfield Recreation Department. October 14, 21 & 28; November 4, 18; and December 2 & 12/9. All the programs are held at the Penfield High School Pool and the fee is $2.00 per person – pay at the pool.

Please make sure to check out all of the children’s programs offered by the Penfield Library from now through the end of the year. Librarian Bernadette Brinkman, her staff and the Friends of the Penfield Library partner to offer a wide range of exciting programs, events, and opportunities for our youngest residents to enjoy this wonderful asset in our community. For more details, please visit www.penfieldlibrary.org.

Until next week, please continue to enjoy the wonderful fall, and I hope to see many of you at the Penfield Recreation Family Halloween Fun event this Friday!

Tony

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