

CHAMBERSBURG

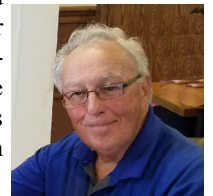
"WE CARE"

October 2023 Newsletter



A Message from Our President

One year ago this month, we published the inaugural issue of the Chambersburg Meals on Wheels Quarterly Newsletter. I am happy to report that it was well received by our clients, volunteers, donors, and members of the communities we serve. The front page of that issue had a photograph of the Memorial Fountain, which is situated at the intersection of Routes 11 and 30 in the square of Chambersburg. The fountain is a visual icon of Franklin County and downtown Chambersburg. Unfortunately, that icon had been almost totally destroyed when an SUV crashed into it by a driver who was later charged with a DUI and several other traffic offenses. In this issue we are showing a picture of the square again as it appeared during the Christmas season in 2022 after the accident. This past May the repaired Memorial Fountain was returned to its home in the square, and we are looking forward to seeing the fountain in its former glory this Christmas.



MOW is moving forward into the world of technology. Our 2022 fundraising drive was a huge success, primarily due to our acceptance of credit cards as a means of donating. We were able to implement an interface that allowed both donations and bill payments to be made on our website. Not only was our fiscal year 2022 fundraiser successful, the number of unsolicited donations received this year has far exceeded our previous records, which will enable us to eliminate our projected deficit.

A second step forward in the technology world was made by our operations manager, Drew McCarriar, who automated the processing of Electronic Benefits Transfer (EBT) payments. Prior to this, submitting EBT records was a tedious and very time-consuming manual process that resulted in many resubmissions and late payments. His new method has reduced our processing time by almost ninety percent.

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



Chambersburg Christmas Festival of Trees

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 56th 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 280 clients; this year we are on track to exceed that total.

Our History (Continues)

As I look at the progression of Chambersburg Meals on Wheels over the years, I am struck by the perseverance of those early board members who “stuck-it-out” despite many of the obstacles they had to overcome, including finding volunteers, raising funds, preparing food and getting the program organized. Things began to come together in 1970, and much of that success had to do with the Personnel Committee, Mrs. McIntosh’s organizational skills, and Mrs. Norcross’s management of the kitchen.

At the August meeting that year, the Personnel Committee presented the final version of the organization’s personnel policies, which were unanimously approved by the board.

Mrs. McIntosh, the Program Co-Ordinator, presented a report covering the period from January through August. Eighty-nine clients were served 4,102 meals, averaging 23 per day. The average cost to prepare and serve a meal was between 65 and 70 cents.

In December 1970, Mrs. McIntosh gave her report on the current fund drive: Over 200 letters had been sent out to the community with 140 people donating \$1400. Also, a single donation of \$600 was received, bringing the total to \$2000. This was twice the amount received in the previous year.

The success of the program through this point was summed-up by the Rev. John Woodall, Pastor of the Village Baptist Church, who complimented the Meals on Wheels board members and specifically the skillful management of Mrs. Norcross and Mrs. McIntosh. He also indicated that a monetary gift was forthcoming from his congregation.

For the first time, the board was optimistic about the future of the program in Chambersburg.

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, Linda Jent, Alice Moyer, Drew McCarriar, Neil Ober, Jane Peterson, Brenda Sciamanna, Donna Snyder

Healthy Eating for Older Adults

By: My Plate – U.S. Department of Agriculture

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and protein. Read the Nutrition Facts Label on packaged foods and also speak with your healthcare provider about possible supplements.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

The benefits of healthy eating add up over time, bite by bite.

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 anticipation of hazardous weather. A new emergency meal will be provided to all of our clients in late October 2023.

A Busy Kitchen



"Life is short and unpredictable, eat the dessert first"
Helen Keller

Thanks to Maranatha

Many thanks to the Maranatha Ministries Food Pantry for their generosity in donating excess fresh food that they are not able to use before it goes bad. We are often able to incorporate these items into our menus or prepare and freeze the fruit and vegetables for later use. The picture below shows a typical contribution from Maranatha.



Supplemental Nutrition Assistance Program (SNAP)

Did you know that you can use Food Stamps (SNAP benefits) to pay for your Meals-on-Wheels deliveries? Qualifying individuals can use their SNAP EBT card to play their monthly bills. For details, ask your delivery person or call us at 717-263-7228

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.



Keystone Human Services

Keystone Human Services' (Keystone) mission is to create opportunities for growth and meaningful life choices so all people can be valued, contributing members of their community.

Keystone supports people with disabilities as they leave segregated, segregated settings and move into homes in the community. They build communities where everyone has the opportunity to thrive, exercise their rights, and fully participate. In an inclusive world, people direct their own lives, establish homes, find meaningful work, pursue education alongside their peers, and fill valued roles in the community. The organization's basic principle is that everyone deserves an opportunity to become a fully participating member of his/her community.

Keystone has been an integral partner with Chambersburg Meals on Wheels (MOW) for over 25 years. We could not complete our mission to provide for the food-insecure without their help. MOW delivers meals to 12 different routes every day on a two-week cycle.

