

CHAMBERSBURG

"WE CARE"

January 2023 Newsletter



The Olde Franklin County Jail

Chambersburg Meals on Wheels

Chambersburg Meals on Wheels prepares and delivers hot noon-time meals weekdays to elderly and homebound residents of Chambersburg and surrounding communities. As we enter our 55th year, our service area has expanded to an approximately 70-square mile region centered roughly on Chambersburg. Our goal is to provide our clients with nutritious food at a very low cost, with client receipts covering about half the cost and community donations covering the other half. In 2021, our volunteers delivered more than 27,700 meals to over 280 clients; this year we exceeded that total.

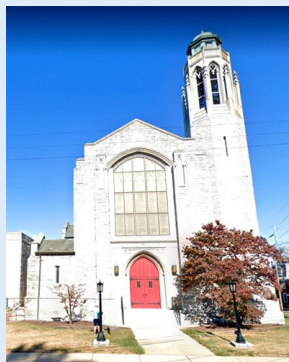
Our History

Last quarter, I wrote about the startup history of Chambersburg Meals on Wheels; this quarter, I'll discuss the first meeting of the Steering Committee that was held on May 13, 1968.

Sixteen people were in attendance from the First Lutheran and Trinity Lutheran churches, including two advisors from Lutheran Social Services (York and Gettysburg offices). Dorothy Henninger was named Chairman of the Steering Committee, and Marcella Sellers was named Secretary.

The Steering Committee decided that Chambersburg Meals on Wheels would be a "pilot program" for six months and would be reviewed after four months to evaluate whether or not the program should continue. If the program continued after that period, a Program Director would be hired by Lutheran Services to manage it. Both churches donated \$250, and the committee decided the program would start in September 1968.

Four subcommittees were formed: Recruitment, Publicity (Public Relations), Food Arrangements, and Policy. The subcommittees met monthly through September to develop strategies to ensure a smooth operational transition in September.



Trinity Lutheran Church

A Message from Our President

The inaugural issue of our Newsletter was distributed to all of our clients and volunteers and was mailed out in 1,000 letters soliciting donations. The response was overwhelmingly positive, and I am happy to report that we will continue publishing the newsletter quarterly.

This has been an exciting quarter/year for Chambersburg Meals on Wheels, but we not only fell short on some of our funding goals, we also lost two key employees: Christy Vanoy, our head cook, and John Reed, assistant cook; both retired. However, we were fortunate to find excellent replacements for both of them: Melissa Izer is our new head cook, and Renee Berkey is her assistant.

As we previously mentioned, Chambersburg Meals on Wheels receives no Federal or State support for our efforts to provide our clients with nutritious food at the lowest cost possible. We do this by supplementing those fees with donations from people, businesses, and organizations who are concerned about the elderly and others with food insecurities. Because of these donations, we have not had to raise the price for our meals in over seven years. This year, however, our fall fund-raising efforts fell far short of our goal. This means that we will probably have a deficit of almost \$4,000, which will be made up from our emergency reserves.

However, we are impacted with inflation and the rising costs of food and other non-food items needed to maintain our kitchen. The Board of Directors will continue to evaluate our operations in an attempt to maintain our current fees.



Neil Brown

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



Chambersburg Meals on Wheels—January 2023 Newsletter

In our 55th year serving the community

Chambersburg Meals on Wheels

43 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, Jake Garrison, Bernie Goldberg,
Alice Moyer, Drew McCarriar, Jane Peterson, Cathi Pyatt,
Brenda Sciamanna, Donna Snyder

Emergency Meals

When we are unable to deliver hot meals, clients are provided with a shelf-stable emergency meal. It includes a microwavable entrée, dessert, snack and a drink. This year we provided that meal in October in anticipation of hazardous weather.

Our Mission

Meals on Wheels is great for homebound elderly, infirm or convalescent persons in Chambersburg and nearby communities.

