

# CHAMBERSBURG

"WE CARE"

July 2024 Newsletter



4th of July Fireworks

## Chambersburg Meals on Wheels

Chambersburg Meals on Wheels prepares and delivers hot noon-time meals on weekdays to elderly and homebound residents of Chambersburg and surrounding communities. Now in our 56<sup>th</sup> year, we recently reduced charges to clients and aim to maintain our bills at \$1, \$2 and \$3 respectively per meal. In 2023, our volunteers delivered more than 28,000 meals to over 250 clients; this year we hope to exceed that total.

## Our History (Continues)

The year 1980 ushered in a new era of growth, both in the number of clients served and meals delivered. The internal employee structure was revised to include a paid Director of Operations, a Head Cook, an Assistant Cook, and a back-up cook. Our volunteer pool also increased during this period as we began adding new delivery routes. The inconsistent meal cost structure was replaced with a five-tiered system, with meal costs of \$1.85, \$1.50, \$1.25, \$1.00 and 75¢.

By the end of 1985, MOW had 97 clients and was averaging 88 meals per day. The organization started to address special dietary needs such as diabetes and allergies. A survey of clients was taken, and 20 clients were diabetic, 11 were on low salt diets and 1 had a peanut allergy. After reviewing this information, Director Williams developed a system of tracking special dietary needs as well as establishing a new system of packing food baskets, which resulted in food staying hot until delivery.

Also during this time, a resident of Menno Village contacted MOW with a request to become one of our daily clients. The Menno Village Director of Social Services was contacted and written consent was given to allow MOW to deliver meals to this community, opening an avenue for new clients.

During this decade, a number of innovations were tried, including different menus for each season of the year and purchasing from Ettlire Foods, a wholesale food distributor located in York, PA. This eliminated the need for the kitchen staff to make almost eight grocery store shopping trips each week.

By the end of the decade, donations were up, the kitchen was running smoothly, and the future was looking bright.

## A Message from Our President

In April, we held a Volunteer Luncheon to honor our cadre of dedicated volunteers, who commit to delivering our meals and helping to prepare the meals in our kitchen. It truly is a well-oiled machine, a synergy between our paid staff who prepare the meals and coordinate our operations, and those who donate their personal time and energy. Everyone has a part to play, and they all do it well.



Each quarter, in this newsletter, we profile one of our volunteers. See page 3 for this quarter's article. They come to us for many reasons. Some had a mother, father, or relative who benefited from our services sometime in the past. Others live in the community, see the needs that some of our neighbors have, and want to help. Others just have the volunteer spirit, an awareness that there are people in need, and time on their hands. Most are older adults themselves, perhaps thankful that they have been blessed so far with good health and with the needed energy to get out there and help while they can, knowing that one day they might be the one who needs assistance.

No matter what the motivation for volunteering, it is a fact that doing so has positive benefits. Numerous studies have shown a correlation between volunteering and improved physical and mental well-being. Engaging in acts of kindness and contributing to the welfare of others can reduce stress, boost mood, and even lower the risk of certain health conditions. Volunteering also promotes a sense of gratitude and perspective, which are essential for maintaining overall well-being.

Although we have some people who have been volunteering for many years, Chambersburg Meals on Wheels has constant turnover in its volunteer force. We always need people in line to take over as others move on. And we are not the only ones. Every social service non-profit organization, whether it addresses food insecurity, lack of housing, education, or assistance in everyday living, relies on volunteers. So whatever your motivation or interest, I encourage you, if you haven't already, to find that place where you can make a difference, and volunteer. You will be glad you did.

*Drew McCarriar, Chambersburg Meals on Wheels Board President*

## Why Volunteer?

We want to thank our current volunteers who make our wheels turn. We hope you'll consider joining us.

Chambersburg Meals on Wheels could not accomplish our mission if it weren't for our wonderful volunteers. They drive their own cars to deliver hot noon meals to 10-15 clients every other week. They spend 1 to 2 hours twice a month and feel a sense of personal reward and an emotional lift that is hard to describe.

Volunteers fill the void of loneliness with our clients and deliver a nutritious meal while demonstrating that someone cares. Nothing can make you feel better. We are always seeking new volunteers.