Each week, Keystone's Community Participation Specialists (CPS) along with their Participants deliver twenty percent of those meals. They act as partners, the CPS coordinates and drives while the Participant greets and delivers meals to our clients. For example, during a recent two-week period, they delivered 224 meals on 9 different routes to 98 of our clients.

Participants develop their dexterity skills by putting lunches together and their social skills as they deliver meals to MOW clients who they meet and greet. A client of MOW who had bonded with a Keystone Participant, recently entered the Shook Home; she called to see if the Participant could come visit her. It was just one example of how the Keystone Participants impact and bond with our home-bound clients.

MOW is very fortunate to have this group helping us provide meals to the Chambersburg and Fayetteville area, and we are extremely grateful for their support.



Janice Valentine Thinks Her Meals are Delicious

Janice Valentine has been getting meals from MOW for only a few months but regrets she didn't start sooner. She lives alone at the Tower at Falling Spring, and her family encouraged her to consider them as a healthy addition to her diet. She found Meals on Wheels through our quarterly newsletter which was left at her church.



Janice was born and raised in nearby Maryland but moved to Pennsylvania when she married. She is fortunate that her son lives nearby. Janice has had an interesting life that includes working a variety of jobs as a bank employee, office worker, secretary and bookkeeper. She also would ride with her husband, a big rig cross country truck driver, acting as his book and account keeper.

Janice's driving force in her life has been her Christian faith. She is a devout woman and leads a faith-based life. Born a Mennonite, Janice is active in the Chambersburg Church of the Brethren attending both the Service and Sunday School. She begins each day with a reading of both the Bible and the local newspaper.

Janice, who loves to sing, sang with her church choir and helped form a trio called Good News Message that performed gospel songs in a variety of settings. She later performed in a duet at her church.

The rest of her day is spent doing her housework, visiting friends in the building, and participating in activities in the building. Additionally, she reads and does crafts. She addresses a variety of medical issues using Rabbit Transit. The TV comes on only at night. Janice is a happy person who considers herself blessed to be able to do all that she does.

Her favorite meal is all of the meals. She receives meals 3 days a week, usually saving them to reheat later in the day. Sometimes she shares her meal with her neighbor. She is very satisfied with Meals on Wheels and feels the food is

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.

Upcoming Events—4th Quarter 2023

- 10/09 Columbus Day
- 10/31 Halloween
- 11/05 Daylight Savings Time Ends
- 11/07 Election Day
- 11/10 Veterans Day
- 11/23 Thanksgiving (No Meals Delivered)
- 11/28 Giving Tuesday
- 12/08 Hanukkah
- 12/25 Christmas Day (No Meals Delivered)
- 11/26 Kwanzaa
- 12/31 New Years Eve

We Need You!

You can give back and change the life of an older adult in your community. We need volunteers to provide critical support to the homebound older adults we serve.

When you volunteer for Meals On Wheels, you deliver more than just a meal. You help support our senior community members' ability to live at home, where they want to be. You also help to ensure that no senior is left hungry or alone during these uncertain times.



Volunteers awaiting meals

Choosing to deliver meals to seniors is a great way to get out of the house safely. Often, volunteers enjoy delivering meals as much as clients love seeing those who deliver. While meal deliveries mean so much to seniors, they also offer

many benefits to volunteers. Meals On Wheels volunteers reap the physical and mental benefits of giving back and being a part of the community.

As a nonprofit, Chambersburg Meals on Wheels relies on dedicated volunteers to serve those in need. Whether you want to deliver with your spouse or simply get out of the house for a small break from your daily routine, volunteering to deliver meals is a great option for those who want to lend a hand.

Become a part of our volunteer family and help change a life, one meal and friendly connection at a time. Get involved by visiting www.chburgmow.org to volunteer, or reach our volunteer coordinator at 717-263-7228.

Giving Tuesday, Nov 28, 2023



Giving Tuesday, often described as a global day of giving or a global generosity movement, is held each year on the Tuesday following Thanksgiving. Help start your holiday season by donating NOW.

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 almost 8 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, assistant cook, 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!

AMERICA'S SENIORS ARE ALONE FOR THE HOLIDAYS

Millions of our grandmothers and grandfathers are setting the table for one this holiday season. They are more isolated and more alone than ever. Older adults are unable to see their own friends, family, neighbors and loved ones as they are alone. You can deliver humanity to struggling seniors with a gift today.

‘Tis the Season!’ As we find ourselves shopping for friends and family at the most giving time of the year, we’re introducing a way to give the gift of Meals on Wheels to someone you care about. This year, give a Meals on Wheels gift to someone you love! Give a gift of a week’s worth of meals for \$17.75, two weeks for \$35.50 and a month for \$71.00.

Visit www.chburgmow.org or call 717-263-7228 to gift Meals.

DONATE TO FILL THEIR HOLIDAYS WITH LOVE AND CARE—GIVE NOW

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 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