

CHAMBERSBURG

"WE CARE"

April 2025 Newsletter



A Message from Our President

For two years now, since we began publication of this newsletter, we have been documenting our history here on page 1. This exhaustive effort was initiated by our former president, Neil Brown. Every quarter, Neil reviews archived minutes from board meetings (yes, we have paper records going back to our inception in 1968) and other saved paperwork to both document and deduce, a la Sherlock Holmes, what we did those many years ago. As he explains in this edition, in going through meeting minutes, he noted a significant change in 2008, at the point that he has now reached in our history. His review of the history on this page and the articles on page 3 on two incredible volunteers who made a huge difference in how we do business are well worth a read.



This newsletter is the brainchild of another of our volunteer heroes—Bernie Goldberg, who has served on the Meals on Wheels Board since 2018. Since its inception about two years ago, our yearly donations have shown a modest but steady increase. As Bernie notes in an article on page 4, this has allowed us to provide more free meals through the year than we ever have done before. In my mind, this also raises the bar on the requirement for us to be both accurate in bookkeeping and responsible in how we spend those funds; more so than we might have been prior to 2008.

Today I am very proud of the rigorous practices and systems put in place by Ed Le Mieux and Jake Garrison and continually refined by both myself and my predecessor Neil as President. With the help of both an investment counselor and an accounting firm for payroll, our treasurer/CFO, Jane Peterson keeps us fully on track. We account for and can show every penny received and spent and with the help of our head cook, Melissa Izer, are constantly looking for ways to both economize and improve efficiency, so that we can make the best use of those donation dollars you provide. Given our donors' generosity, it is incumbent on us to spend those dollars responsibly and to be able to demonstrate that whenever asked. Going in to the next quarter century, we are in a very good place and are dedicated to keeping it that way.

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)

In the past five newsletters, we've journeyed through the rich history of the Chambersburg Meals on Wheels (MOW) organization. We've recounted the challenges faced by the Board of Directors as they endeavored to establish a new organization, recruit clients and volunteers, purchase essential equipment, and balance the MOW budget. In this article, however, we turn our attention to Ed Le Mieux and Jake Garrison, two pivotal figures who significantly influenced the trajectory of our organization.

Ed Le Mieux joined the MOW Board in July 2006, following his retirement from the Federal Senior Executive Service. With a distinguished career behind him, Ed brought to the board a wealth of experience in organizational policy, personnel management, and an exceptional ability to harness the skills of those working with him. His expertise made him an invaluable asset to the board, and it wasn't long before his leadership qualities were recognized by his peers.

In May 2008, just a year and a half after joining the board, Ed was elected president. Under his presidency, the organization saw significant advancements and a renewed sense of purpose. Jake Garrison joined the board in March 2008 and quickly became the organizations treasurer. Together, their leadership extended beyond mere administrative tasks. Ed's vision, coupled with his ability to effectively manage and inspire those around him, and Jake's skill as treasurer, contributed to the continued success and growth of the Meals on Wheels organization. As we look back on the minutes of board meetings through 2008, we are reminded of their unwavering dedication and the profound impact they had on our organization as we concluded our fourth

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.

Continued page 3—Volunteers

Chambersburg Meals on Wheels—April 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

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. In the winter of 2025, we created and delivered 5 emergency meals to all of our clients, all at no charge to them.



Board members assembling emergency meal bags

Artificial Intelligence

We've all heard about Artificial Intelligence (AI), and there is a lot of talk about what it can and can't do and whether it is helpful or a threat. One thing it seems to be pretty good at is writing poems. Let us know if you agree ...

Meals on Wheels

Morning breaks with golden light, as drivers set out, their hearts alight, delivering warmth in each small tray, to those in need along the way.

Each door opens, faces bright, with grateful smiles that greet the sight, of kindness packed in simple meals, a gift of love that gently heals.

Across the streets, the wheels turn slow, through quiet towns where cold winds blow, but in the hands of those who give, hope is shared, and people live.

Long roads stretch beneath the sky, as every meal brings comfort nigh, to hearts that ache from days alone, a reminder they are not unknown.

Someone waits, each meal a bridge, between two hearts across the ridge, a bond built not with words, but care, in every gesture, love is there.

Onward they go, through sun and rain, delivering joy to ease the pain, each package more than food or drink, it's kindness shared with a knowing wink.

Never a thought of praise or fame, just doing the work, the steady aim, to brighten lives, to help and heal, to make the world a little more real.

Wheel turns, hours fade away, but still they come, through every day, knowing that kindness, pure and true, is a gift that keeps giving, too.

Hope grows, with every step they take, in tiny acts that love can make, and every door that opens wide, brings light to those who've none to guide.

Each meal delivered, a promise kept, of care and service, softly wept, for those who need it most of all, their lives touched by a simple call.

Even when the world seems cold, these acts of kindness are pure gold, and those who give, with heart and hand, spread warmth across this grateful land.

Love in motion, steady and true, Meals on Wheels—just for you.

So the wheels roll on, through day and night, delivering not just food, but light.

ChatGPT 2024





AND

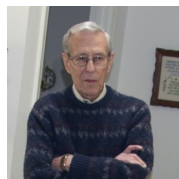


OUR MEALS ON WHEELS CLIENTS

Our History - Continued from Page 1

decade of operations.

Ed Le Mieux: Ed's vision was to transform Meals on Wheels into a structured organization with clear policies and procedures. Ed meticulously developed a Policy and Procedures (P&P) manual, which he presented to the board in September. He redefined the responsibilities of seven existing committees. At the September meeting, chairmen for each committee were elected and tasked with reviewing their respective sections of the P&P manual, with recommendations for changes to be presented early in 2009.



