

CHAMBERSBURG

"WE CARE"

October 2022 Newsletter



A Message from Our President

Welcome to the inaugural issue of the Chambersburg Meals on Wheels Quarterly Newsletter.

As of the end of the recent quarter, ending this past June, we delivered over 17,000 hot meals to elderly and homebound residents in Chambersburg and the surrounding 70-square-mile region. We receive no Federal or State support. Our goal is to provide our clients with nutritious food at a very low cost. Client receipts cover less than half the cost and community donations cover the remainder. Since the inception of Chambersburg Meals on Wheels we have delivered over 1.2 million meals, a feat which is only possible due to the generosity of our contributors and volunteers.

During the first quarter of this year, we were closed twice due to inclement weather. However, we were able to provide each client with a free, shelf-stable meal to be used during such emergencies. Again, we are able to do this through the generosity of our many donors.

This year, however, we are impacted with inflation and the rising costs of food and other non-grocery items needed to maintain our kitchen. The Board of Directors is evaluating our operation in an attempt to maintain our current fee structure.

We are fortunate to have a wonderful corps of volunteers who donate their time to help in the kitchen and deliver meals to our clients. We welcome additional volunteers, contributors or anyone in need of our delicious meals.



Neil Brown



The Chambersburg Square

Chambersburg Meals on Wheels

September 29th marks the 55th year of operation for Chambersburg Meals on Wheels. We prepare and deliver hot noon-time meals weekdays to elderly and homebound residents of Chambersburg and surrounding communities. Our service area is a 70-square mile region centered roughly on Chambersburg. Our goal is to provide clients with nutritious food at a very low cost, with client receipts covering about half the cost and community donations covering the other half. Last year our volunteers delivered more than 27,700 meals to over 280 clients, more than half of whom are in their 80's.

Our History

The effort to establish a Meals on Wheels program in Chambersburg started in early 1968 sponsored jointly by the First Lutheran and Trinity Lutheran Churches. Church members donated \$500 in seed money, elected a steering committee and began a search for volunteers to staff the operation. In September 1968 they activated a Meals on Wheels pilot program, and by September 30th, five meals were provided to the first recipients.

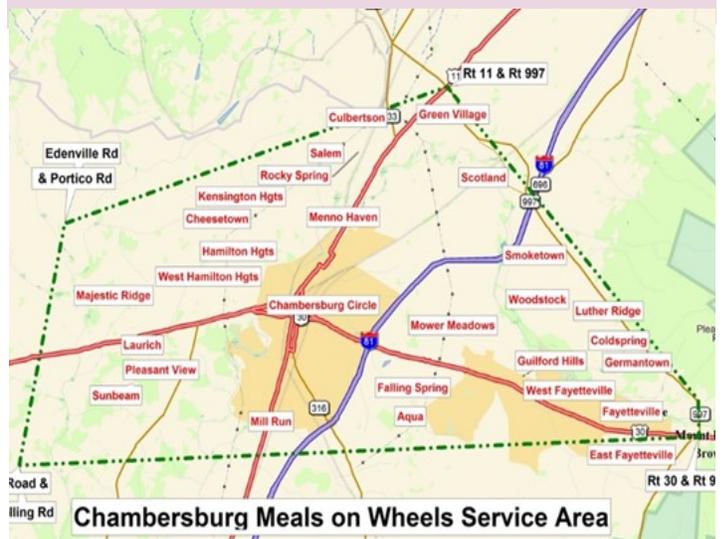
Initially meals were purchased from local caterers and restaurants. In June 1969, meals began to be prepared in the kitchen of the First Lutheran Church on West Washington Street. Over the years, Meals on Wheels and the church have made significant upgrades to the kitchen as a result of generous contributions. The arrangement with the church continues to this day: currently we serve 230 clients, averaging 120 meals per day.

We have developed a loyal group of volunteers who, driving their own vehicles, deliver the meals and spend a few minutes with each client. In many cases, these visits are the highlight of the day for both the client and volunteer.



First Lutheran Church

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



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 nutrition.

The Board of Directors
 Neil Brown, Gary Dickinson, Jake Garrison, Bernie Goldberg,
 Alice Moyer, Drew McCarriar, Jane Patterson, Cathi Pyatt,
 Brenda Sciamanna, Donna Snyder

Emergency Meals

In case we are unable to deliver a hot meal, each client is provided with a shelf-stable emergency meal. It includes a micro-wavable entrée, dessert, snack and a drink. In 2021 we had to provide two meals for each client due to hazardous weather.

Our Meal Service



We accommodate special dietary needs for medical, physical, or religious purposes only. Due to cost and nonavailability of certain foods, we are unable to accept specific likes or dislikes.



