

CHAMBERSBURG

"WE CARE"

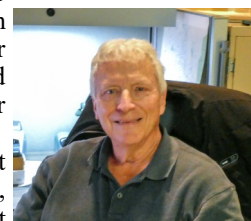
October 2026 Newsletter



A Message from Our President

As the crisp autumn air settles in and the leaves begin to turn, I find myself reflecting on the incredible journey of Meals on Wheels. This fall marks a remarkable milestone for our organization: our 59th year delivering hot, nutritious meals to our clients. In September 1968 we delivered to just five recipients. Today we deliver an average of 140 meals each weekday.

What began in 1968 as a modest local effort has grown into a vital lifeline, driven by compassion, community spirit and an unwavering commitment to those in need. For 59 years, we have proven that a simple knock on the door and a warm meal can transform a day.



Board President
Drew McCarriar

None of this would be possible without the extraordinary dedication of our volunteers. Day after day, rain or shine, you are the face and heart of Meals on Wheels. For many of our clients, you are a trusted friend and their primary connection to the outside world. On behalf of our board, our staff, and most importantly the individuals we serve, THANK YOU. Your selflessness, reliability and compassion embody the very best of our community.

As we celebrate 59 years of service, we also look to the future. The need for our services continues to grow and meeting that demand requires the ongoing support of our generous community. To honor this milestone anniversary, consider a contribution in honor or memory of a family member, dedicated volunteer, or a cherished community member — \$59, \$159, or whatever you are able to give.

Thank you for nearly six decades of welcoming us into your homes, supporting our kitchen and ensuring our neighbors feel valued, cared for and nourished. Here is to 59 years of service and to many more to come!

Note: the bottom of page 4 of this newsletter honors all of our 15 year + volunteers, and provides information on how to donate if you choose to do so.

Why Volunteer?

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

Chambersburg Meals on Wheels could not accomplish its 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 1800s Transformation

At the dawn of the nineteenth century, Chambersburg, Pennsylvania was rapidly shedding its original identity as a rugged frontier outpost. Nestled in the fertile Cumberland Valley, the town swiftly evolved into a thriving commercial hub, bridging established eastern cities with the expanding American frontier.

The early 1800s brought major turnpikes, positioning Chambersburg as a vital stop for merchants, drovers, and westward pioneers. However, the definitive turning point arrived in 1837 with the opening of the Cumberland Valley Railroad. Iron rails replaced dusty wagon trails, dramatically accelerating local manufacturing, agriculture, and grain trade. Chambersburg was no longer just a pitstop—it was a vital inland crossroads.

Its strategic transportation networks also made the town a major target during the American Civil War. Tragically, in July 1864, Confederate forces under General John McCausland demanded a steep cash ransom. When courageous citizens refused to comply, troops set the town ablaze, destroying over 500 structures and leaving hundreds homeless.

Rather than succumbing to ruin, the community displayed extraordinary resilience. Fueled by persistent rail connections and an industrious spirit, Chambersburg rebuilt rapidly throughout the late 1860s and 1870s. Sturdy brick architecture replaced the lost timber structures, modernizing the downtown district.

By the end of the century, Chambersburg had completed an incredible transformation. What started as an isolated wilderness settlement emerged as a resilient, modern industrial crossroads -- a lasting symbol of 19th century American perseverance.

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.

Entering our 59th 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, Bernie Goldberg, Linda Jent, John Keogh, Mary Kerr, Mary Beth McGraw-Warne, Alice Moyer, Drew McCarriar (President), Neil Ober, Donna Snyder, Sue Stempfen, Carl Stueckerjuergen



Left: Beckie Lease & Concetta Maryjanowski packing the food bags for delivery.

Right: Amity Colyer & Karen Gochenauer preparing containers of lettuce, onion & tomatoes for each hoagie.



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
- 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.

Our Kitchen's Hoagie Assembly Line

As the crisp air of the Autumn arrives, our dedicated Kitchen staff, along with help from our volunteers, is gearing up for one of their most beloved and high-energy traditions — the final hoagie assembly line of the year!

Three times a year, centered around Patriotic holidays like Memorial Day, 4th of July and Labor Day, our incredible culinary team transforms the kitchen into a well-oiled, high-speed production line. This special effort is much more than just preparing a delicious meal; it is a heartfelt tribute to our nation and a joyful way to bring a smile to our clients' faces with a festive, crowd-favorite lunch.

Our kitchen team members and volunteers transition into specialized roles. Some swiftly slicing hoagie buns and layering and portioning meats and cheeses, some packing them in bags with packets of condiments, and others preparing side containers of lettuce, onion and tomato. Every step is executed with precision, pride and plenty of laughs. Each client's meal also includes, chips, a cookie and fruit along with their hoagie.

