

CHAMBERSBURG

"WE CARE"

January 2024 Newsletter



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 goal is to reduce the cost of the meals we provide to our clients from the existing fees to \$1, \$2 and \$3 respectively. In 2023, our volunteers delivered more than 28,000 meals to over 250 clients; this year we hope to exceed that total

Our History (Continues)

In past newsletters, I wrote about the problems and obstacles surrounding the efforts to get a Meals on Wheels (MOW) program started in Chambersburg. This newsletter will focus on the years that followed those initial efforts from 1970 through 1974.

By the end of 1970, there were positive signs that the program would become successful. Most notable were the results of a strategy to solicit donations from September through December. That year 140 donations totaling \$2,000 were received from 500 solicitation letters sent out to the community. This was twice the amount received in all of 1969, and by the end of 1971, the reserve fund had reached \$5400. Also, the organization was serving 25 meals daily on four routes.

By the end of 1972, a total of 56 people were being served with the number of meals served averaging 38 per day. In addition, the board decided to extend the service area to a 5-mile radius of the town square, but limited the number of deliveries on a route to 5 stops.

The 1973 oil crisis and resulting recession that lasted through 1974 had serious economic ramifications on both the operation of Chambersburg MOW and the First Lutheran Church. At a meeting in December 1974, Pastor Kroeger advised the MOW board that the church would be raising their rent to use the facility to \$125 per month. He reminded the board that the church had spent over \$4,000 in equipment purchases for the kitchen and that increases in energy costs were becoming prohibitively high, making the rent increase necessary. A major decision had to be made by the board.

Stay tuned for more next quarter!

A Message from Our President

It is an honor to begin my tenure as President of Chambersburg Meals on Wheels. Although I haven't been on the Meals on Wheels board for as long as some of our members, I have spent the last year and a half as Operations Manager, learning as much as I can about the core of our business – food preparation and delivery to our valued clients. Being asked and then being elected to run this long-standing Chambersburg charitable organization is a great honor.

I have big shoes to fill. Neil Brown served our organization and our community with distinction as a volunteer and board member for over 15 years, the last 8 of which were as President. On page 3, you'll find an article about Neil's time with us that documents his many accomplishments. Those of us who work with him feel his dedication and enthusiasm in every activity he undertakes. We are fortunate that he has agreed to continue in an advisory role for the next few years, and will continue to volunteer in the kitchen as needed.

With a change in administration, there is always some concern that other changes may be in the offing. The good news is that we have a solid organization and solid processes, along with a dedicated group of employees and volunteers who make Meals on Wheels run efficiently and it sometimes seems, effortlessly. Our head cook, Melissa Izer, is the best in the business (at least I think so) and our Client Administrator, Cheryl Yeager, has an uncanny knowledge and intuition of our clients' needs. Along with the rest of our kitchen staff and volunteers, they make sure we do what is both right and necessary for our client base every day. None of that will change.

An area where we need help is on the Meals on Wheels governing board. While we have a capable and energetic group already, the board is actually designed to have more members and we are missing a few key positions. All that is required is a dedication to helping others and a little available time and energy to do so. If you are reading this and the above applies to you, please give us a call. Thanks.



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

Boy Scouts' Generosity

Many thanks to Boy Scout troop # 128 for their generosity in collecting canned goods for the community and donating a portion to Chambersburg Meals on Wheels. The photo shows Boy Scout troop representatives unloading the donated items. Donations such as this help to reduce our costs and are much appreciated.



Emergency Meals

We have gained some valuable feedback on the composition of the emergency meals we provide to our clients for their use over the winter on days that we cannot deliver a meal due to weather. As a result, we are trying out some new things this year and welcome further feedback from both our clients and their loved ones and supporters. Many shelf-stable, easy to prepare food items are high in salt and/or fat. Our first emergency meal this year, delivered in November, contained low sodium chicken and rice that is easily microwavable as well as the usual applesauce and crackers.

