

# CHAMBERSBURG

"WE CARE"

April 2024 Newsletter



**Chambersburg Memorial Day Parade**

## 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. In this, our 56th year, we are reducing the cost to our clients of the meals we provide from the existing fees to \$1, \$2 and \$3 respectively, depending on income. 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 the first five issues of the Newsletter, I focused on the struggles of starting a viable Meals on Wheels program. 1974 ended with serious economic ramifications for both the operation of Chambersburg MOW and the First Lutheran Church where MOW was renting kitchen space. MOW was advised that the church would be raising their rent from under \$100 to \$125 per month.

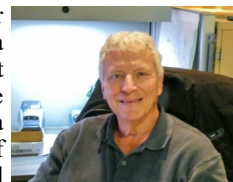
Things started looking up after a successful fundraising campaign. By the end of 1975, the reserve fund had a balance of \$12,000. Unfortunately, MOW's involvement in the Congregate Feeding Program caused the organization to lose 65 cents on every meal they provided. This, coupled with the overhead of providing meals to their regular clients, quickly reduced that reserve.

At the end of the year, they were blessed to receive donations of \$350 from Falling Spring Church and \$400 from Trinity Lutheran. Those donations coupled with a \$500 gift from the Emma Hutton estate enabled them to purchase much needed pots, pans, and essential kitchen tools as well as to pay the increased rent.

Between 1975 and 1979, the average number of meals rose from 20 to 60 per day; in 1979, 69 active recipients were served on seven different routes. Unfortunately, there are few reports during this period documenting the actual cost to produce a meal vs meal pricing. It appears that meals were typically priced in five or more steps between 35 cents and \$1.50 in 1975 but rose to \$1.85 in 1979 when 14,590 meals were served. This number of meals was a good indication of what the next decade would bring.

## A Message from Our President

I thought I would use this space this quarter to tell you a little about myself. I was born and raised in Columbia, Maryland. Anyone familiar with that area knows that Columbia is a planned community that didn't exist before about 1960. We moved there before it was built so I grew up with Columbia and was able to experience first hand all of the cultural, housing, and educational experiments that came with building a new town in the 1960's and 70's. Having survived and even benefited from all of that, I went to Bucknell University in Lewisburg, PA, joined the Sigma Alpha Epsilon fraternity, and graduated in four years with a Bachelor's degree in Physics. Despite the sometimes negative perception of college fraternities (I did do a little drinking and carousing but apparently survived that too), it was there that I first learned the value of service, participating in numerous charity fundraisers and community service projects.



After college and a short stint at Haverford College doing research and some part time teaching, in 1982 I accepted a position at the National Security Agency (NSA) in Fort Meade MD, as a technical intelligence analyst, where I spent much of the next 33 years until retiring in 2015. In 1989 I married my wife, Becky, and we have two children, John, who now lives in Wisconsin and Kelly, who lives near Baltimore. We have 4 grandchildren.

Over my career, either with NSA or detailed to other government organizations, we lived in Maryland, Australia, Colorado, and the United Kingdom. I went to school for a year in Montgomery, Alabama, and spent a year working at the US embassy in Baghdad, Iraq.

After retiring in 2015, I started my dream job, working at a golf course in Maryland, and also began volunteering with AARP TaxAide, doing free taxes for seniors and low-income clients. After moving to Pennsylvania in 2018, I continued volunteering with AARP and then became involved with Meals on Wheels in 2020. It is my honor to now serve as Board President.

*Drew McCarriar, Chambersburg Meals on Wheels Board President*

## 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.

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.

