

**For Immediate Release**  
**#25-19**

**NYC EMERGENCY MANAGEMENT’S LATEST ‘PREP TALK’ PODCAST  
HIGHLIGHTS MEALS ON WHEELS AWARENESS**

*#PrepTalkNYC* {Click to listen to [episode 28](#)}

**March 19, 2019** — NYC Emergency Management is highlighting March for Meals. In recognition of Meals on Wheels Awareness month, also known as March for Meals, the latest episode of “Prep Talk” features the relationship between NYC Emergency Management and Citymeals on Wheels. “Prep Talk” hosts sat down with Rachel Sherrow from Citymeals on Wheels and Johanna Conroy of NYC Emergency Management to discuss how the partners work together to serve the community and prepare New Yorkers before emergencies. In this episode, you will hear about the importance of March for Meals, which brings awareness to organizations that support the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. Find out how you can become a volunteer for Citymeals on Wheels, the New York City organizations that delivers over two million meals to more than 18,000 homebound elderly New Yorkers annually. You can listen to the latest [episode](#) on [SoundCloud](#), [iTunes](#), and [Spreaker](#), and [subscribe now](#) to stay up-to-date on the latest episodes.

**Profiles:**

Although she spent the beginning of her career working with youth, **Rachel Sherrow** has advocated on behalf of the aging population of New York City at various not-for profits for the past 21 years. Ms. Sherrow has worked at The New York Foundation for Senior Citizens, The Educational Alliance, Henry Street Settlement, and for the past 14 years, Citymeals on Wheels, where she is the associate executive director and chief program officer. In this capacity, Ms. Sherrow oversees programs and fundraising through events, partnerships and marketing. She works to provide a continuum of meals on wheels and companionship for homebound elderly throughout the year, as well as how to prevent hunger among the most at risk clients Citymeals serves.

Ms. Sherrow helped launch important and integral programs at Citymeals including the Friendly Visiting Program and the Mobile Food Pantry, which help those most at risk access additional food. She also helped develop a relationship with the Columbia School of Dental Medicine and the Mailman School for Public Health to better understand and serve the oral health needs of her clients. Ms. Sherrow also helped create the Friends of Citymeals, a newer constituency that helps to educate, inform and fundraise on behalf of Citymeals. She also helped to launch the Junior Leaders program, which encourages young volunteers to become more civically involved and committed to the Citymeals’ mission through a variety of activities and volunteer opportunities. Ms. Sherrow received her master’s degree in Social Work from Yeshiva University.



## NYC EMERGENCY MANAGEMENT DEPARTMENT

[nyc.gov/emergencymanagement](http://nyc.gov/emergencymanagement)

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**Johanna Conroy** is Executive Director of Human Services at New York City Emergency Management. She has been with the agency since 2005 and during her time there has also served in the Logistics and Health and Medical Units. She has worked on dozens of emergencies including: New York City's response to the 2009 H1N1 pandemic, Hurricane Sandy, and New York City's response to Hurricanes Harvey, Irma, and Maria, including coordinating the New York City Hurricane Service Center that was open for more than three months. Prior to joining NYCEM she worked at American Red Cross in Greater New York as the Government Liaison. She is a native of New Mexico and attended the University of New Mexico.

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