

CHAMBERSBURG

"WE CARE"

April 2023 Newsletter



Franklin County Visitor Center
Central Presbyterian Church

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. In 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 2022, our volunteers delivered more than 27,700 meals to over 265 clients; in 2023 we hope to exceed that total.

Our History (Continues)

From May through September, 1968, the steering committee struggled with a number of issues: finding a director; locating clients; organizing volunteers; and locating a reasonably priced restaurant.

In early August, the search committee selected Mrs. Sylvia Grubb to be the Director of Meals on Wheels. Mrs. Grubb graduated from St. Olaf College in 1959 with a degree in religion and sociology. As the search committee noted, "she comes to us highly recommended, with qualifications which indicate her ability to fulfill the requirements of the position of Project Director." Her employment date was to start on September 9, 1968 and she would receive \$3.00 per hour and work approximately 8 hours per week.

The Recruitment committee was able to identify 14 potential clients and 32 possible volunteers; Mrs. Grubb contacted all but one of the clients; 8 declined and 5 accepted the meals.

The food arrangements committee identified two restaurants that could provide meals at a reasonable price; Cipola and Servomation. Cipola would cater meals for \$1.50 per meal and support clients with special diets. Servomation could provide meals every day of week, however, no special diet meals were available and food would have to be heated before delivery. After discussion on the two available sources of food, Cipola was selected to cater the food.

The first food delivery was made to 5 clients on Monday, September 23, 1968...and our mission continues.

A Message from Our President

As spring approaches and we put the winter months behind us, I can finally sit back and reflect on what we accomplished during 2022 and what our projections are for 2023. At the start of each year, our Finance Committee reviews both the progress we have made to achieve our goals for the previous year and what the projections are for the U.S. economy in the coming year.

A review of the 2021 economic indicators did not bode well for 2022; inflation was 7.5%, gas over \$3 a gallon, and a stagnant global supply chain. After reviewing these factors, our Finance Committee projected a \$14,000 deficit. Our options were: 1) continue operations as usual; 2) cut back on higher-priced foods; and 3) raise the price of meals. Option 3 was out of the question; we have not raised the price of our meals in 7 years and were not about to start now. Option 2 was a possibility because there are several entrees that could be discontinued. Because those entrees were only served once in our 5-week rotation, this option was also ruled out. The board voted for option 1, stay the course, see where the economy takes us, and rely on both our outgoing Head Cook Christy Vannoy and her replacement, Melissa Izer, to manage the kitchen economically and without diminishing quality. I can categorically say that they both worked their magic in 2022.



Our success ending 2022 with a minimal deficit can be attributed to our many volunteers who have given generously of their time and talent. Our donors, likewise, are equally unselfish with their treasure during our fundraising campaign. And last, but not least, our clients who welcome us into their homes and lives. Our community regularly practices gift giving to benefit Chambersburg Meals on Wheels. Thank you for giving meaningful gifts to our community, our neighbors, and our mission.

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



In our 55th 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,
Terry Guberman, Alice Moyer, Drew McCarriar, Neil Ober,
Jane Peterson, Brenda Sciamanna, Donna Snyder

Jake Garrison



Meals on Wheels says farewell to long-time board member Jake Garrison. Jake served on the Board of Directors for over 15 years as Treasurer, CFO, and Fundraising Director. He helped streamline many of the processes we use today and has been an invaluable resource for all of our activities. On the bright side, he let it be known that he is still available for consultation. Thanks for all of your help and enjoy your retirement!

A Day in the Life of Meals on Wheels

It's an early morning for Melissa, Chambersburg Meals on Wheels' head cook. Arriving at the church around 6 am, she reviews the pre-selected menu for today: ham and bean soup with grilled cheese sandwiches; and checks the number of meals she is preparing - 122, about average for a Thursday. She pulls the ham that she thawed yesterday out of the refrigerator, five large cans of northern beans from the store room, and selects bread and cheese for 61 sandwiches - half a sandwich for each meal.



Today's meal won't take long to prepare so, like most days, she does some early preparation for tomorrow's meal which includes pork roast and sauerkraut. The pork roast takes some time to cook, so she will cook it part way this morning and finish the cooking tomorrow. While tomorrow's pork roast is cooking, she cubes the thawed ham then adds the beans and starts simmering two large pots of ham and bean soup on the stove. For a little color, texture, and taste, Melissa adds a few grated carrots, seasonings, and rivels.

While Melissa is cooking, a volunteer counts out desserts for the day, careful to prepare and mark the proper number for our diabetic clients and account for anyone with special requirements. Later, other volunteers prepare bread and butter packets for each meal.

Cheryl, our Client and Volunteer Coordinator arrives at about 8 am and quickly prints the route sheets for the day - a listing of each of today's 12 routes, showing the names and addresses of each client receiving a meal, along with any special meal or delivery instructions. Stickers are printed for each special meal or food item with a special requirement or

dietary restriction. Volunteers use the sheets and the stickers to pack boxes for each route with the necessary number of desserts, bread packets, and later, closer to delivery time, cartons of milk.

The grilled cheese sandwiches are built and buttered, and arranged on baking sheets to prepare using an oven-grilling method Melissa learned on You Tube and had tried out a few days earlier. A little before 10 am, the first grilled cheese sandwiches go into the oven, like everything else, timed to be ready around 10:30. Delivery volunteers start to arrive.

Starting at about 10:30, Melissa, along with our assistant cook Renée, our kitchen helper Kalisha, and/or a couple of volunteers start to fill the meal trays with soup and sandwiches.

Insulated containers, one for each route, are used to keep the meals warm. As each container is filled with the necessary number of meals for each route, delivery drivers pick up their boxes and insulated containers and head out the door to deliver their route.