In 2021, Mr. Emery Etter, a local farmer, directed a \$2,500 Bayer Fund America’s Farmers Grow Communities donation to Chambersburg Meals on Wheels. These funds allowed us to provide free meals during Christmas week 2021, 600 free Emergency Meals and over 100 free Birthday Meals. The Board of Directors thanks Mr. Etter for recommending Chambersburg Meals on Wheels for this generous donation.

Our Mission

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

- A hot, nutritious, tasty noon-time meal delivered on weekdays
- Client chooses how many meals per week and on which days
- Dietary restrictions (diabetic and others) can be accommodated
- Meals can be purchased for a client by a relative or others
- Regular cost is \$3.40 per meal – some qualify for a lower rate
- Food stamps are accepted
- Bills are sent monthly 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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ RIB PATTY BAKED BEANS MACARONI SALAD Chocolate Pudding	CHILI /RICE APPLESAUCE CORN BREAD Jell-O with Cool whip	TURKEY STUFFING PEAS Peaches	FISH MACARONI AND CHEESE STEWED TOMATOES Grapenut Pudding Diabetic Grapenut Pudding	ROAST BEEF PEAS STUFFING Pound Cake w/topping
FRENCH TOAST STIX TURKEY SAUSAGE SCRAMBLED EGGS Pears	BAKED ZITI 3 BEAN SALAD CAULIFLOWER Butterscotch Pudding Diabetic Fruit	SAUERKROUT /PORK APPLESAUCE MASHED POTATO Pumpkin Dessert Diabetic Pudding	BAKED CHICKEN POTATOES CREAMED CORN Jell-O Fluff	TURKEY/GRAVY GREEN BEANS CORN Cake Diabetic Fruit
CHICKEN PATTY SCALLOPED Potatoes PEAS/CARROTS Party Salad	HAM/GREEN BEANS POTATOES BEETS Pound Cake W/Topping Diabetic Fruit Cocktail	TURKEY CASS CARROTS BAKED APPLES Peaches	BEEF AND NOODLES SPICED APPLE RINGS PEAS Vanilla Pudding	SPAGHETTI / MEAT SAUCE APPLE SAUCE CARROT SALAD Jell-O
SAILSBUARY STEAK BAKED BEANS COLE SLAW Banana Pudding Diabetic Pudding	CHICKEN CORDON BLEU SPANISH RICE SUCCOTASH Fruit Cocktail cookies	PIZZA PASTA SALAD FRUIT Cake Diabetic Oranges	MEAT LOAF MASHED POTATO PEAS/CARROTS Apricot halves	BBQ CHICKEN PARSLEY POTATOES BROCCOLI Jell-O Fluff
BEEF STEW PICKLED EGG NOODLES Tapioca Pudding Diabetic Peaches	HAM SLICE POTATOES WAX BEANS Pineapple chunk Diabetic Pudding	BAKED CHICKEN RICE GREEN BEANS Fruit Cocktail	PORK LOIN STUFFING PEAS Party Salad	TATERTOT CASSAROLE COLE SLAW CARROTS Pie Diabetic Sugar Free

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.

Special Delivery

Meals on Wheels made a special delivery to Charlotte Flack for helping with this article. The basket used in the delivery was one of the original baskets used more than 50 years ago to deliver meals to clients. Melissa Izer, the Meals on Wheels Head Cook, gives Cathy Kelley the special delivery for Charlotte.



Charlotte's Story

Charlotte and Clayton Flack moved to Chambersburg over 30 years ago. Clayton had suffered a major work-related accident affecting his back and spinal area and was confined to a wheel-chair. They had lived in the Hudson Valley area of New York with their children and three foster children. Clayton was forced to accept a medical disability due to his injury. Charlotte became the major care-giver for the family raising the children and caring for Clayton.

Charlotte realized she needed help and support and moved to Chambersburg because her brother lived nearby in Waynesboro. Unfortunately, her brother was forced to move away leaving Charlotte alone to care for her family. As time went on, the children went out on their own; Charlotte continued to provide care to Clayton. Ultimately, his health deteriorated, and Charlotte also started to experience health problems.

About 10 years ago, Charlotte realized she needed help for both herself and Clayton. She contacted Franklin County Senior Services, and they suggested Chambersburg Meals on Wheels. Over the past 10 years she has received daily meals from Meals on Wheels. Clayton passed away about 3 years ago, and Charlotte continues to get her meals from Meals on Wheels.

Cathy Kelly has been a volunteer with Meals on Wheels for about 7 years. Charlotte was one of her first clients, and she continues to deliver her meals every other week. Cathy is a retired nurse who really enjoys helping other people. She has developed a strong connection and a personal relationship with Charlotte. When Clayton became severely ill and was receiving Hospice care, Charlotte asked Cathy if she could help. Hospice came in everyday for a short visit, but weekends were difficult. Cathy agreed to help and spent weekends with Charlotte for the last month of Clayton's life.