**In our 56th year serving the community**

**Chambersburg Meals on Wheels**

43 West Washington Street, Chambersburg, PA 17201

717-263-7228 Email: cburg.mow@gmail.com

Website: www.chburgmow.org

**Chambersburg Meals on Wheels promotes healthy, independent living through home delivery of nutritious meals.**

**The Board of Directors**

Neil Brown, Gary Dickinson, Craig Fisher, Bernie Goldberg, Terry Guberman, Linda Jent, Alice Moyer, Drew McCarriar, Neil Ober, Jane Peterson, Brenda Sciamanna, Donna Snyder

**Meals on Wheels Holds Volunteer Luncheon**

On April 26th, Chambersburg Meals on Wheels hosted a luncheon to celebrate our exceptional cadre of dedicated volunteers, including both delivery drivers and kitchen aides.



More than 70 volunteers gathered to enjoy a delicious meal featuring Chicken Kiev, macaroni and cheese, and green beans, along with an assortment of finger foods.



Brenda Sciamanna, a member of the MOW Board of Directors, organized the event, along with Cathi Pyatt and Beth Dunn, ensuring its seamless execution. This, coupled with the excellent meal prepared by our kitchen staff Melissa Izer and Renee Berkey, assisted by our Client Administrator, Cheryl Yeager, went above and beyond what was expected. Our mission couldn't survive and thrive without their support.

We would be remiss if we didn't express our thanks to all those who helped with the cleanup afterwards. As we express our gratitude, we recognize that the efforts of our entire team epitomize the spirit of community and service at the heart of Chambersburg Meals on Wheels.

**Physical Activity Benefits for Adults 65 or Older**

A single session of moderate to vigorous physical activity provides immediate benefits for your health. In addition, regular physical activity helps prevent many chronic diseases.

Immediate Benefits

- Sleep: improves sleep quality.
- Less Anxiety: reduces feelings of anxiety.
- Blood Pressure: reduces blood pressure.

Long-term Benefits

- Brain Health: reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression.
- Heart Health: lowers risk of heart disease, stroke, and type 2 diabetes.
- Cancer Prevention: lowers risk of 8 cancers (bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach).
- Healthy Weight: reduces risk of weight gain.
- Independent Living: helps people live independently longer.
- Bone Strength: improves bone health.
- Balance and Coordination: reduces risks of falls.

Emerging research suggests physical activity may also help boost immune function.

Source: Physical Activity Guidelines for Americans, 2nd edition.

**Our Mission**

Meals on Wheels is great for homebound elderly, infirm or convalescent persons in Chambersburg and nearby communities.

- Providing a hot, nutritious, and tasty weekday, noon-time meal
- Allowing choice of how many meals per week and which days
- Accommodating dietary restrictions (diabetic and others)
- Permitting payment for client meals by a relative or others
- Charging just \$3.00 per meal – many qualify for a lower rate
- Accepting food stamps
- Sending monthly bills for meals from the preceding month

If you know anyone who doesn't have Meals on Wheels but should, please help that person make the connection and get started today by calling 717-263-7228 or visit [www.chburgmow.org](http://www.chburgmow.org).

SAMPLE MEALS ON WHEELS MENUS				
BBQ RIB PATTY BAKED BEANS MACARONI SALAD CHOCOLATE PUDDING	BEEF STEW PICKLED EGG NOODLES TAPIOCA PUDDING DIABETIC PEACHES	BAKED ZITI 3 BEAN SALAD CAULIFLOWER BAKED APPLES DIABETIC FRUIT	BAKED CHICKEN RICE GREEN BEANS FRUIT COCKTAIL	MEAT LOAF MASHED POTATOES PEAS/CARROTS APRICOT HALVES
PIZZA PASTA SALAD FRUIT CAKE DIABETIC ORANGES	HAM/GREEN BEANS POTATOES BEETS POUND CAKE DIABETIC FRUIT	FISH MACARONI /CHEESE STEWED TOMATOES GRAPENUT PUDDING	PORK LOIN STUFFING PEAS PARTY SALAD	CHILI W/ RICE APPLESAUCE CORNBREAD JELLO/COOL WHIP



AND



OUR MEALS ON WHEELS CLIENTS

### Meet Lance Walker, Volunteer

Lance Walker, his wife Tracy, and his children Darra, Nathan, and KiKi moved to Chambersburg over nineteen years ago from Georgia, by way of Pittsburgh. He opened Walkers Barber Shop at 591 Willow Street in Chambersburg on Memorial Day, May 30, 2005, and remains at that same location today.



