

# Adults with Special Needs Deliver Thanksgiving Meals to Seniors in Need

*By rctadmin on November 27, 2025 · No Comment*

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The day before Thanksgiving, volunteers from New Concepts for Living (NCFL) travel north from the Rochelle Park Achievement Center to Rockland County, New York, and hand-deliver meals to seniors facing health or financial challenges that make it difficult for them to access food on their own.

“Participating in the Meals on Wheels Rockland program has been a real game changer in our organization,” said Kristen Filaski, Senior Manager at NCFL’s Rochelle Park Achievement Center, who also oversees the Meals on Wheels Rockland program. “It gives our participants a chance to give back, make connections, and be part of something bigger – something they truly love and grow from.”

Individuals with special needs enrolled in the nonprofit’s day program have the opportunity to participate in the Meals on Wheels Rockland program, with about 10-15 participants volunteering on each trip. Throughout the year, NCFL participants typically deliver around 20 meals per week; however, during the holiday season, the demand for meals increases, and participants will deliver closer to 30 meals per week.

“We are incredibly proud of the hard work that everyone involved has poured into this program, especially at a time when food insecurity is so high for individuals and families. We look forward to continuing to deliver meals for the rest of this year and for many years to come,” said Steve Setteducati, CEO of NCFL.

To date, NCFL participants have delivered over 1,000 hot and cold meals through this program, proving that with the right support, adults with I/DD can make a meaningful impact in their communities.

“I enjoy delivering meals to people. One gentleman, Dominick, always recognizes me when we drop off food,” said NCFL participant Robert Weidmann. “I know he enjoys seeing us, because he always answers the door

quickly when we get there. I love being able to make Dominick and the other seniors we deliver meals to smile!”

“My favorite part of Meals on Wheels Rockland is when the recipients smile at me when we deliver their meals,” said another NCFL participant, AJ Stein.

Interactions and experiences NCFL participants have when delivering meals to seniors teach them a wide range of life skills and lessons and can provide them with a sense of self-worth and achievement, contributing to their overall mental well-being. They not only learn to connect with people, but they learn to appreciate what they have and the value of “giving” – and they feel good doing it.

Kevin Hardy, Meals on Wheels Rockland’s President and CEO, said, “We are grateful to NCFL. We love to see their participants learn the importance of volunteering as they brighten the day of our Home Delivered Meals recipients.”



NCFL Day Program participant AJ  
delivering meals in action!



NCFL Day Program participants Apollo, Shannon, AJ, and Bianca get ready to go package the meals for their daily delivery.



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