**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](mailto:cburg.mow@gmail.com)

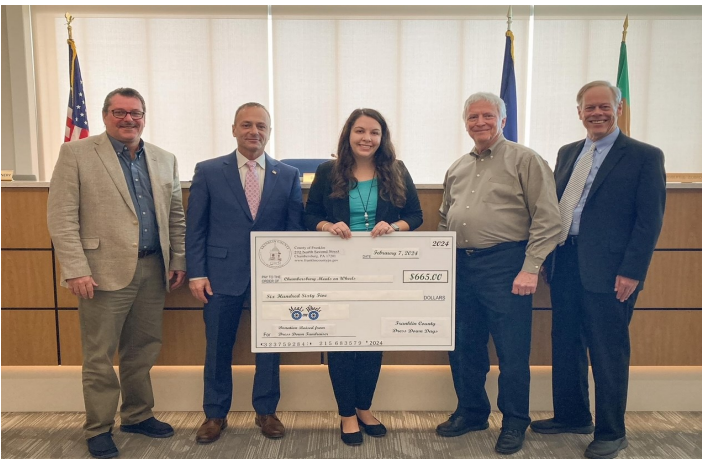
Website: [www.chburgmow.org](http://www.chburgmow.org)

**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

**Meals on Wheels Receives Donation**



Meals on Wheels Board President Drew McCarriar attended a recent Franklin County Commissioners meeting to receive a donation from Franklin County employees, gathered during their monthly “Dress Down Friday” benefit.

Chambersburg Meals on Wheels greatly appreciates the generosity shown by our county neighbors and the assistance given to Franklin County’s food-insecure population, as well as the strong words of support from the County Commissioners.

Shown in the photo, left to right are: County Commissioner John Flannery, County Commission Chairman Dean Horst, Franklin County HR Coordinator Keri Kenney, Meals on Wheels Board President Drew McCarriar, and County Commissioner Bob Ziobrowski.

**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

**Spring Cleaning for Seniors**

Spring is coming, the days are starting to get a little longer and the sun a little brighter. After a long, cold winter closed up in the house, you may be feeling the renewed energy to tackle cleaning projects around your house. This time of year when it might still be too cold to spend a lot of time outdoors is the perfect time to start those spring cleaning projects.

**Work in small chunks**

There’s really no rush, so take your time. You may have put off cleaning projects during the colder months and now you’re looking at a long list of to-dos. To keep from getting overwhelmed break up your list into small chunks of time that you can work on at your own pace.

**Use Tools to Prevent Falls**

Since falls are the leading cause of injury in older adults, it’s important to use the correct tools when cleaning. Stools are extremely dangerous if you don’t have good balance. Use dusters and squeegees with extendable arms to clean out-of-reach corners and tall windows. Bending over to sweep debris into a dustpan can cause imbalance and lead to falls, opt for standing dustpan to reduce the need to bend over.

**Get Rid of Clutter and Organize**

A spring clean is the perfect time to look at the junk drawers, mail piles, and dump rooms in your house. These are common areas nearly everyone has around their homes that need to be periodically decluttered and organized. Separating your items into keep, donate, and trash categories can make it simple to declutter.

**Check Fire detectors and extinguishers**

Make sure that your fire extinguishers and carbon dioxide detectors have fresh batteries and are functioning properly. If you need to climb on a ladder or chair to reach them, it’s a better idea to ask someone else for help rather than risking a fall. If you have a fire extinguisher, check the expiration date and if you don’t have one, make sure to get one soon.

**Leave the heavy lifting to others**

If you have mobility limitations or reduced strength, don’t try to move furniture or other heavy items on your own. You don’t want to risk and injury or fall, so ask friends, family, or a caregiver to help. Your safety is the most important thing while spring cleaning.

**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](http://www.chburgmow.org).



### Fred and Teresa Hoch

Fred and Teresa Hoch are second generation volunteers for Meals on Wheels. Fred's parents had volunteered in the Mercersburg area. When it was time to retire, Fred and Teresa decided they would follow in his parents' footsteps. They volunteer every Monday and every other Thursday on routes that cover parts of Chambersburg and locations between Chambersburg and St. Thomas. Additionally, they also substitute on other routes as needed, and during the summer, their 10 year old granddaughter, Vivian, helps them out as well.



Teresa had a career as a Certified Nursing Assistant (CNA) for many years in various nursing homes in the Chambersburg area. She also volunteered at Pregnancy Ministries and the House of Grace, both in Chambersburg. Fred taught school for 42 years in the Carlisle public school system and at a private school.