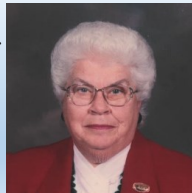
Lance is very active in the Chambersburg community; he is a member of the school board, Vice President of Network Ministries, and a member of United to Prevent Targeted Violence, a Department of Homeland Security project.

When asked what got him involved with Meals on Wheels, he related his desire to give back to the community, something he feels we should all consider. He also mentioned a number of conversations he had in the barber shop with Ed LeMieux, a former MOW president. Those discussions prompted him to take a ride-along with Neil Brown to see how meals were delivered to clients. He was hooked, and in early 2020 he started delivering meals to our clients on route nine.

Many of our delivery volunteers have a second person who rides with them during the delivery: one is the driver and the other takes the meal to the client. Lance prefers to both drive and deliver the meal himself. He says that he enjoys the personal interaction he has with the clients and often spends time talking with them about their families and life experiences. He recognizes that, in many cases, the volunteer delivering the meal may be the only person that our client sees or speaks with that day. The meals are important, but helping those in need is fulfilling. Lance really enjoys his interaction with the clients he visits and feels that he is making a difference with each of those visits.

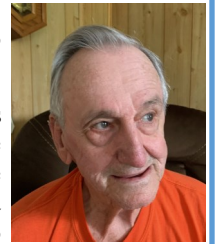
### Mary Norcross (1930-2024)

Chambersburg Meals on Wheels mourns the passing of Mary Norcross, of Chambersburg PA at the age of 93. Mary was the first cook for Chambersburg Meals on Wheels when it was founded in 1968, serving for five years.



### Dave Hawbaker, MOW Recipient

This newsletter features Dave Hawbaker, who has been a Meals on Wheels client for several years now. When I asked our group for suggestions on who I might interview, they recommended Dave because he is an interesting man, and he is so appreciative of our meals.



Dave spent all of his early days and his working career in Chambersburg. He married, and he and his wife raised three boys on Lindia Drive. He worked at a variety of jobs, but his last job prior to retirement was with TB Woods on Fifth Avenue. The company makes mechanical drives, oil and gas well equipment, and large castings. Dave, a machinist, worked on many of the pieces of equipment they manufacture. One of the pieces he made was a big counterweight used on oil pump rigs. While in Nashville at a state fair, he had an interesting experience. He saw one of those pieces of equipment, and he climbed up on it, and lo and behold, there was the mark identifying him as the person who made it. He is proud of the work he did and says, "Enjoy your work or quit." But after an accident and loss of a finger, he retired.

When Dave felt the call of the South, he moved to Holly Ridge, North Carolina, north of Wilmington and very close to Top Sail Island to enjoy comfortable weather and to avoid snow. He loved it there and stayed for 17 years. In his later years, he moved back to Chambersburg to be with family for care and support. The loss of his beloved dog, Goldie, who he rescued in North Carolina years ago, has saddened him deeply.

After returning to Chambersburg, Dave contacted the Senior Center, and they helped him reestablish himself in the area. He attends church and lives a quiet life, surrounded with photos and memories of the past. Dave is a man of honor who gets along with everybody. He is thankful for the availability of Meals on Wheels.

### Who Suffers from Food Insecurity?

You may know someone who suffers from food insecurity. It is quite common among the elderly and people who live alone or are homebound. Many times, they are unable to shop or cook for themselves and are deprived of a daily nutritious hot meal. All too often they don't have local family, friends or neighbors who are aware of their situation. Even if they are aware, they may not know how to help.

Meals on Wheels supports homebound and food insecure people every day. We cook and deliver a daily noontime, hot meal five days a week to people who cannot fend for themselves.

We make the meals affordable to everyone so money isn't a barrier. We believe that no one, regardless of circumstance, should be deprived of daily nutritious hot meals. If you are aware of someone who may be food insecure, please call or have them call us, at 717-263-7228. We are there to help and we care!

