

# CHAMBERSBURG

"WE CARE"

January 2026 Newsletter



Chambersburg in Winter

## 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. Now in our 57th year, we recently reduced charges to clients and aim to maintain our bills at \$1, \$2 and \$3 respectively per meal. In 2025, our volunteers delivered about 30,000 meals to over 260 clients. This year we hope to exceed that total.

## Chambersburg Meals on Wheels at Senior Fair

In September 2025, Chambersburg Meals on Wheels board members manned a table at the Senior Fair hosted by Representative Rob Kauffman at the Grand Point Church in Chambersburg.



Board members handed out pens, notepads, refrigerator magnets and newsletters to over 500 seniors who attended; increasing awareness of our services to both potential clients and volunteers.



## 2026 Tax Deductions for Seniors: New \$6,000 Bonus & Standard Deduction Hikes

Big changes are coming for Americans age 65 and older on their 2026 tax returns. The bill enacted by Congress and signed by the President in July introduces changes that should benefit seniors, including: A \$6000 bonus deduction is available for seniors (age 65+) with incomes up to \$75k (single) or \$150k (joint), the standard deduction addition for those 65 or older increases to \$2,050 (for single filers) and \$1,650 (per qualifying married filer), and the regular standard deduction for all taxpayers also rises for 2026 (\$32,200 for married filing jointly)

*(From New York Times, September 2025)*

## The Power of Partnership in the Fight Against Hunger

Every day, we perform an act of love: delivering a hot, nutritious meal to a senior's door. We see firsthand the quiet dignity and urgent need of our homebound seniors. Every meal delivered to a doorstep is a statement that their community cares. It's a vital check-in, a friendly face, and a foundation for their health.



But our mission doesn't exist in a vacuum. Our community works in many ways to ensure our homebound and seniors are cared for. A very important part of this community partnership is our local food banks.

Think of the food bank network as a massive, diverse engine driving the charitable food system. While we specialize in serving the unique needs of the homebound—often requiring medically-tailored diets—food banks ensure that all people in need have access to nutritious food.

In the Chambersburg area, we have identified ten food banks that serve our community. We accept food donations from one in particular—Maranatha, but the others are also important partners in meeting our goal of reducing food insecurity.

The food banks we have identified are: St Vincent de Paul Food Pantry, Fayetteville/St Paul's Lutheran Church Food Pantry, Pete's Pantry Salem United Brethren, SCCAP Food Pantry, St Paul's United Methodist Church Food Pantry, Christian Life Church, First United Methodist Church, Maranatha Ministries Food Pantry, The Room Christian Church, and Falling Spring Presbyterian Church.

Our missions are distinct but entirely interconnected via our missions. I encourage every supporter to recognize this vital partnership. By supporting both Chambersburg Meals on Wheels and your local food bank, you are directly investing in the sustainability of our community. Together, we are building a community where no senior is ever forgotten or goes hungry.

*Drew McCarriar, Chambersburg Meals on Wheels Board President*

## Why Volunteer?

We want to thank our current volunteers who make our wheels turn.

Chambersburg Meals on Wheels could not accomplish our mission without our wonderful volunteers. They drive their own cars to deliver hot 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. *We hope you'll consider joining us.*

**In our 58th 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, Patrick Collins, Gary Dickinson, Craig Fisher, Bernie Goldberg, Linda Jent, John Keogh, Mary Kerr, Alice Moyer, Drew McCarriar (President), Neil Ober, Jane Peterson, Brenda Sciamanna, Sue Stempien, Donna Snyder



Flowers were donated by the owner of a dahlia farm near Greencastle in September and delivered to our clients. Shown, left to right are head cook Melissa Izer, Client coordinator Cheryl Yeager and kitchen volunteer Lynn Mobley.

**Spotlight on Cheryl Yeager  
Client/Volunteer Coordinator**

Chambersburg Meals on Wheels Coordinator **Cheryl Yeager** has been a steady source of dedication and kindness in our community. Born and raised in Shippensburg, Cheryl's early years were filled with softball games and saxophone performances with the Shippensburg High School band.