Fred and Teresa have been married for 53 years, having met during their high school years. They have two daughters and five grandchildren. Their favorite vacation spot is Ocean City, Maryland, where they share a condo with their family.

Fred and Teresa shared that what they like most about MOW is meeting really special people on their routes and sharing with other volunteers as they wait to pick up the meals. We at MOW are pleased that they chose to volunteer with us to help others, and we thank them for their dedication over the past seven years.

### Thelma Statler (1929-2024)

Chambersburg Meals on Wheels mourns the passing of Thelma W. Statler, 94, of Chambersburg PA at the age of 94. Thelma was the head cook for Meals on Wheels for seven years in the late 1990's and early 2000's.



### Donna Shetter, Recent MOW Recipient

Donna Shetter was born in Mechanicsburg and later moved to Waynesboro. She went to secretarial school and began her lifetime career as a medical transcriptionist, working 41 years in that field. She eventually came to Chambersburg where she married. Her family includes four step great-grandchildren. Three are in the area, and the fourth is in Pittsburgh. Donna, who was active in Trinity Lutheran Church, likes music and really enjoyed the choir there. An avid reader, her favorite authors are Tom Clancy and James Patterson. Donna's travels have taken her to the Heartland where she went to the Iowa State Fair. Additionally, she enjoyed taking her nephew to Sea World, and to Disney World. Her hobbies include growing flowers in her garden and mowing the lawn, which she did when she was able.

Donna has been receiving Meals on Wheels for about a year and a half. Following a hospitalization, her pastor called Chambersburg MOW and arranged for delivery of meals to her. She was really impressed with the service. "They know what homebound seniors like and can eat." Regarding salt, she commented that "seniors don't need much if any in their food." She likes all of the meals, some a little more than others. "The vegetables are tasty, and there is a great variety." Donna prepares some food on her own but considers a delivered meal at lunchtime a blessing. Additionally, she likes interacting with those who deliver the meals, and she is happy that they enjoy her two cats as well. Chambersburg Meals on Wheels is pleased to have Donna Shetter as a client.



### 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—2nd Quarter 2024**

- 05/02 April Fool's Day
- 04/15 Tax Day
- 04/22 First Day of Passover
- 04/26 Chambersburg MOW Volunteer Luncheon
- 05/05 Orthodox Easter
- 05/05 Cinco de Mayo
- 05/12 Mother's Day
- 05/27 Memorial Day
- 06/14 Flag Day
- 06/16 Father's Day
- 06/19 Juneteenth

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



**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](http://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!

**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](http://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 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](http://www.chburgmow.org). All contributions come directly to us.

**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 1 pm.



- |                           |                             |
|---------------------------|-----------------------------|
| Carolyn & Dick Blackshire | Herman & Pam Hopple         |
| Betty Bowman              | Keystone Human Services     |
| Ralph & Judy Bradley      | Philip Korteweg             |
| Neil Brown                | Paul McMullen               |
| Barbara & Tom Cahill      | Daryl & Dottie Mellott      |
| Betsy & Norman Cannon     | Craig Minnich               |
| Lou and Pat Connell       | Lorna Painter & Jeff Berger |
| Gary & Gloria Crum        | Laura Pearce                |
| Karen Finnegan            | Don Peiffer                 |
| Dick Foster               | Leslie & Tom Porto          |
| Gary & Sally George       | Cathi Pyatt                 |
| Jackie Gingrich           | Brenda Sciamanna            |
| Dave Goodman              | Sam Shank                   |
| Donna Hagen               | Donna Snyder                |
| Nancy Hamilton            | Audrey & Dan Swartzentruber |
| Donna Harlacher           | Dave Unruh                  |

**Please Donate**

**Your time and/or money allow us to continue serving the food insecure in our area!**



Go to [www.chburgmow.org](http://www.chburgmow.org) or  
Call 717-263-7228 to contribute

Donate your Time by volunteering—Call 717-263-7228  
 Delivery  Meal Preparation