

CHAMBERSBURG

"WE CARE"

January 2025 Newsletter



January Chambersburg Square

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 2024, our volunteers delivered nearly 30,000 meals to over 260 clients. This year we hope to exceed that total.

Our History (Continues)

The decade from 1996 through 2005 got off to a rough start due to the blizzard of January 6 and 7, 1996, that crippled much of the East Coast. Meals on Wheels was closed the entire week following this event. However, during this decade, many improvements were made in the management and control of our resources. Over \$31,000 in donations were received from the 534 solicitation letters sent out in October 1995, and this amount increased to almost \$40,000 by December 2005. The client population also remained consistent, averaging between 125 and 135 meals daily with 35 percent requiring special diets.

As noted in the last newsletter, the growing pains of the organization continued to be a problem. Board meetings continued to be held in private homes until mid-2004 when they were convened in the church meeting room, which gave a formality to the planning sessions. In November 1996, the board voted to give clients free meals during the month of December. This policy was continued each December through 2005. During this period, the church replaced the kitchen stove with a new 10 burner commercial model, and the board agreed that they would provide for its continued maintenance. The board also purchased a new kitchen air conditioner in February 2005.

The one downside to the overall operation was the lack of a clear Policy and Procedures manual to guide the organization. This created both a lack of good financial planning as well as some confusion with the staff concerning work hours, vacation time off, and compensation for time off during family emergencies.

However, as 2005 came to a close, the bottom line for the organization was promising; the treasury was in the black with sufficient funds to continue operations through 2006.

A Message from Our President

It's hard to believe that it is 2025 already. One quarter of the 21st century is gone. I still catch myself sometimes thinking that it is the 20th century. Much has changed and will continue to do so, whether we like it or not. Most of us reading this will remember when a phone was something connected to the wall, with a cord that got tangled up over time and needed to be unwound periodically. You might remember a time when, if you couldn't remember who was President before Calvin Coolidge, you had to go find a book (maybe even go to a library!) and look it up. "Google it" was not a term in our vocabulary. If you wanted a box of nails the only option you had was to go to a hardware store – there was no Amazon to deliver those nails to you the next day.



Certainly all of these technological changes have saved us time, made us more efficient, and eliminated some of the minor headaches that cause us anxiety, even as they have also shortened our attention spans and isolated some of us socially. A positive aspect of all of this is that we can be better aware of each other's situation and needs on a broader scale. In the middle of the 20th century we might have known of our infirm or elderly neighbor's or relative's needs, but unless we went out looking for it specifically, we wouldn't know about the larger problem - that almost 11% of Pennsylvania seniors are food-insecure.

Chambersburg Meals on Wheels does its part to help in our area but we are just scratching the surface. Groups like Feeding America and others do research that can help us understand the scope of this problem, and the scope of efforts to improve the situation. As we head into the next quarter century, let's all resolve to use today's technology to be better informed, and to help take care of the in-need members of our community.

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.

Chambersburg Meals on Wheels—January 2025 Newsletter

In our 57th 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, Linda Jent, John Keogh, Alice Moyer, Drew McCarriar (President), Neil Ober, Jane Peterson, Brenda Sciamanna, Donna Snyder

Thanks to Sunnyway Foods and Weis Markets

You may know that Weis Markets recently acquired Sunnyway Foods and has converted the Sunnyway stores to Weis Markets. For many years we enjoyed a good relationship with Sunnyway Foods, maintaining an account and buying some of the food there that we use to prepare our daily hot meals. Sunnyway was a great supporter and we are sorry to see them go. Recently, we were invited to meet with Weis Markets and were honored with the presentation of a donation check from them for \$1000, actually two \$500 gift cards, which enables to now use Weis Markets as a go to for last minute and necessary items for preparing the meals. The photo below shows our Chief Financial Officer, Jane Peterson and Donna Snyder, receiving the check from Weis Markets' Chris Shenton.



Don't we all need a little laugh?

A cat died and went to Heaven. God met her at the Pearly Gates, petted her on the head and said, "You have been a good cat for these 40 years. Anything that you want is yours for the asking."

The cat thought for a minute and replied, "All my life I have lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on." God said, "Say no more." Instantly the cat had a huge, fluffy pillow.

A few days later, six mice were killed in an accident, and they all went to heaven together. God met them at the gates of Heaven with the same offer He made to the cat. The mice said, "Well, all our lives we've had to run from dogs, cats and even people with brooms. If we could just have some little roller skates, we'd never have to run again." God said, "It is done!" All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How you been doing? Are you happy?" The cat replied, "Oh, I've never been so happy in my life! My pillow is so fluffy, and those little meals-on-wheels you've been sending over here are delicious!"

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. Replacement meals are delivered after each use.

SAMPLE MEALS ON WHEELS MENUS				
BBQ RIB PATTY BAKED BEANS MACARONI SALAD CHOCOLATE PUDDING	BEEF STEW PICKLED EGG NOODLES TAPIOCA PUDDING	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

Volunteers Jan Montgomery & Libby Sanders

Chambersburg Meals on Wheels has its own dynamic duo in Jan Montgomery and Libby Sanders, who deliver meals to our neighbors on the west side of town.



Before moving to Pennsylvania from Baltimore, Jan delivered for MOW in Maryland. A retired registered nurse, she and her husband lived all over the United States while he served in the military. Thanks to her daughter

Carrie, who settled in Franklin County, Jan decided to move here too. Jan's grandson Kelley also likes to help. Jan and her family enjoy vacationing at the beach in Ocean City.