Cathy Kelly and Charlotte Flack

Interviewing Charlotte made us realize that Meals on Wheels is much more than a daily hot meal. It provides a connection between people who care and people who need help.



Meet Some of Our Volunteers



Donna Harlacher began volunteering after retiring from Michaux Manor Living Center as a Certified Nursing Assistant. Donna lived on a farm with her husband, so it was natural that she initially volunteered with the Franklin County Therapeutic Riding Center. Later, she volunteered at the Chambersburg Hospital as a part of their Same Day Services Group. After her husband passed away, she sold the farm and donated her horse and donkey to the Wind Ridge Farm Equine Sanctuary. She didn't want to stay home, so she joined Meals on Wheels in 2008. Early on she recognized that one of her clients was her high school history teacher. She found a picture of him in her scrapbook and presented it along with his meal; he was thrilled. Donna really enjoys the interaction she has with all the clients she visits and feels that she is making a difference one visit at a time.



Karen Coldsmith began volunteering with Meals on Wheels as a way to give back to the community. Her mother was her constant "ride-along" companion; Karen would drive and her mom gave directions from the route sheet. Karen has a number of interesting stories about her clients. One elderly gentleman was called grandfather by all the delivery volunteers because he always had a kind word for everyone, especially children. Occasionally, Karen would take her young granddaughter along, who enjoyed talking to him. On one occasion, "Grandpa" gave her granddaughter a wooden deer that he had carved; she was tickled pink. Karen added that she has amazing clients, such as one lady who always had a story to tell or a book to recommend. Karen told this client that she was her favorite. The woman responded, "Don't say that; it will upset other people." At Christmas, the Meals on Wheels board gave all volunteers a Giant Food Store gift card as a way of thanking them for volunteering. Karen gave hers to a needy client to "pass it forward."



Don Peiffer and Betty Bowman are a brother and sister team who volunteer for Meals on Wheels, delivering meals to our clients. In 2008 a friend got them started volunteering after Don retired from the Borough of Chambersburg as a Data Processing Supervisor. Both wanted to volunteer and give back to their community; delivering meals together was the ideal contribution. They deliver for an hour or two every other week. They enjoy visiting clients, mostly seniors, who are homebound and unable to fend for themselves. Besides bringing meals, they also bring camaraderie, conversation and care to those living alone. Although the meals are important, helping others in need is fulfilling. As Don noted, "We are all family."

Upcoming Events

- 10/05 Yom Kippur
- 10/10 Columbus Day
- 10/31 Halloween
- 11/06 Daylight Savings Time Ends
- 11/08 Election Day
- 11/11 Veterans Day
- 11/24 Thanksgiving Day (No MOW—2 days)
- 12/19 Hanukah
- 12/24 Christmas Eve
- 12/25 Christmas
- 12/26 Kwanzaa
- 12/31 New Years Eve



In 2021, although our kitchen was closed for Thanksgiving, The Overflow Community Church prepared and delivered 69 free meals on Wednesday evening to clients who requested a meal. On Christmas day, The Congregation Sons of Israel prepared and delivered 79 free Christmas Day meals to clients who requested one. We appreciated their support—We care about our clients.

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 makes it more difficult to support our clients. We rely on our generous patrons to support our fiscal needs.

We have not increased our client meal costs in over 7 years, and in 2021, because of your generous contributions, we were able to provide 2 weeks of free meals to all our clients. In addition, all clients get a free meal on their birthday and two emergency meals at no cost, which were used during inclement weather.

We are dependent upon our volunteers and recognize the hardship of their increasing costs. We gave each volunteer a small gift card to help offset their costs and to thank them for their service. Since the start of 2022, over 50 items that we purchase to support our clients have increased in cost to us. We will continue to try to avoid passing this price increase on to our clients, who can least afford the increase, but we can only do so by generating revenue elsewhere.

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

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 try to stay protected from COVID-19 – which shows no signs of slowing. You can deliver humanity to struggling seniors with a gift today.

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

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.

WAYS TO GIVE

You can now give the gift of Meals on Wheels

'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. You may pay by check, or we now accept credit cards. What better gift to give as winter approaches Chambersburg! Visit www.chburgmow.org or call 717-263-7228 to gift Meals.

Please Donate

your time and/or money to allow us to continue serving the homebound in our community!

We receive no government funding of any kind. Only your generosity can keep our meals rolling!



Go to www.chburgmow.org or
Call 717-263-7228 to contribute

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