- Providing a hot, nutritious, tasty weekday, noon-time meal
- Allowing clients to choose how many meals per week and on which days
- Accommodating dietary restrictions (diabetic and others)
- Permitting payment for client meals by a relative or others
- Charging just \$3.40 per meal – some 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 us at (717) 263-7228 or visit www.chburgmow.org.

MOW Says Goodbye to John Reed

For years our volunteers would peek into the kitchen and see our kitchen staff hard at work. John Reed was always a quiet person working in the background as Assistant Cook. But, after 9 years, John has decided to retire and will be greatly missed by our staff and volunteers.

Who is John? In his previous life he was a Program System Analyst for the Defense Information Systems Agency. They provide global infrastructure for information sharing and communication across the Department of Defense.

So how did he find his way to the kitchen at MOW? After his retirement, he decided that he wanted to stay involved, and fortunately, he came to fill our need.

Early in his life, while traveling to Vietnam, he and his wife decided to adopt twin girls who are now West Chester College graduates. Four years after adopting his girls, he and his wife went back to Vietnam and adopted a son who was 4 years old at the time.

Working 3 days a week for MOW, and raising his family, he has still found the time to enjoy mountain biking. John has also done extensive traveling: Belgium, France, Hong Kong, Thailand, Rome, Tuscany, the Amalfi Coast, Venice, and he has plans to go to Spain next. We wish John good luck and good health and extend to him our thanks for all the years he dedicated to Chambersburg Meals on Wheels.



Sample 5-Week Meal Plan (THIS IS NOT A MENU)

MONDAY (11/28)	TUESDAY (11/29)	WEDNESDAY (11/30)	THURSDAY (12/1)	FRIDAY (12/2)
FRENCH TOAST STIX TURKEY SAUSAGE SCRAMBLED EGGS <i>Pears</i>	BAKED ZITI 3 BEAN SALAD CAULIFLOWER <i>Butterscotch Pudding</i> <i>Diabetic Fruit (Pears)</i>	SAUERKROUT /PORK APPLESAUCE MASHED POTATO <i>Pumpkin Dessert</i> <i>Diabetic Pudding</i>	BAKED CHICKEN POTATOES CREAMED CORN <i>Jell-O Fluff</i>	TURKEY/GRAVY GREEN BEANS CORN <i>Cake</i> <i>Diabetic Fruit (Peaches)</i>
MONDAY (12/5)	TUESDAY (12/6)	WEDNESDAY (12/7)	THURSDAY (12/8)	FRIDAY (12/9)
CHICKEN PATTY SCALLOPED Potatoes PEAS/CARROTS <i>Party Salad</i>	HAM/GREEN BEANS POTATOES BEETS <i>Pound Cake w/Topping</i> <i>Diabetic Fruit Cocktail</i>	TURKEY CASS CARROTS BAKED APPLES <i>Peaches</i>	BEEF AND NOODLES SPICED APPLE RINGS PEAS <i>Vanilla Pudding</i>	SPAGHETTI / MEAT SAUCE APPLE SAUCE CARROT SALAD <i>Jell-O</i>
MONDAY (12/12)	TUESDAY (12/13)	WEDNESDAY (12/14)	THURSDAY (12/15)	FRIDAY (12/16)
SAILSURY STEAK BAKED BEANS COLE SLAW <i>Banana Pudding</i> <i>Diabetic Pudding</i>	CHICKEN CORDON BLEU SPANISH RICE SUCCOTASH <i>Fruit Cocktail</i> <i>cookies</i>	PIZZA PASTA SALAD FRUIT <i>Cake</i> <i>Diabetic Oranges</i>	MEAT LOAF MASHED POTATO PEAS/CARROTS <i>Apricot halves</i>	BBQ CHICKEN PARSLEY POTATOES BROCCOLI <i>Jell-O Fluff</i>
MONDAY (12/19)	TUESDAY (12/20)	WEDNESDAY (12/21)	THURSDAY (12/22)	FRIDAY (12/23)
BEEF STEW PICKLED EGG NOODLES <i>Tapioca Pudding</i> <i>Diabetic Peaches</i>	HAM SLICE POTATOES WAX BEANS <i>Pineapple chunk</i> <i>Diabetic Pudding</i>	BAKED CHICKEN RICE GREEN BEANS <i>Fruit Cocktail</i>	PORK LOIN STUFFING PEAS <i>Party Salad</i>	TATERTOT CASSAROLE COLE SLAW CARROTS <i>Pie</i> <i>Diabetic Sugar Free</i>
MONDAY (12/26)	TUESDAY (12/27)	WEDNESDAY (12/28)	THURSDAY (12/29)	FRIDAY (12/30)
BBQ RIB PATTY BAKED BEANS MACARONI SALAD <i>Chocolate Pudding w/Cool whip</i>	CHILI /RICE APPLESAUCE CORN BREAD <i>Jell-O with Cool whip</i>	TURKEY STUFFING PEAS <i>Peaches</i>	FISH MACARONI AND CHEESE STEWED TOMATOES <i>Grapenut Pudding</i> <i>Diabetic Grapenut Pudding</i>	ROAST BEEF PEAS STUFFING <i>Pound Cake w/topping</i>

