

CHAMBERSBURG

"WE CARE"

July 2026 Newsletter



Celebrating 250 Years of Our Nation

As we approach the Semiquincentennial—the 250th anniversary of the signing of the Declaration of Independence—our nation prepares for a milestone that is as much about our future as it is about our past. For all of us at Meals on Wheels, this historic occasion feels deeply personal. The American story is often told through the lens of rugged independence, but its true strength has always been our interdependence. We are a people who flourish when we look out for one another, and nowhere is that spirit more evident than in the daily mission we share.



Board President
Drew McCarriar

The American journey, beginning in 1776, was founded on the radical idea of “the common good.” As we mark two and a half centuries of progress, we find ourselves in a unique position to honor the generation that built the modern world. Many of the seniors we serve are the very individuals who defended our freedoms in times of conflict, fueled the industrial innovations of the last century, and raised the families that now carry our national legacy forward. They are the living history of our communities.

Our mission at Meals on Wheels is a direct, living extension of the American ideal. When a volunteer knocks on a door with a warm meal and a friendly smile, they aren’t just delivering nutrition; they are upholding the social contract that says no one is forgotten. In a nation that prizes liberty, we ensure our seniors have the independence to remain in their own homes, living with the respect they have earned.

As the fireworks light up the sky for this 250th anniversary, let us celebrate the resilience of our democracy and the enduring strength of our local bonds. We invite you to be part of this historic year. Whether through volunteering your time, making a donation, or simply checking in on an elderly neighbor, you are contributing to the fabric of our country. Together, we can ensure that as American grows older, it also grows more compassionate.

Happy 250th, America. Let’s keep nourishing our neighbors and strengthening our bonds, one doorstep at a time.

Why Volunteer?

We want to thank our current volunteers who make our wheels turn.

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. *We hope you’ll consider joining us.*



Chambersburg’s Growth in the 18th Century

After Chambersburg emerged as a small but important crossroads community in its earliest years, the 18th century became a time of steady building, resilience, and connection. What began as a frontier outpost slowly grew into a town with purpose, shaped by the people who chose to make their lives here.

Benjamin Chambers’ decision to settle near the Falling Spring was more than practical—it set the stage for a community built around shared resources. The water powered mills, supported farms, and created a natural gathering place where neighbors worked side by side. As families arrived from Pennsylvania’s east and from across the Appalachian frontier, Chambersburg became a welcoming stop for travelers and a dependable home for those seeking new opportunities.

The town’s growth wasn’t without hardship. Conflicts during the French and Indian War brought uncertainty, and frontier life demanded grit. Yet each challenge strengthened the bonds among residents. They rebuilt homes, reopened shops, and continued to support one another, laying the groundwork for a town that valued cooperation and perseverance.

By the late 1700’s, Chambersburg had taken on a more recognizable shape. Streets were laid out, businesses expanded, and the town became a hub for agriculture and trade. Farmers brought their goods to market, craftsmen set up workshops, and community life began to flourish.

The foundations laid during this century—hard work, neighborly spirit, and a commitment to progress—still echo in Chambersburg today. They remind us that strong communities grow not just from place, but from people who care for one another.

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.

In our 58th 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, Patrick Collins, Gary Dickinson, Craig Fisher,
Bernie Goldberg, Linda Jent, John Keogh, Mary Kerr,
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Drew McCarriar (President), Neil Ober, Jane Peterson, Sue Stempien,
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*Pictured above are potatoes roasting in our new convection oven.
(Potatoes are compliments of Maranatha Food Pantry)*



April 2026 Volunteer Luncheon

Our annual volunteer luncheon was held on April 24th at the Chambersburg American Legion. Many thanks to all of our wonderful volunteers, who help us in the kitchen, on the road delivering, and in countless other ways. We couldn't operate without you. Many thanks also to outgoing board member Brenda Sciamanna, who organized this event and donated many hours of her time over the years to help make Meals on Wheels what it is today.

SAVE THE DATE: April 23, 2027 is the next Volunteer Luncheon!

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.

Your Donations Fuel Our Kitchen

Every meal we deliver begins long before it reaches a client's doorstep. It starts in our kitchen, where dedicated staff and volunteers work to prepare nutritious, comforting food for the individuals who rely on Meals on Wheels. Thanks to your generosity, that kitchen is about to become even more efficient, more reliable, and better equipped to meet the growing needs of our community.



Donor support is making it possible for us to purchase two essential pieces of equipment: a new commercial convection oven and a mobile heated cabinet. While these items may seem like simple tools, they will have a profound effect on our ability to serve.

The convection oven will allow our team to cook larger quantities of food more evenly and in less time. Consistency matters when preparing hundreds of servings each day, and this upgrade ensures every client receives a meal that is safely cooked and delicious.



The mobile heated cabinet is equally transformative. Once meals are prepared, keeping them at the proper temperature and moisture level during packing and distribution is critical. This new cabinet will maintain heat more effectively, helping preserve food quality and safety from the moment it leaves the oven until it reaches the hands of a volunteer driver.

Your support makes this possible. Thank you for investing in the tools that help us nourish our neighbors and strengthen our community.

A special thanks to the team at Johnnies Restaurant and Supply for a friendly and efficient delivery.

In Life,
It's Important to know
when to stop arguing
with people and simply
let them be wrong.



AND



OUR MEALS ON WHEELS CLIENTS

Volunteer Spotlight: Michelle Paulnock

Michelle's life began with a single determined step—one that would take her across the country before eventually bringing her back to the Pennsylvania mountains she always loved. She lived in Jackson, Mississippi; Lancaster, Pennsylvania; and Columbia, South Carolina before settling in Franklin County in 2009. With parents from Carbondale, returning to this region felt like coming home.

