

CHAMBERSBURG

"WE CARE"

October 2024 Newsletter



Chambersburg High School Football

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 57th 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 January 1985 treasurer's report noted that there were 19,191 meals served to clients in 1984; total expenses were \$64,050, and there was \$20,000 in the treasury. The decade 1985 through 1994 was off to a very good start; the client base doubled from 75 to 150. The number of clients with special dietary needs remained consistent at 25%, with half requiring some type of special meal. Not every such client received a special meal every day because special meals are dependent on the entrée served and the client's medical/physical needs.

However, the growing pains of the organization were not without problems. Most board meetings continued to be held in the home of several members. The informality of this type of meeting lends itself to more of a social gathering rather than to formal planning sessions. As an example, although the minutes reflect a treasurer's report, the reports themselves are nonexistent. Nor does there appear to have been a clear understanding of what the policies were regarding personnel, budgeting and financial planning. Additionally, funds seem to have been managed without professional help, resulting in stock purchases being sold at a loss. Also, on several occasions, the misinterpretation of overtime pay policy resulted in strained working relations with the kitchen staff.

Ettline Foods of York continued delivering food on a weekly basis and Harrisburg Dairies became the supplier of milk and other dairy products totally eliminating the need for kitchen staff shopping in local supermarkets. The board also authorized the purchase of a commercial potato peeler and a commercial mixer to assist with meal preparation. With these changes in place the future growth and stability of the organization looked promising for the next decade.

A Message from Our President

When I was working for the federal government, the arrival of fall meant many things – first and foremost a new budget and new opportunities, assuming that our politicians had done their job and passed all of the funding bills. But a key feature of the fall season is all of the federal holidays. While for some it is a highly anticipated day off, and for others an inconvenient interruption to their work, it is important to remember that these holidays were put in place to commemorate important events in our history and culture, the things that make us what we are as Americans. They are all a reminder that we are exceptional and each illustrates that in a different way.



Columbus Day, despite the furor over whether Columbus himself was a good person (he probably wasn't) reminds us that the majority of us came here from somewhere else. As a relatively young nation, we don't have to be bound by thousands of years of history; we can move forward based on what is right and best for our times. Veterans Day celebrates our military members, who, in numerous wars and conflicts have fought to uphold our values and safeguard our way of life. Without them and their sacrifices we would likely not be the great nation we are today.

Thanksgiving reminds us that living in this country gives us a lot to be thankful for, and gives us the opportunity to spend a day reflecting on and enjoying the benefits. It is also a good time to share that abundance with others who are less fortunate. Christmas is a religious holiday but also a government holiday – an acknowledgement of the cultural heritage that helped form the basis of our country. No matter our religion, we can celebrate the day in the form of giving; helping others both materially and emotionally.

So this fall, as we celebrate or even just experience these holidays, remember that they are all a reminder of some aspect of our heritage. And while some may have more meaning to you than others, they are all a chance to do something in their spirit that makes this an even better place to live.

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 without our wonderful volunteers. They drive their own cars to deliver hot 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

Extra Meal Delivered for July 4 Holiday

On July 3, 2024, Chambersburg Meals on Wheel Staff, Board members, and Volunteers gathered at the First Lutheran Church to prepare an extra meal to deliver to our clients for the long 4th of July weekend. Since we were not delivering on the 4th and 5th of July, we prepared a package containing two sandwiches – one



Preparing the Packages



Sandwiches Ready to Go

ham and one turkey, two bags of chips, two packets of cookies, and a fruit cup. The firefighters of the New Franklin Fire Company, led by Fire Chief Ralph Yeager,



Rick Shreiner and Grandsons

graciously donated their time in preparing the sandwiches and delivering them to the church for inclusion with the other food items. After the 137 packages were complete, delivery volunteers loaded up and delivered the meals, along with all of the regular Wednesday meals – an extra effort for them

but one that was met with joy and enthusiasm. One volunteer even showed up with his grandchildren (see photo right) visiting from Poland. After a short piano recital, they joined in the spirit

AMERICA'S SENIORS ARE ALONE FOR THE HOLIDAYS

Millions of our grandmothers and grandfathers are setting the table for one this holiday season. They are more isolated and more alone than ever. Many older adults are unable to see their own friends, family, neighbors and loved ones You can deliver humanity to struggling seniors with a gift today.