Libby, a retired music teacher from the Tuscarora School District, also brings joy to their clients. She and her husband have two adult children who now live in Virginia and North Carolina, along with four grandchildren: Grace, Aston, Wyatt, and Walker. Originally from Tennessee, Libby settled in Mercersburg 45 years ago and loves vacationing in the Outer Banks. After retiring, she was looking for volunteer opportunities when Jan suggested they join MOW. Both Jan and Libby love helping others, and they believe delivering meals is a great service to our community.

Thanks for the Help!

Meals on Wheels recognizes and thanks three important groups that help us provide for our clients. Because we are closed on some holidays, we appreciate the assistance provided by two Chambersburg congregations.

The Overflow Community Church prepared and delivered 75 free hot meals to our clients on Wednesday evening prior to Thanksgiving Day. On Christmas Day, *the Sons of Israel Congregation* provided over 50 free hot meals and delivered them to our clients.

In addition to these holiday heroes, *Pounds Automotive of Fayetteville* allows us to use their facility throughout the year as a staging point. Without their generous spirit and the use of their facility, we would be unable to deliver meals to the route most distant from our kitchen.

Bernard Treat, MOW Recipient

Bernard Treat, has been receiving Meals on Wheels for about a year now. He is our kind of client, as he enjoys most everything we deliver.

Bernard was born in Potter County. After high school, he enlisted in the Army, completing basic training at Ft. Dix, then moving on to Ft. Belvoir, and later serving overseas for 18 months before being stationed at Ft. Bragg in North Carolina. After his military service, he worked for Corning Glass. Eventually, he sought a change and began driving trucks. In this role, he became one of the few drivers cleared to enter Cape Canaveral, the NASA base in Florida. His low-boy loads were often oversized and required escorts, sometimes including police, due to the space and government equipment components he transported. He is proud to have carried the mirror for the Space Station.



In 2008, he and his wife moved to Chambersburg to be near his children, two grandchildren, and now two great-grandchildren. They are a close family and visit regularly. Sadly, his wife passed away eight years ago. Bernard began to lose his eyesight due to macular degeneration, but he still manages to mow his lawn and, with effort, watch television. He enjoys family visits and is able to visit them for extended periods. His daughter Deb works in special education, and his granddaughters Danielle and Ashley are each raising his three great-grandchildren.

Bernard has always been a baseball fan. His team is the Pittsburgh Pirates, and he attended many games at Forbes Field. He was friends with Don Hoak, the third baseman and coach, and fondly recalls the day in 1960 when they won the World Series.

He is enthusiastic about Meals on Wheels and looks forward to his daily delivery, expressing gratitude to those who prepare and deliver the meals.

Save the Date

Chambersburg Meals on Wheels Volunteer Luncheon
Friday, April 25, 2025

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 here to help and we care!

Upcoming Events—1st Quarter 2025

- 01/01 New Year’s Day (No meals delivered)
- 01/20 Inauguration Day and Martin Luther King Jr. Day
- 02/02 Groundhog Day
- 02/14 Valentine’s Day
- 02/17 Presidents’ Day
- 03/05 Ash Wednesday
- 03/09 First day of Daylight Savings Time
- 03/17 St. Patrick’s Day

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



Nourishing the Community

Chambersburg Meals on Wheels has been a beacon of hope and nourishment for the elderly and homebound residents of Chambersburg and its surrounding communities for over 57 years. This remarkable organization delivers hot, nutritious meals to those who are unable to prepare their own food, ensuring that they receive the sustenance they need to maintain their health and well-being.

The program operates within a 70-square mile region centered on Chambersburg, reaching over 250 clients through the year, many of whom are in their 80s. Meals on Wheels volunteers deliver meals Monday through Friday, providing a vital service that helps seniors stay in their homes and live independently. The meals are prepared with care and attention to nutritional needs, offering a balanced diet that supports the health of the recipients.

One of the unique aspects of Chambersburg Meals on Wheels is its community-based funding model. Clients contribute about half the cost of the meals, while the rest is covered by generous donations from the community. This model not only makes the meals affordable for the recipients but also fosters a sense of community involvement and support. The generosity of people like yourself, makes it possible to not only keep the cost per meal affordable, but also provide frequent free meals throughout the year.

In 2024, the organization delivered almost 30,000 meals, a testament to the dedication of its volunteers and the importance of the service it provides. The program began in 1968 and has since grown to become a cornerstone of support for the elderly in the area.

Chambersburg Meals on Wheels is more than just a meal delivery service; it is a lifeline for many seniors, offering them the nutrition they need and the knowledge that they are cared for by their community. Through its unwavering commitment, the organization continues to make a significant impact on the lives of those it serves.

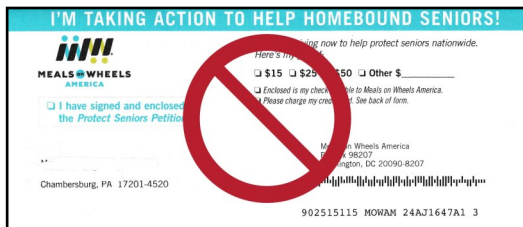
Chambersburg Meals on Wheels could not survive were it not for the generosity of its volunteers and contributions from our generous benefactors.

Please consider helping us today!

Don't Be Fooled or Misled

Many similar organizations may contact you from time-to-time requesting a charitable donation. Some imply that contributing to these other 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. The photo below shows a solicitation you might receive in the mail from the National Meals on Wheels program. While this is a worthy cause, please be aware that any contribution you make to them does not reach us.



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 safely use a credit card on our website at www.chburgmow.org. All contributions come directly to us.

Volunteer First Anniversary—2024

- | | |
|----------------------|----------------|
| Zach Berkstesser | Ray Mielke |
| LeAnn Campbell | Lynne Mobley |
| Barbara Higginbotham | Kathie Mowen |
| Tracy Hosko | Alana Sensenig |

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