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.

Cold Weather Preparation

(from Meals on Wheels People – Winter 2023)

From cozy nights spent by the warmth of the fireplace to building snowmen with loved ones, the winter months are filled with joy for many - but not all of us. For older adults, the colder months bring greater health risks: The risk of slipping and falling increase due to wet and icy conditions as does the risk of cold-related illnesses, such as hypothermia.



Hypothermia poses a major risk to older adults. In fact, approximately half of all Americans who pass away due to hypothermia each year are over the age of 65. Due to reduced metabolism and circulation, older adults retain body heat less efficiently than in decades past, which makes them more susceptible to hypothermia.

Fortunately, there are safety measures older adults and their loved ones can take to protect seniors this winter — especially on extra cold nights — to pass along these tips to ensure they stay safe and warm.

Mind the Thermostat: Thermostats should never be set under 65 degrees for adults over the age of 75. If central heating is unreliable, place space heaters in frequented areas. Be sure to unplug space heaters when they're not in use, and tuck away cords to avoid preventable falls.

Pay Attention to Hydration and Meals: Focusing on hydration during the winter may feel counterintuitive, but dry air temperatures inside and outside can cause dehydration. When older adults are appropriately hydrated, they experience fewer falls, reduced risk of bladder cancer, and less constipation. Additionally, ensuring seniors eat regularly will help stimulate their body's internal thermostat.

Layer Up: Even while indoors, older adults should wear multiple layers that are easy to remove should they get too warm. This can look like throwing a blanket over their legs while sitting in place or wearing socks, slippers, long underwear, and a hat.

Know the Warning Signs: Older adults may not always be aware of their decreased body temperature or know when to reach out for help. Check in on your older neighbors and loved ones, and check specifically for symptoms of hypothermia, including shivering, slurred speech, shallow breathing, and a weakened pulse.

Our team sees our clients only on the days we deliver meals, and we won't hesitate to help out or contact a loved one or member of a client's support team if the need arises. Clients' needs increase when the temperatures dip. You can make a difference in the lives of older adults by volunteering to make Wellness Checks and calls that provide a check-in point for older adults.

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 pay their monthly bills. For details, ask your delivery person or call us at 717-263-7228



Neil Brown – Volunteer Extraordinaire



Neil's careers have spanned a number of years; he retired from the U.S. Navy in 1975, then from the National Security Agency (NSA) in 1996. His final employment was as a Computer Science instructor at Anne Arundel Community College in Maryland where he taught until 2006. That year, he and his wife Barb retired to Pennsylvania.

He joined Chambersburg Meals on Wheels (MOW) in March 2011 to serve as Vice President. His background as a professional cryptologist with an emphasis on information systems and technology has been instrumental in enhancing our operations at MOW. In addition to his executive duties, he assumed responsibility for overseeing operations including the clients, food and kitchen operations and volunteer coordination. He quickly realized that many of the administrative and business management responsibilities could be enhanced by implementing a computer database. His background was perfect for the challenge.

Today, all of these functions are managed by a well-conceived and documented database. All clients and volunteers are supported by the integrated database that manages all facets of Chambersburg Meals on Wheels. The database handles virtually every aspect of the operation. Recently another independent Meals on Wheels operation in Indiana, Pennsylvania, adopted our database and uses it to enhance and support their operation.

Neil became president of MOW in June 2016, and during his tenure as President, MOW has accomplished so much; it is difficult to describe everything in this short article. Fundraising has continued to grow, and our clients are the real beneficiaries. MOW hasn't raised meal prices in over 8 years. In fact, prices were just reduced, and no one pays more than \$3.00 per meal, and many pay much less. A few years ago, MOW invested over \$50,000 to enhance the kitchen at First Lutheran Church where we cook and prepare the meals.

Under Neil's direction MOW has developed and implemented a five-week rotational menu to make the food more interesting to clients. It ensures that clients who only receive meals a few days a week get a variety of food.