The above is a sample meal plan that we have used in the past. It is not a menu, nor a commitment to a menu, and will change as necessary. This plan simply provides an example of the type of meals we serve.



Jeff Berger—20-year Volunteer.

Volunteers come and go as do members on the Board of Directors. Unfortunately, we do not have a “Hall of Fame” for our volunteers, but we never want to neglect the most valuable assets to our organization. Therefore, this quarter, we honor Jeff Berger, who has been delivering meals for us since 2002. Initially, for several years, Jeff delivered meals with Linda Goodman, but after his mother, Lorna Painter, retired, she began driving him on his route. We could not operate without volunteers like Jeff and Linda who give of their time and make the commitment to deliver meals to our clients.



Cathi Pyatt Retires from Meals on Wheels Board

At the end of this year, Cathi Pyatt is retiring from the Chambersburg Meals on Wheels Board of Directors after serving since 2009. Although we will miss her at our meetings, Cathi will still be delivering meals and helping out in the kitchen.

Cathi was looking for something to do after a career in teaching in the Chambersburg area. When asked “why Meals on Wheels,” she said she knew it was a self-funded program that did not receive any federal funds. She stated it reached an important segment of the population in our area fulfilling their nutritional needs. She also felt that many of the clients only have daily contact with our volunteers, and it was important to let them know we cared.

Usually, Cathi completed a delivery route on her own, although sometimes her husband Dr. Bob Pyatt would ride with her. As they delivered one day, Bob was able to diagnose a client as having cancer by just looking at his neck. Dr. Pyatt made sure the client got the treatment he needed.

Cathi now will have time to enjoy her love of yoga, gardening, cooking and her 16 grandchildren. We thank Cathi for all her dedication and years serving on the Board and Dr. Bob for helping her along the way.

Keystone Human Services

Keystone Human Services provides community-based services to allow people with disabilities to fully participate. They have and continue to support Chambersburg Meals on Wheels by delivering hot noon-time meals to our clients. Their dedicated support was exceptional during the Covid 19 pandemic when we were short of delivery volunteers and had to reduce our delivery schedule down to three days a week.

We would be hard pressed to provide meals to our clients without Keystone Human Services. Thank you for your considerable effort in supporting our mission.

Jason Huhn — A Special Client



Volunteer (and Board Member) Donna Snyder (left) and Client Administrator Cheryl Yeager (right) went to visit Jason Huhn and interview him for this quarter’s newsletter.

Jason, who was born on February 13, 1977, moved to Chambersburg with his mother from the Altoona area in 2010. He has been a client of Meals on Wheels since December 2017, when he and his mother, Julia, joined Meals on Wheels together.