Her strong work ethic emerged early. At just 16, Michelle began her banking career as a teller—the first step in what became an impressive 44-year journey.

Through dedication and a willingness to learn, she rose to lead Operational & Technology teams across four different banks, from Lancaster to Orrstown.

Family has always been at the center of



Michelle's life. She is a devoted aunt to eight nieces and nephews, and her love of exploration has taken her to 49 countries, with the Mediterranean and Alaska among her favorites. When she's not traveling, she enjoys gardening, crafting, and reading.

Michelle's commitment to service deepened after the unexpected loss of her husband, David, with whom she shared 44 years of marriage. Seeking purpose, connection, and a way to honor his memory, she turned to volunteerism—and our community has been better for it. She now delivers two Meals on Wheels routes and substitutes on three more. Her service goes beyond our program: she volunteers with the American Red Cross as a Team Specialist installing smoke alarms for families in need, and she has supported the American Heart Association, The Boys and Girls Club, and the ScoopaPaloosa fundraiser benefiting the Greater Chambersburg Chamber Foundation.

Meals on Wheels is deeply grateful for Michelle's dedication and unwavering commitment to our mission. She enriches the lives of everyone she serves, and we are honored to celebrate her as one of our outstanding volunteers.

Meet Donald Ficks

For more than a year now, the Meals on Wheels family has been privileged to serve Donald Ficks, a man with deep central Pennsylvania roots and an unstoppable work ethic.

Born just west of McConnellsburg into a hard-working family of 12 children, Donald grew up doing farm work; balancing a long list of daily chores with his love for hunting and fishing. After graduating from Green Hill High School, with a class of just 11 students, he married his neighbor, Jean—who came from a family of 14! The couple wed on October 6, 1957.

Eventually Donald and Jean moved to Waynesboro, where Donald spent 31 dedicated years as a machinist for Landis Tool Company. During this time, he and Jean bought a piece of farmland to plant literal and figurative roots, raising a massive seasonal vegetable garden and growing their family. Today, Donald's legacy includes 4 children, 7 grandchildren and 7 great-grandchildren.

Retirement came at age 62, but Donald couldn't slow down—even when faced with colon cancer. Following surgery and an 18-day stay at Hershey Medical Center, he beat the disease and celebrated with an ice-cold Pepsi. Once healed, he jumped right back into community jobs, delivering Petritz Pies and Little Debbie cupcakes, stocking shelves at Sunnyway market, and doing custodial work.

After Jean passed away four years ago, Donald stayed closer to home. His son, Andy, suggested Meals on Wheels. Now receiving three meals a week, Donald jokes that he has only ever had "one meal he didn't like".

For Donald, the best part of the program is the human connection. He says the highlight of his delivery day is shaking the hand of the young volunteer at his door to say a heartfelt, "Thank you".



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 have them call us, (or call yourself) at 717-263-7228. We are there to help and we care!

Upcoming Events—3rd Quarter 2026

- 07/04 July 4th—Independence Day
(no meals delivered)
- 09/02 Labor Day
(no meals delivered)
- 09/11 Remembrance/Patriot Day
- 09/13 Grandparents Day
- 09/17 Constitution Day
- 09/21 Yom Kippur
- 09/29 Chambersburg Meals on Wheels 58th Anniversary



Where Your Donations Make a Difference

Chambersburg Meals on Wheels operates on a simple belief: everyone deserves reliable access to nutritious food, especially our older neighbors who often face the greatest challenges. To protect that mission, we choose not to accept Federal or State funding. Public dollars come with regulations and reporting requirements that can limit flexibility and slow down the support our clients depend on. Instead, our strength comes from the generosity of community members who share our commitment to fighting food insecurity.

Your contributions have a direct and immediate impact. Thanks to consistent donor support, we have kept client meal costs stable for nearly a decade—and recently reduced the price so that no one pays more than \$3.00 for a hot, nutritious meal. Donations also make it possible to provide free birthday meals, no-cost emergency meals for weather closures, and additional complimentary meals throughout the year. Thanks to your generosity, every client will receive three months of free meals by the end of 2026.

Our organization runs lean by design. With only four paid staff members—a cook, assistant cook, volunteer coordinator, and client coordinator—your dollars go where they matter most: directly to the people we serve. Each day, more than 140 clients, most over the age of 80, count on these meals for nourishment, safety, and connection.

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



Legacy Giving

Donating a legacy gift to Meals on Wheels is a great way to make a lasting impact in your community. By including Meals on Wheels in your will or estate plan, you will help secure the future of Meals on Wheels and ensure that seniors in our community get the nourishment and daily visit they need.

The most straightforward way you can make a legacy donation is by including Chambersburg Meals on Wheels in your will or estate plan. If you are creating or amending your will on your own, you can use the following specific language for bequests to Chambersburg Meals on Wheels: I [your name] give to Chambersburg Meals on Wheels, 43 Washington Street, Chambersburg, PA 17201, ___ percent of my estate, or the sum of \$ ___ dollars. You can also donate estate-tax free by naming Chambersburg Meals on Wheels as a beneficiary in a 401k plan or IRA. This can be done in an on-line account or by working with your financial advisor.

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.

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 Ten Year Anniversaries

- Kathi Bietsch
- Karen Coldsmith
- Kathy & Steve Frey
- Fred & Teresa Hoch
- Mike Hussack

Stop thinking of them as “hot flashes.” Think of them as your inner child playing with matches

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