Last year MOW started a Quarterly Newsletter that has been well received by clients, volunteers and benefactors. Neil still volunteers in the kitchen as he has from the beginning and continues to be instrumental in writing and preparing the Newsletter for printing.

Neil is retiring from the Presidency but will serve on the board for a while as a member and advisor. We owe a tremendous debt of gratitude to Neil and hope he can relax and enjoy his well-deserved "retirement."

AND



Walter and Faye Hann—Clients since 2010

Prior to that he did much of the cooking, but they wanted some downtime and began receiving Meals on Wheels. They have liked most of the meals.

They both grew up in western Pennsylvania and came to Chambersburg in the late 1940s to find work. Walter first worked for Swift Poultry and then moved to Corning Glass and retired from there. Faye started with the Stanley Company later moving to James River Paper, and she retired from there. Walter and Faye raised three boys who all live nearby. The Hanns like to reflect on their life which has been rich and spiritual. Walter taught Sunday School to children and then to adults. Since 1965 they have attended services regularly at Mt. Pleasant EUB church.



Both Faye and Walter have artistic hobbies. Faye's hobby has been painting, and their home is filled with her work. She enjoys painting landscapes, seascapes and flowers. Her media includes oils and watercolor, canvas and paper. Walter's hobby is stained glass that includes lampshades, window hangings and ladies hand mirrors. He has sold these items from Michigan to Florida to pay for his materials. Both of their work is detailed and beautiful.

While their family was growing up, they did some traveling in an RV, but after the boys left home, Walter and Faye had some very extensive travel experiences. They travelled with the Chambersburg Mall Walkers to the West Coast then to Canada. But the trip of a lifetime came with the F & M Bank Go Club. The club made all the arrangements for a 26-day trip that took them through the Southwest and then to the Pacific Ocean at Los Angeles. Next, they travelled north to San Francisco and the wine country. Then they travelled back east through the Heartland, including National Parks and a number of cities.

Throughout Walter's and Faye's lives they have enjoyed "pretty fair health." In 1992 they downsized to the north side of Chambersburg where they continue to live in a comfortable house filled with photos, paintings, stained glass and wonderful memories.

National Volunteer Week—April 21 to 27

To recognize and honor our terrific volunteers, Chambersburg Meals on Wheels will host a luncheon at the First Lutheran Church, 43 Washington Street, Chambersburg on Friday, April 26th at 12:00 noon.

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—1st Quarter 2024

01/01 New Year's Day
01/15 Martin Luther King Day
02/02 Ground Hog Day
02/14 Valentine's Day
02/14 Ash Wednesday
02/19 President's Day
03/10 Daylight Savings Time Start
03/17 Saint Patrick's Day
03/24 Palm Sunday
03/31 Easter

Although our kitchen was closed Thanksgiving Day, The Overflow Community Church prepared and delivered more than 60 free meals on Wednesday evening to clients who requested a meal. On Christmas day, the Congregation Sons of Israel prepared and delivered more than 50 free Christmas Day meals to clients who requested them. We appreciate their support!

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.

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.

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. In fact we just lowered the client cost per meal and no one spends more than \$3.00 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. In December we provided a full week of free meals around the holiday season. 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,

Give 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 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 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

Pennsylvania Senior Citizen Facts Food Insecurity

- Seniors threatened by or experiencing hunger (marginally food insecure): **386,955 (11.9%)** Rank **30th** in U.S.
- Seniors at risk for hunger (food insecure): **208,739 (6.4%)** Rank **29th** in U.S.
- Seniors facing hunger (very low food insecure): **89,016 (2.7%)** Rank **25th** in U.S.
- Seniors eating 3+ vegetables a day: **12.3%**
- Seniors eating 2+ fruits a day: **41.0%**

Social Isolation

- Seniors living alone: **845,842 (26.4%)**
- State ranking for risk of social isolation:: **37th** in U.S.

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