He also reorganized the corporate files, discarding old or duplicate documents, alphabetizing them by committee order, and moving the filing cabinet out of the kitchen. During this process, he also consolidated multiple sets of MOW By-Laws and Articles of Incorporation into one document.

Jake Garrison: Jake joined the MOW board in March 2008 and was appointed treasurer shortly thereafter. With a background in accounting and a strong aptitude for math, Jake was the perfect candidate for the role. His first step as treasurer



was to collaborate with the investment counselors at F & M Trust to develop a financial strategy that prioritized capital preservation, growth, and income. He moved away from stock-based investments and creating money market and checking accounts. He developed a "laddered" set of CDs renewable semiannually to provide accessibility in emergencies without severe penalties.

Recognizing the inefficiencies in the existing MS Excel client accounting and billing system, Jake developed an automated "Day Chart and Billing" system that used individual tabs for each delivery route, making it easier to view data and create delivery route sheets and maintain a summary of all billing data. He used Microsoft Word to produce bills at the end of each month.

Conclusion: Ed and Jake were instrumental in the success of Chambersburg MOW. Their dedication to improving the structure, financial stability, and operation has ensured that MOW continues to serve the community effectively. Ed's and Jake's legacies are a testament to the power of volunteerism and the profound impact that committed individuals can have on their communities. They inspire us to recognize and celebrate the unsung heroes who work tirelessly behind the scenes to make a difference.

Thank You—Volunteers!!!

Chambersburg Meals on Wheels Volunteer Luncheon to be held Friday, April 25, 2025

Frances Humelsine, MOW Recipient

Although Frances has only been receiving Meals on Wheels since last October, she delivered meals for us from 2005 to 2015.

Frances was born in Bryan County, Oklahoma, near Durant, and attended a two-room schoolhouse. She walked one and three-quarters of a mile each way to school. In preparation for a career as a teacher, she attended Southeastern University in Texas. She taught in Texas and Oklahoma for a few years before moving to Pennsylvania in 1958 where she continued teaching for 35 years.



But her contributions didn't stop there. Frances taught Sunday School to kindergarteners for 40 years and served as a den leader for 10 years. Her personal hobby was Volkswalking, a sport that originated in 1968 in central Europe. Volkswalking is a noncompetitive, organized walk along marked trails, usually 5 or 10 kilometers long, hosted by local clubs. The aim is to promote physical fitness and enjoy the camaraderie of fellow walkers. Frances, who was an active member of the Cumberland Valley Leadfoot Club, remarkably, has Volkswalked in all fifty states twice.

Frances enjoys volunteering. As mentioned, she delivered Meals on Wheels for 10 years. She has also guided visitors' tours at the Heritage Center and the Old Jail in Chambersburg. She volunteered at her church, performing administrative work, and assisted at the Shook House. Additionally, she enjoyed cooking meals at her church and taught reading to children at King Street School.

Frances married Jim Humelsine, a drafter, in 1959; he passed away in 1996. Her son Jim attended Penn State University and was in their Blue Band. He became a computer engineer and now mentors Penn State graduates. Daughter-in-law Mary worked in administration and is now a Master Gardener. Grandson Ryan works on jet engine design.

Frances receives Meals on Wheels because she values their well-balanced nutrition. She enjoys all the meals, though she prefers some over others and occasionally enhances the vegetables. She likes watching TV, enjoys watching football, especially Penn State and walks as often as she can. She attends King Street United Brethren Church and serves as treasurer of The Prime Timers, a group of seniors who tour and explore local attractions and communities. Chambersburg Meals on Wheels is thankful for people like Frances.

Who Suffers from Food Insecurity?

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!

Chambersburg Meals on Wheels—April 2025 Newsletter

Upcoming Events—2nd Quarter 2025

04/12 Passover
04/13 Palm Sunday
04/15 Tax Day
04/25 Chambersburg MOW Volunteer Luncheon
05/11 Mother's Day
05/26 Memorial Day (No meals delivered)
06/14 Flag Day
06/15 Father's Day
06/19 Juneteenth

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



Gift Hot meals to Your Mom or Dad!

This year, give the gift of Meals on Wheels on Mother's or Father's Day. Add cash to your Parent'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 Mother's Day or Father's Day Card telling them about your generous donation. Visit www.chburgmow.org or call 717-263-7228 to gift Meals on Wheels.



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. You might receive solicitations 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.

Fifth Anniversary Volunteers

Diane Abbott
Dan Dunton
Lance Walker
Joyce Cooper
Wilma Heckman

Who are our Clients?

Our clients vary in age, sex and marital status; a single person is counted as one individual client, and married couples are counted as two. Throughout 2024 we served 260 individual clients. The number of active clients, those who receive meals, changes from month to month, and during the year we averaged 119 individual meal servings each day.

Clients range in age from 48 to 101 with 82.5 being the average. Our clients fall into one of three price categories, dependent on ability to pay and/or status as a food stamp recipient.

We have not raised our prices to clients in almost 10 years. In 2024, we lowered the client price to \$1.00, \$2.00 and \$3.00 per meal based on a client's circumstances. On average it costs over \$7.00 to provide a meal to our clients. The difference between our cost and our clients payment is offset through donations you provide.

Occasionally our clients will round up their bill payment and ask us to help offset another client's bill. We save that money in what we call a "Donated Money" account to help clients struggling to pay their bills. Under this program, in 2024 we made payments totaling \$2,453 to assist many clients with their bills. In 2024, we provided 3 months of free meals to all clients during April, August and December. In addition, we provided 116 free meals to clients on their birthday outside these three months. In total we provided almost 8,000 free meals to clients.

Your donations directly support clients. Chambersburg Meals on Wheels only has 4 part-time employees. Donations are spent directly on clients and are not used to pay expensive salaries.

Please consider donating today!

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