

On the Move

Providing meals to the homebound in the State College area since 1971



Fall 2010 Newsletter

www.scmow.org

Kitchen Upgrade Planning Underway

Meals on Wheels has been operating in the Grace Lutheran Church (GLC) kitchen since its founding in 1971. As we approach our 40th anniversary, planning is underway to upgrade the kitchen to improve efficiency, capacity, and safety. With well over one million meals served, the existing equipment has more than exceeded its expected service life. Costly repairs have become more and more frequent.

Coincidentally, GLC has a major facility renovation and expansion underway. Kitchen modernization will be a timely compliment to the overall church project. Modern equipment will not only reduce food preparation time, but will also greatly improve energy efficiency.

Another concern is the increasing number of clients needing meal service in our community which is pushing the current operation to its limits. A modernized kitchen will allow MOW to serve more clients from the existing space and prevent a waiting list for the foreseeable future.

MOW is working with the GLC building committee to evaluate feasible alternatives. Our hope is that the 40th anniversary will launch a new era for MOW in a modernized space.

ANNUAL FUND DRIVE KICKOFF

Your donations turn the wheels that deliver the meals!

The MOW crew sends out a big thank you to all who have supported us in the past and for all those considering a donation this year. Donations from individuals and groups are the largest single source of funds for MOW and literally put meals on the table for those who cannot cook or shop for themselves. MOW directly impacts the quality of life and the independence of our clients. Through MOW, you can make a huge difference for others in need.

A donation to Meals on Wheels is tax deductible and there are several ways to give. You can return the **enclosed card** with your check or credit card information. Or you can donate directly on our web site at www.scmow.org. Just click the tab labeled **DONATE TODAY**. Donating online gives you the option of donating a specified amount on a periodic basis—you set it up once and the rest is done for you automatically (monthly, quarterly, or semiannually).

Your donation puts us one step closer to our national goal of stamping out senior hunger by 2020, and for that we thank you.

MOW Clients Receive Halloween Treat

Thanks to the generosity of an anonymous donor, every MOW client received an early Halloween treat this year. On short notice, board member Kris Clark and one of her students transported nearly 160 pumpkins to Grace Lutheran Church where they were cleaned and counted out by meal delivery route. Then on Friday, October 15, the pumpkins were distributed, along with meals for the day, by our volunteer driver teams to clients throughout the State College area. This is the first time pumpkins were donated for this purpose and clients were extremely pleased to receive them. Thank you to all who made this simple, but wonderful gesture possible.



Save the Date

Thursday, May 5, 2011

for a very special
Meal that Matters

featuring wine pairing
with a four-course dinner



Hosted by the incomparable **Mike Conti**

Thanks again to our 2010 dinner sponsors

Affinity Connection
Brookline
Centre Concrete
Centre County Office of Aging and RSVP
Kristine Clark and Craig Weidemann
in support of Centre County PAWS
First National Bank
Foxdale Village
Frost and Conn Incorporated
Galen & Nancy Dreibelbis

Lassie MacDonald and Marcia
Martsof-Miller of Gambone,
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**Partners in Healthcare was a joint sponsorship by Centre Home Care, HealthSouth, Home Instead Senior Care, and T & B Barr Home Care Equipment*

**MOW WINS
PLATINUM
AWARD**

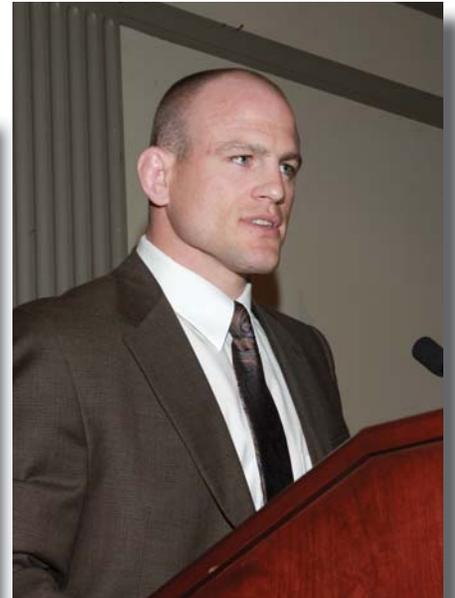
Enid Borden, (right) President of the Meals on Wheels Association of America, presents the Platinum Award check to MOW Executive Director Anna Carol Buffington. The Platinum Award was one of just seven presented throughout the nation for the most excellent 2010 March for Meals activities. MOW has won a March for Meals award each time it has participated in this program to raise awareness of senior hunger. Two of these awards have been at the highest level, the Platinum Award. The \$2,600 award was sponsored by Harrah's Foundation, a generous corporate sponsor of MOWAA.