For 18 years, she worked alongside her family, helping her father craft and sell wooden pieces at shows and festivals across Pennsylvania, Maryland, Delaware, and Virginia. She then spent 23 years at Citibank as a customer service representative and fraud counselor before bringing her talents and heart to Meals on Wheels.



Over the past four years as Coordinator, Cheryl says the most rewarding part of her role has been the friendships she's built with our volunteer delivery drivers. Her leadership has strengthened our program, and her warmth has touched countless lives.

Now preparing to "semi-retire," Cheryl looks forward to more time with her many hobbies. She has rescued 12 cats, tends to squirrels and rabbits in her yard, and nurtures irises outdoors and violets indoors. A passionate gardener and photographer, she recently visited an iris garden in Berkeley Springs, WV, with our treasurer. Cheryl and her husband Ralph, the Fire Chief at New Franklin Fire Co., also enjoy traveling and camping. Locals know her fondly as the "fry lady" at Bingo nights, where she works side by side with Ralph in the kitchen.

Though Cheryl is stepping back from her coordinator role, she assures us she will remain part of the Meals on Wheels family—this time as a valued volunteer. Her legacy of service, friendship, and community spirit continues to inspire us all.

**Inclement Weather Notifications**

When we experience bad weather—snow or icy conditions that would prevent our volunteers from delivering meals, we announce our closing on the three major Susquehanna Valley television stations—WGAL Channel 8, WHP Channel 21, and WHTM Channel 27. The crawl at the bottom of the screen will read "No Chambersburg Meals on Wheels."

**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 the event that hazardous weather prevents us from delivering our noon-time meal. Replacement meals are delivered after each use.



Many thanks to Boy Scout Troop 128, who donated food supplies in November.



AND



OUR MEALS ON WHEELS CLIENTS

### Norm and Betsy Cannon—Giving Back

When Norm and Betsy Cannon arrive for their Meals on Wheels route, they bring more than meals—they bring warm smiles and a peaceful presence that reflects the joy of their retirement years.

Originally from the Philadelphia area, Betsy grew up in Lafayette Hills and Norm in Chester County. Their paths crossed at Shippensburg University, where they met, graduated, and chose to make Chambersburg their home in 1975.



Norm dedicated his career to teaching math in the Greencastle School District, while Betsy inspired young minds at Scotland Elementary until her retirement in 2007. It was then that they decided to give back to the community

where they had raised their family. When a friend retired from Route 10, which runs through Orchard Drive off Wayne Avenue, Norm and Betsy stepped in—and Meals on Wheels has been grateful ever since.

Family remains at the heart of their lives. They have two children and four grandchildren, ages 16, 14, 12, and 10. Their daughter lives in the South, giving them the perfect excuse to visit and enjoy some beach time. As Betsy shared, *“Our whole family are beachy people,”* with the Outer Banks being their favorite destination.

When asked if they had any special clients they enjoy delivering to, Norm and Betsy didn’t hesitate: *“They are all special!”*

Meals on Wheels is proud to celebrate Norm and Betsy Cannon—two retired teachers who continue to teach us all the meaning of service, kindness, and community. Thank you for choosing to share your time and hearts with us.

### Thank you—Volunteers!

*Chambersburg Meals on Wheels Volunteer Luncheon*

*Friday, April 24, 2026*

Chambersburg American Legion—12:00 PM

### Introducing Patsy Kemp

This quarter’s newsletter client is Patsy Kemp in Chambersburg where she has lived all her life. She is 86 years young and now lives just across Coldbrook Avenue from her daughter. Her three brothers also lived in Chambersburg. Her own family was born and raised on Conner Avenue on the west side of town and she was fortunate to find just the right size house for her so near her daughter.