DONATE TO FILL THEIR HOLIDAYS WITH LOVE AND CARE—GIVE NOW

Safety Tips for Seniors

Ensuring safety for seniors is crucial as they age. Here are some essential tips to help older adults stay safe and secure:

Prevent Falls: Falls are a leading cause of injury among seniors. To reduce the risk, keep living spaces clutter-free and well-lit. Install grab bars in bathrooms and use non-slip mats. Encourage the use of mobility aids like canes or walkers if needed.

Fire Safety: Install smoke detectors in every room and check them regularly. Avoid wearing loose clothing while cooking and never leave stoves unattended. Keep a fire extinguisher handy and ensure heaters are placed away from flammable materials.

Medication Management: Keep a list of all medications and their dosages. Use a pill organizer to avoid confusion and set reminders for when to take medications. Regularly review medications with a healthcare provider to prevent adverse interactions.

Emergency Preparedness: Always have a list of emergency contacts easily accessible. Consider wearing a medical alert device that can call for help if needed. Keep a phone nearby at all times, especially in case of emergencies.

Home Security: Ensure doors and windows have sturdy locks. Install a peephole or security camera to monitor visitors. Be cautious of strangers and never share personal information over the phone or online.

By following these tips, seniors can maintain their independence while staying safe and secure in their homes.

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.

Emergency Meals

Before inclement weather hits, clients are provided with a free shelf-stable emergency meal. It includes a microwavable entrée, dessert, snack, and a drink. We provide that meal over the winter months in the event that hazardous weather prevents us from delivering our noon-time meal. A new emergency meal will be provided to all of our clients in late October 2024 with replacement meals delivered after each use.



AND



OUR MEALS ON WHEELS CLIENTS

Meet Volunteers Cindy and Joel Happel

Both Cindy and Joel Happel were born and raised in Chambersburg. Joel retired from Diffenderfer's Plumbing and Heating, a family-owned business, and Cindy retired from the Chambersburg School District. Their two daughters and two grandchildren now live in New Jersey and York County, PA.



Cindy started delivering meals on her route in 2017. Her mother was also a volunteer, and Cindy decided she would join her. Soon Joel retired, and he came on board as her assistant. What they like most about volunteering with Meals

on Wheels is that they are helping clients stay in their homes longer and be more independent. The interaction with clients is usually short, but it is gratifying when the client answers the door with a smile.

Cindy, who loves volunteering, supports Rock Steady, a YMCA program that improves the quality of life for those with Parkinson's disease. In addition, she and Joel both usher at Central Presbyterian Church, where Joel is also a trustee.

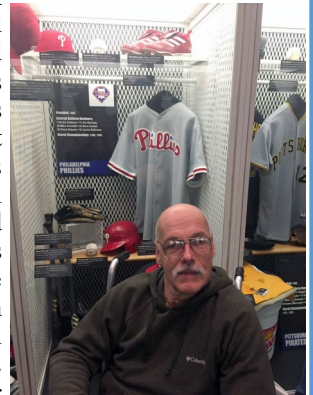
When he's not volunteering, Joel belongs to a senior bowling league where he is a high scorer. He also enjoys playing pickle ball. We appreciate Cindy and Joel's service to Chambersburg Meals on Wheels and the other contributions they make in our community.

John Foschia, MOW Recipient

John Foschia is a Chambersburg native. Although he was born with cerebral palsy, he never saw himself as handicapped. Attitude made all the difference in the way he looked at his life. In high school, he received more sports trophies than his brother and sister. He traveled with the football, basketball and track teams as their sports manager, keeping and tracking all of their records.