Jason, who has been blind since birth, is an exceptional person. His love of life keeps him very busy; he enjoys going to the market on Fridays to do his weekly shopping with Cindy Carpenter, a family friend, playing bingo, listening to books from the library, and music. His favorite song is “How Great Thou Art.” An avid Steelers fan, Jason attended his first professional football game earlier this year. He also follows the Pittsburgh Pirates and Penn State athletic events.

Jason is able to maintain his independence through the use of his new smart phone. He learned how to use an application called “Be my Eyes” on the phone, which not only helps him to identify things that he cannot see, it enables him to plan his own meals. Verlinda Bender, his cousin, marked the keypads of his microwave and dishwasher, helping him be more independent.

When asked what his favorite Meals on Wheels food entrees were, he quickly answered: chili with rice, beef and noodles, and pork with sauerkraut.



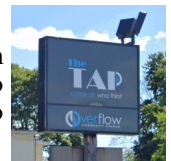
Meals on Wheels recognizes and thanks three important groups that have helped us provide for our clients.

Because we are closed on all holidays, we appreciate the assistance provided by two Chambersburg congregations and a local business.

First, 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.

Pounds Automotive of Fayetteville is a third partner. They allow us to use their facility throughout the year as a staging point for our deliveries in the Black Gap Road area. Without the use of their facility, we would be unable to deliver meals to this area as it is too far from our kitchen.



Upcoming Events

- 01/01 New Year's Day
- 01/16 Martin Luther King Day
- 02/02 Ground Hog Day
- 02/14 Valentine's Day
- 02/20 President's Day
- 02/22 Ash Wednesday
- 03/12 Daylight Savings Time Start
- 03/17 Saint Patrick's Day



Don't forget to visit the Chambersburg Ice Fest, January 27 through 30th.

Visit <https://www.icefestpa.com/> for details.

Where Your Donations are Going

Chambersburg Meals on Wheels accepts no public funds because Federal and/or State money comes with regulations and bureaucratic reporting that often make it more difficult to support our clients. We rely on our generous patrons to support our fiscal needs.

Because of this support, we have not increased our client meal costs in over 7 years. We also provide a free meal to all clients on their birthday, and all clients are provided with emergency meals at no cost, which can be used during inclement weather when our kitchen is closed. You can help fund a day of free meals to our clients. Visit www.chburgmow.org or call 717-263-7228!

We are dependent upon our volunteers and recognize the hardship of their increasing costs. We gave each volunteer a small gas gift card to help offset their costs and to thank them for their service. Since the start of 2022, due to inflation, the cost to us of over 75 items has increased. We will continue to try to avoid passing these costs on to our clients, who can least afford the increase.

Chambersburg Meals on Wheels only has four paid employees, a cook, an assistant cook, a kitchen helper, and a client coordinator. We spend your contributions supporting clients — not on expensive salaries. This year we really need help from our contributors.



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, or the remainder of my estate.

Gift Hot meals to someone you love!

This year, give the gift of Meals on Wheels to someone you love for Valentine's Day! Add cash to your loved one's account to cover his/her 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 Valentine's Day card telling them about your generous donation. Visit www.chburgmow.org or call 717-263-7228 to gift Meals on Wheels.



Give the ideal Valentine's Day Gift

Misleading Fundraising Letters

The National Meals on Wheels organization has solicited donations in our area from their offices in Virginia. Many of our clients and donors have letters personalized with their names and addresses. This may cause some to believe that contributing to Meals on Wheels America, will benefit us in the Chambersburg area. This is a **False** impression.

Please be aware that Chambersburg Meals on Wheels receives no Federal or State funding, *nor do we receive monies from the National Meals on Wheels program.*

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.

SUPPORT US

CHAMBERSBURG MEALS ON WHEELS

Donate while you shop! Visit smile.amazon.com. Select Chambersburg Meals on Wheels as your charity to support, and we'll receive a portion of every purchase you make!



YOU SHOP. AMAZON GIVES.

Please Donate

Your time and/or money to 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