For 25 years Patsy worked for Sears and Roebuck when they were on Second Street and wrapped up her career with 16 years at Patriot Federal Credit Union. She sewed clothes for her family and did alterations to make a little extra money. She has had a very good life except for the 28 days in the hospital with COVID. She recently had a pacemaker installed and finds it bumps up her heart rate and offers a little more stamina. She volunteered at Chambersburg Hospital for 12 years



She only drives occasionally because of some vision issues; cataracts and glaucoma in one eye. Her spare time is taken up reading Beverly Lewis Amish novels and John Grisham mysteries. Favorite games include Word Search, Mahjong and Solitaire. Growing up a Lutheran she found her way to Harbor Light Temple on Hood Avenue. Pastor Andy is well versed in Christianity and the Bible and she likes the spirit and friendliness there.

Patsy enjoys all the Meals on Wheels menu items. She especially likes the Chicken and Noodles. She is happy she can cancel a meal on short notice if she is not going to be home and especially likes the folks who deliver the meals; they are helpful and happy. She actually could not remember a meal she did not like. Meals on Wheels is happy Patsy Kemp enjoys our meals and appreciates our Volunteers.

### Who Suffers from Food Insecurity?

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 call or have them call us, at 717-263-7228. We are here to help and we care!

### Two elderly women were eating breakfast in a restaurant one morning.

Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing -. Now I think I know where my hearing aid is."

**Upcoming Events—1st Quarter 2026**

- 01/01 New Years Day (No meals delivered)
- 01/19 Martin Luther King Birthday
- 02.91 Groundhog Day
- 02/14 Valentine’s Day
- 02/16 President’s Day
- 02/18 Ash Wednesday & First Day of Ramadan
- 03/08 Daylight Savings Time Begins
- 03/17 Saint Patrick’s Day
- 03/29 Palm Sunday

Visit Chambersburg IceFest Thursday, January 29 to Sunday, February 1, 2026.



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



**Local Care for Food Insecurity**

Chambersburg Meals on Wheels is a community-driven organization that thrives without federal or state funding, ensuring every donation directly supports local neighbors in need. In 2025, thanks to the generosity of supporters, every client received three months of complimentary meals, enjoyed a free birthday meal, and was provided with five emergency meals to prepare for inclement weather—all at no cost. Remarkably, despite rising costs, the organization has not raised meal prices in over nine years and even reduced the cost per meal in 2024 to keep meals affordable and accessible. Our mission is serving the food insecure. During the recent shutdown we granted funds to many food banks serving our area.

Volunteers remain the heart of the mission. Their dedication powers daily operations, and to express gratitude, the organization offers small holiday gift cards to help ease their personal expenses. Chambersburg Meals on Wheels runs efficiently with just four part-time staff members: a cook, assistant cook, volunteer coordinator, and client coordinator. This lean structure allows the focus to remain on serving the community rather than administrative overhead.

Every act of kindness, every dollar donated, and every hour volunteered contributes to a mission that nourishes lives and strengthens bonds across the region. To learn more or to support the cause, visit [www.chburgmow.org](http://www.chburgmow.org) or call 717-263-7228. Your gift matters. Your compassion makes a difference.



I want to reschedule tomorrow’s Colonoscopy.  
Let’s say we did it yesterday

**Don’t Be Fooled or Misled**

Many similar organizations may contact you from time-to-time requesting a charitable donation. Some imply that contributing to these other organizations will benefit us in the Chambersburg area. **This is not true.**

Please be aware that Chambersburg Meals on Wheels receives no Federal or State funding. You might receive solicitations in the mail from the National Meals on Wheels program. While this is a worthy cause, please be aware that any contribution you make to them does not reach us.

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 safely use a credit card on our website at [www.chburgmow.org](http://www.chburgmow.org). All contributions come directly to us.

**Gift 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 his/her 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](http://www.chburgmow.org) or call 717-263-7228 to gift Meals on Wheels.

**Give the ideal Valentine’s Day Gift**

**Volunteer First Year Anniversaries**

- |                   |                        |
|-------------------|------------------------|
| Alena Sensenig    | Charles & Linda Glueck |
| Bud & Peg Stenzel | Lisa Weigand           |
| Cathy Dusman      |                        |

**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