Our Operations Manager shares immense pride in this crew, noting that their unwavering dedication ensures every hoagie is packed with both quality and nutrition and a heavy dose of community spirit. AND, all kitchen and delivery volunteers are free to help themselves to hoagies for themselves and their spouse.

When our volunteers deliver these patriotic packages, they aren't just bringing food — they are delivering a reminder that our seniors are remembered, celebrated, and supported by a community that cares.

Thank you to our amazing kitchen staff for your relentless hard work, heart, and enthusiasm all year round!



Above: Melissa Izer, Karen Wagner, Mary Kerr, Renee Berkey & Mary Ann Murtha working the hoagie assembly line

Emergency Meals

Before inclement weather hits, clients are provided 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.



Dedicated Duo: Zita Hamilton & Donna Snyder

Meals on Wheels relies heavily on the incredible hearts of our community, and few embody that spirit quite like Donna Snyder and Zita Hamilton. This dynamic duo has been a



steadfast presence on Routes 7 and 12, bringing nourishment and friendly smiles to our clients. Donna's journey with Meals on Wheels began in 1999 working in the kitchen before transitioning to meal delivery in her local neighborhood.

Donna joined the Meals on Wheels Board of Directors in 2001 and served as Secretary from 2005 to 2006. She has also given her time to the Kauffman Ruritan Club and the American Legion — where she earned a plaque and the honor of Citizen of the Year for her help with Bingo and other activities. Growing up in Doylestown, PA, Donna married her husband Richard and raised two children. Donna and Richard moved to Chambersburg in 1999 and her husband passed away in 2019. For Donna, checking on people and making sure they are okay remains the most meaningful part of volunteering.

Zita joined forces with Donna in 2017 after losing her husband. Zita and Donna had previously worked alongside each other at the American Legion. A native of Chambersburg, Zita spent 35 years in the insurance industry and proudly knows every street in town. In addition to volunteering, Zita loves animals, especially horses, and has competed in barrel racing.

Zita loves seeing a client's face light up when they receive a hot meal on time. She notes that our volunteers are sometimes the only people a client sees all day, making the visit uniquely special. Zita delivered routes entirely on her own while Donna recovered from an illness, she deeply appreciates our wonderful staff and crew.

Thank you Donna and Zita for your extraordinary commitment and years of service to our community!

Client Spotlight on JoEllen Ressler

For eight years, JoEllen Ressler has been a cherished part of the Meals on Wheels family.

A lifelong resident of Waynesboro, JoEllen graduated from Waynesboro High School with the class of 1974 and dedicated much of her life to serving her community working with organizations like Goodwill and the Salvation Army. Now retired for ten years, she has enjoyed settling into her cozy apartment off Wayne Avenue, where she has resided since 2016.



Active and independent, JoEllen regularly gets out for medical appointments and grocery shopping using Keystone Services transportation, though she hopes to get out for more walks soon. At home, she loves keeping her mind sharp with puzzle books and relaxing with television favorites like Law & Order and the Hallmark Channel.

JoEllen looks forward to her lunch delivery every day, noting she can practically set her clock by it. She speaks warmly of her delivery driver, praising them as consistently kind, friendly, and "always nice". An easygoing client who isn't picky, JoEllen appreciates every meal brought to her door — especially the Thanksgiving and Christmas deliveries which are particular favorites of hers; offering a festive change from the regular routine making them feel like a true holiday treat.

We are grateful to have served JoEllen over the last eight years. Clients like her remind us that Meals on Wheels is about much more than just a warm plate — it's about community, connection, and bringing a friendly smile right to the door.

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—4th Quarter 2026

10/12 Columbus Day
 10/31 Halloween
 11/1 End of Daylight Savings Time
 11/11 Veterans Day
 11/26 Thanksgiving Day (no meals delivered)
 12/24 Christmas Eve
 12/25 Christmas Day (no meals delivered)
 12/31 New Years Eve

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



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.

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.

Web Developer Wanted

Chambersburg Meals on Wheels is searching for a talented, community-minded person with website skills, time, energy, and a heart to help develop and maintain a new website.

After years of dedication to Meals on Wheels, our current webmaster, Roland Foster, is moving into well-deserved retirement. This is a perfect time to effect some needed modernization to the current website. If you have experience with website maintenance, content updates, and basic design, we would love to hear from you.

If you're interested please contact:

Roland Foster: (717) 352-9991 or

Drew McCarriar: (443) 326-3358

15 or more Years Anniversary Volunteers

Gary Crum-1996	Lorna Painter-2002	Betty Bowman-2006	Norm Cannon—2007
Donna Snyder-1999	Daryl Mellott-2003	Herman Hopple—2006	Betsy Cannon-2007
Jackie Gingrich-2000	Dottie Mellott-2003	Pam Hopple-2006	Donna Harlacher-2008
Jeff Berger-2002	Cathi Pyatt-2005	Don Peiffer-2006	Lois Goods-2011

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