**Upcoming Events—3rd Quarter 2024**

- 07/04 July 4th—Independence Day (no meals delivered)
- 07/06 Islamic New Year
- 07/14 Bastille Day
- 09/02 Labor Day (no meals delivered)
- 09/08 Grandparents Day
- 09/11 9/11 Remembrance
- 09/29 Chambersburg Meals on Wheels 57th Anniversary

Our service area covers the Borough of Chambersburg ,some adjacent neighborhoods, and much of the town of Fayetteville.



**Weekend Meals**

We don't deliver meals on the weekends or certain holidays. We recently announced that, depending on resource availability, we may be able to provide an extra meal (the same one being served that day) on Thursday or Friday to have for the weekend at the same price per meal you currently enjoy. This would be a standing order every week. If you are interested, simply Call Cheryl at 717-263-7228 to discuss. We will do our best to accommodate all requests.

**Where Your Donations are Going**

Chambersburg Meals on Wheels accepts no public funds because Federal and/or State money comes with regulations and bureaucratic reporting that often make it more difficult to support our clients. We rely on our generous patrons to support our fiscal needs. We believe that no one should be food insecure.

Because of your support, we have not increased our client meal costs in almost 8 years. In fact we just lowered the client cost per meal and no one spends more than \$3.00 for a nutritious hot meal. We also provide a free meal to all clients on their birthday, and all clients are provided with emergency meals at no cost, which can be used during inclement weather when our kitchen is closed. We often provide clients free meals throughout the year. In April we provided a free meals for the entire month. You can help fund a day of free meals to our clients. Visit [www.chburgmow.org](http://www.chburgmow.org) or call 717-263-7228!

Chambersburg Meals on Wheels only has four paid employees, a cook, assistant cook, kitchen helper, and a client coordinator. We spend your contributions supporting clients — not on expensive salaries. We support over 120 clients each day, most are senior citizens and over 80 years old!

**Gift Hot meals to your Grandparents!**

This year, give the gift of Meals on Wheels on Grandparents Day-September 10th. Add cash to your Grandparent's account to cover their cost of meals. Adding \$25 or \$50 or more to cover meal costs is very easy. We'll add cash to their account and send a Grandparent's Card telling them about your generous donation.



Visit [www.chburgmow.org](http://www.chburgmow.org) or call 717-263-7228 to gift Meals on Wheels.

**Meals on Wheels—the perfect Grandparent's gift!**

**Memorial and Honor Giving**

Making a donation to Chambersburg MOW in honor or in memory of someone you care about is a meaningful way to express your thoughts.

When you make a memorial or in-honor-of donation you will receive an acknowledgement card and recognition in the Newsletter for your honoree. Visit [www.chburgmow.org](http://www.chburgmow.org) or call 717-263-7228 to make an in-honor donation

**Recent 2024 Donations In Memory of:**

- Lewis Stence**
- Seth Rheam**
- Mary Norcross**
- Emory C. Etter**
- Ida Mae Anderson**
- Edwin & Delores LeMieux**
- Alice Foreman**
- Eugene Klee**

In the April issue of our newsletter, we published an article about one of our clients, Mrs. Donna Shetter. Unfortunately, her name was misspelled as Donna Setter. The corrected article heading should have been;

**Donna Shetter, Recent MOW Recipient**

**Don't Be Fooled or Misled**

Many organizations may contact you from time-to-time requesting a charitable donation. Many of our clients and donors have letters personalized with their names and addresses. This may cause some to believe that contributing to these other charitable organizations will benefit us in the Chambersburg area. **This is not true.**

Please be aware that Chambersburg Meals on Wheels receives no Federal or State funding, *nor do we receive monies from other national organizations.*

Should you want to donate to us, please address and send to Chambersburg Meals on Wheels, 43 West Washington Street, Chambersburg, PA 17201. Remember you can also use a credit card at [www.chburgmow.org](http://www.chburgmow.org). All contributions come directly to us.

**Please Donate**

Your time and/or money allow us to continue serving the food insecure in our area!



Go to [www.chburgmow.org](http://www.chburgmow.org) or  
Call 717-263-7228 to contribute

Donate your Time by volunteering—Call 717-263-7228  
 Delivery  Meal Preparation