He went to the Hiram G. Andrews Center and Commonwealth Technical Institute in Johnstown, Pa, and received an Associate degree in accounting. After graduation, he was employed by Ingersoll Rand in their warehouse department in Shippensburg. After the company was taken over by Volvo, he continued working in the warehouse. He had 22 years of perfect attendance during his 30 years of employment.

John learned how to drive an automobile with hand controls. He drives to the YMCA three days a week to work out and goes to his clubs for socializing and appointments. He is a huge sports fan and loves talking to Thomas, his MOW delivery person, about sports. After spending some of his younger years at Shriners Hospital in Philadelphia, John is a devoted Phillies fan. Many sports figures came to the hospital during his time there to visit with the children. John still has a picture taken with Yogi Berra. He also has donated 22 gallons of blood over the years for the Red Cross. His family is blessed to call him brother and they are thankful that he has had meals delivered by Chambersburg Meals on Wheels for over 10 years.



***I HATE IT WHEN I CAN'T FIGURE OUT
HOW TO OPERATE THE I-PHONE AND
THE RESIDENT TECH EXPERT IS ASLEEP!***

CAUSE HE'S 5

AND IT'S PAST HIS BEDTIME.

***In Life, it's important to know
when to stop arguing with people
and simply let them be wrong.***

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—4th Quarter 2024

- 10/03 Rosh Hashanah (start of Jewish New Year)
- 10/12 Yom Kippur (Jewish High Holy Day)
- 10/14 Columbus Day
- 10/31 Halloween
- 11/03 End of Daylight Savings Time
- 11/05 Election Day (please vote)
- 11/11 Veterans Day
- 11/28 Thanksgiving Day (No meals delivered)
- 12/03 Giving Tuesday
- 12/25 Christmas Day (No meals delivered)
- 12/26 Hanukkah and Kwanzaa
- 12/31 New Years Eve

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



Giving Tuesday—December 3rd
Give the gift of Meals on Wheels!

‘Tis the Season! As we find ourselves shopping for friends and family at the most giving time of the year, we’re introducing a way to give the gift of Meals on Wheels to someone you care about. This year, give Meals on Wheels gift to someone you love! Gift a week’s worth of meals for \$15.00 two weeks for \$30.00 and a month for \$60.00. Pay by check or credit card. What better gift to give! Visit www.chburgmow.org or call 717-263-7228 to gift Meals on Wheels.

Chambersburg Meals on Wheels:
Nourishing Our Community

Chambersburg Meals on Wheels is a remarkable organization that operates without public funds. Our commitment to providing nutritious meals to those in need drives us every day. Let’s delve into the key points:

Financial Independence: Chambersburg Meals on Wheels deliberately does not pursue federal or state funding due to the associated regulations and bureaucratic reporting. Instead, we rely solely on generous patrons in our community who believe in our mission. By doing so, we maintain flexibility and efficiency in supporting clients without bureaucratic constraints.

Affordable Meals: We have not increased client meal costs in nearly 8 years. In fact, we recently lowered the cost per meal so that no client pays more than \$3.00 for a hot, nutritious meal. On clients’ birthdays, they receive a free meal and emergency meals are provided during inclement weather in the event the kitchen is closed. Occasionally, when donation levels allow, we offer free meals to everyone.

Client-Centric Approach: Chambersburg Meals on Wheels supports over 120 clients daily, most of whom are senior citizens aged 80 or older. Our commitment extends beyond regular meals. In April, and August we provided free meals for the entire month, demonstrating our dedication to the community.

Lean Staffing: With only four paid employees—a cook, assistant cook, kitchen helper, and client/volunteer coordinator—we ensure that contributions directly benefit clients. The focus remains on nourishing those in need rather than allocating funds to unnecessary overhead.

How You Can Help: Visit www.chburgmow.org or call 717-263-7228 to contribute or learn more. Consider funding a day of free meals for clients.

Chambersburg Meals on Wheels exemplifies compassion, efficiency, and community support. Let’s continue to champion the mission!

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. 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 or
 Call 717-263-7228 to contribute

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