Today we are missing a delivery driver due to illness, so Cheryl fills in. After all the deliveries are made, the kitchen staff cleans and sanitizes the kitchen, ready for another day tomorrow. Getting the meals out every day is a team effort, made possible by the tremendous skill, dedication, and attention to detail of our paid staff members and volunteers.



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 \$3.40 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

When we are unable to deliver hot meals, 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 anticipation of hazardous weather. During this winter season, we have already provided 4 emergency meals per client.



Meet Pam and Herm Hopple



Client Administrator Cheryl Yeager holds the door for Pam and Herm Hopple as they prepare to deliver meals to clients on Route 7 on a Monday morning. Because their route takes them out to Fayetteville, they also carry and drop off meals for further delivery to Route 11.

Pam originally worked as a Fourth-Grade teacher at South Hamilton School, and Herm taught music at

Chambersburg High School, where he was also the Orchestra Director.

After retiring from the Chambersburg School District, they looked for some type of volunteer work that they could do together. They had friends who delivered meals and also heard about our program at their church, Trinity Lutheran. They decided to give it a try. Initially they were delivering on alternate weeks, but soon started delivering every Monday and have been doing so for over 15 years.

Pam and Herm enjoy meeting new clients and also talking with the regulars on their route. In addition to bringing meals, they bring camaraderie, conversation and care to someone living alone. The meals are important, but the feeling of helping someone in need is hard to forget.

The bottom line is that delivering Meals on Wheels is a rewarding experience. Couples are often looking for something important they can do together. You and your spouse might really enjoy volunteering to deliver meals. Call (717) 263-7228 to discuss becoming part of our delivery team.



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 2022 we served 265 individual clients. The number of active clients, those who receive meals, changes from month to month, and during the year we averaged 111 individual meal servings each day.

Our clients range in age from 46 to 103 with 82.7 being the average.

As shown in the chart below, our clients fall into one of three price categories, dependent on ability to pay and/or status as a food stamp recipient.

Client Age Group	Clients Served by Price Paid		
	\$1.20	\$2.35	\$3.40
Under 65	15	4	2
Between 65 and 69	5	4	2
Between 70 and 79	14	8	24
Between 80 and 89	10	12	71
Between 90 and 99	3	9	63
Over 100	1	1	3
Undetermined	0	2	3

On average it costs \$6.90 to provide a meal to our clients. The difference between our cost and our clients cost is offset through donations. 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 2022 we made payments totaling \$1,492.50 to assist many clients with their bills. We also provided over 200 free meals to clients on their birthday and during Christmas week.

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 this group doesn'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!



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|---------------------------|-----------------------------|
| Anne & Kay Bender | Paul McMullen |
| Carolyn & Dick Blackshire | Daryl & Dottie Mellott |
| Betty Bowman | Anne Miller |
| Ralph & Judy Bradley | Craig Minnich |
| Neil Brown | Jane Obaugh |
| Barbara & Tom Cahill | Lorna Painter & Jeff Berger |
| Betsy & Norman Cannon | Laura Pearce |
| Gary & Gloria Crum | Don Peiffer |
| Karen Finnegan | Leslie & Tom Porto |
| Dick Foster | Cathi Pyatt |
| Gary & Sally George | Brenda Sciamanna |
| Jackie Gingrich | Sam Shank |
| Nancy Hamilton | Donna Snyder |
| Donna Harlacher | Audrey & Dan Swartzentruber |
| Herman & Pam Hopple | Robert Tardosky |
| Phil McConnel | Dave Unruh |

Upcoming Events—2nd Quarter 2023

- 04/01 April Fool’s Day
- 04/02 Palm Sunday
- 04/05 First Day of Passover
- 04/09 Easter Sunday
- 04/16 Orthodox Easter
- 05/05 Cinco de Mayo
- 05/14 Mother’s Day
- 05/29 Memorial Day (No meals delivered)
- 06/14 Flag Day
- 06/18 Father’s Day
- 06/19 Juneteenth

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 if it weren’t for our wonderful volunteers. They drive their own cars to deliver hot noon 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

Many clients are lonely and miss daily contact with others. Volunteers fill the void of loneliness and deliver a nutritious meal while demonstrating that someone cares. Nothing can make you feel better. We are always seeking new volunteers. You will be providing for others as well as experiencing a feeling of accomplishment if you volunteer.

17 Youth Council

Members of the 17 Youth Council at the Central Presbyterian Church of Chambersburg get ready to present \$493.38 in cash to Jane Peterson, Financial Manager of Chambersburg Meals on Wheels.



The Youth Council members handed out homemade baked treats and hot cocoa during the recent Chambersburg IceFest Weekend and accepted donations for Chambersburg Meals on Wheels.

Many of the folks who stopped by expressed their admiration for the work of Meals on Wheels, and more than a few shared how they were personally affected by the organization. After cleaning up and counting the donations, the young people were thrilled to see they had raised \$493.38 for a worthwhile cause!



What a wonderful way to spread the word about our organization during the biggest winter event in Chambersburg. We thank these young, motivated people who are making a difference in their community and encourage them to continue the good work that they have been doing!

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. We believe that no one should be food insecure.

Because of your support, we have not increased our client meal costs in over 7 years. No one spends more than \$3.40 for a nutritious hot meal. 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. We often provide clients free meals throughout the year. You can help fund a day of free meals to our clients. Visit www.chburgmow.org or call 717-263-7228!

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. We support over 120 clients each day, most are senior citizens and over 80 years old!

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.



Meals on Wheels—the ideal Gift to Your Parent

Don’t Be Fooled or Misled

Many organizations may contact you from time-to-time requesting a charitable donation.. Many of our clients and donors have letters personalized with their names and addresses. This may cause some to believe that contributing to these other legitimate charitable organizations 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 other national organizations.*

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.

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