Notice of Registration: A copy of the official registration and financial information for State College Meals on Wheels may be obtained from the Pennsylvania Department of State by calling toll-free within Pennsylvania: 1-800-737-0999. Registration does not imply endorsement.



Some of the happy faces from the Meals on Wheels 2010 Meal That Matters. The tablecloth above bears hundreds of signatures of those who have taken the pledge to help stamp out senior hunger by the year 2020. The cloth was part of our award winning "March for Meals" campaign and a national effort to collect six million signatures, one for each senior at risk of hunger every day. Below left, Ruth Dreibelbis is honored as the first member of MOW's Volunteer Hall of Fame. Below right, wrestling legend Cael Sanderson served as keynote speaker for the dinner.



Staff Changes

Changes in staff are rare at Meals on Wheels and July 2010 was one of those rare occasions. Gail Daub has retired after 12½ years of service as head cook. Gail prepared more than 40,000 meals per year for hundreds of clients and was an indispensable member of the MOW team. We will miss Gail and we wish her only the best in the future.

Tom Everly, formerly the food service aide, has been promoted to head cook. Tom brings a wealth of food service experience and boundless energy to the position. We congratulate Tom and wish him well in his new position.



Gail Daub



Tom Everly



Becki White

Becki White replaces Tom as the new food service aide. Becki is relatively new to State College. She brings a wide range of skills to MOW and an infectious enthusiasm to the team.

Please stop in and say hello to Becki and Tom and congratulate them on their new positions. We are fortunate to have them both.

VOLUNTEERS ARE “PRETTY AS A PICTURE”



One of our grateful clients painted portraits of the volunteers who deliver her meals. Pictured above is driver Tannis Bugaji with her portrait. Her partner, Sharon Rolley, also received a portrait.

Winning Essay Brings \$500 to MOW

Meals on Wheels Association of America/Subaru “Share the Love” Grant Program

State College Meals on Wheels just won \$500 for being selected as one of the Subaru “Share the Love” essay winners for its story on how MOW volunteers share the love with clients during the holiday season. A check for \$500 is on its way to MOW as a result. However, Phase 2 of the competition is now underway to see which essay can get the most online votes. Essays with the most votes by January 3, 2011 will win another \$500 for their organization. You can view the essay at <http://mowaablog.org/>, then click on #113. Click on the “Like” icon to register your vote. Please pass on to your friends to help us win the next \$500.

Have You Considered Volunteering?

State College Meals on Wheels has served over 1 million meals since it was founded in 1971. But now Meals on Wheels needs your help as we work on our second million meals. Kitchen helpers, volunteer drivers, and meal runners are all needed. All you provide is a willingness to commit a few hours a week to a great cause. For drivers, reimbursement for vehicle mileage is available.

Volunteering with Meals on Wheels is a meaningful way to give back to the community. You will be amazed at how a simple meal can lift the spirits and improve the life of the people on your route. How would you feel, knowing that you are making a real difference in the lives of others?

To sign up or to get more information, go to the Volunteer tab on our Web site at www.scmow.org. Or call the MOW office at 235-8135.



Tom Lieber (in green jacket) and Kara Baird (black jacket) plan pet food project



Like their owners, the pets who are cherished by our homebound clients receiving Meals On Wheels services also need nutritious meals to stay healthy. Appreciating how important it is to both provide clients and their pets with high quality nutritious meals, State College Meals on Wheels will soon be starting our own We All Love Our Pets (W.A.L.O.P.) program. The idea for this program initiated with the Meals on Wheels Association of America. We hope to keep clients' companion pets, sometimes a homebound person's only “family” member, well nourished and healthy.

Clients that rely on the services of Meals on Wheels do not always have the resources to adequately nourish themselves, let alone their beloved companions. As a result, clients sometimes give portions of the prepared meals they receive to their pets. This reduces the amount of proper nutrition the clients receive and also

results in the animals not receiving sufficient food. This could cause possible health problems for both client and animal.

To help establish this pet feeding program, the Banfield Charitable Trust has donated \$1,000 to our WALOP program. State College Meals on Wheels is grateful for this generous donation. Since its inception in 2003, Banfield Charitable Trust has worked hard to provide assistance, support, and hope to pets and families wherever they share their loving bond. Their mission is to keep pets and families together and to strengthen the bond between pets and their owners.

The initial planning for the W.A.L.O.P program has been accomplished by a team of students from a Health Policy and Administration class at Penn State as part of the fulfillment of a course project. SCMOW appreciates the efforts of these students as they help us to “WALOP” the hunger of our clients' furry companions.