

On the Move

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



Fall 2013 Newsletter

www.scmow.org

A Wonderful 25 Years!



Anna Carol Buffington

Reflecting on serving as Executive Director of State College Meals on Wheels (SCMOW) evokes memories of employees, clients, and volunteers whom I have been blessed to know over the past two and a half decades. After overseeing the delivery of 956,429 meals, it is time to move on to the next stage of life—retirement.

My first memory of SCMOW—my first day on the job. Being familiar with a similar model of commercial mixer, I proceeded to prepare chocolate pudding for that day's menu. I adjusted the speed dial

to "1" (or so I thought) and turned the machine on. Oops! This model has a handle that is opposite the speed number, not one that points to the number like the mixer I had used previously. The cook, now thoroughly splattered with chocolate pudding—the dial was set to "3," not "1"—just turned around, looked at me with her dark brown eyes, and then turned back to her food prep for the day. Lesson learned!

SCMOW has seen so many changes over the years: from hand writing the route sheets to using an "in the cloud" computer software program; from serving 70 people each delivery day in 1988 to delivering to 150 clients today; from cooking in an antiquated kitchen to preparing meals in the new commercial kitchen. What will the future bring for SCMOW? No doubt the client count will increase as the Baby Boomer generation ages and needs services. The number of retirees moving back to this area will swell the number of clients. What a difference 25 years makes! But one thing stays the same. Seniors are fed each Monday, Wednesday, and Friday, helping them to remain in their own homes for as long as possible.

All who have served SCMOW as cooks and food service aides have worked diligently to feed the hungry seniors and homebound of our community. Their caring and faithful service showed in the food they prepared and the interactions with clients and volunteers alike.

The clients have ranged from 1½ years of age to 103 years old. What a joy they have been to know! Many are memorable:

the fellow who tipped the scales at 675 pounds; the bed-bound pregnant 19-year-old mother with a 1½ year old toddler; the 35-year-old mother of an autistic child with their four-foot iguana in the kitchen; sweet, loving Millie who was always happy to see our volunteer visitors; the 99-year-old WWII vet who lives alone and needs meals prepared and delivered. Each has a story, often a sad story, since they are not able to cook for themselves. These are God's children—our mothers, our fathers, our teachers, our veterans, our neighbors—and they need to be fed!

Heroes are not those who act in movies or sing in videos or hold public office. Heroes are those who serve others tirelessly and willingly. Heroes are those who volunteer for Meals on Wheels. The SCMOW volunteers that I have met these past years will always be my heroes. Ruth Dreibelbis served SCMOW until she was 92 years old; she wanted to help but her health would not permit her to do so. She continued to support the program until her passing this year at age 106. She never forgot names or birthdays or how to serve others.

Many volunteers at SCMOW have worked to deliver meals and a friendly visit to the homebound residents of the State College School District for an amazing number of years. From Ellen (41 years a volunteer) who served as one of the first volunteer chairs; to Ginny and Peggy (30 years each), our first kitchen volunteers; to Norma, Natalie, and Joelle as drivers and visitors who total 115 years of service among them. *(Continued on page 4.)*

ANNUAL FUND DRIVE

Meals on Wheels is a classic team effort. Cooks, volunteers, Executive Director, church facilities, suppliers, and Board of Directors all work together to produce the magic of nutritious, home-delivered meals.

Another critical member of the team is YOU! This time of year we ask you to consider supporting this amazing team with a contribution that will stay locally and help fight senior hunger.

So please make your tax deductible contribution today using the enclosed mail-back card. You can include a check or credit card information. Or you can donate online at www.scmow.org and click on "Donate Today." To all those who have already donated, thank you for your generosity!

DONATION FORM ENCLOSED

Meals on Wheels Honors Volunteers

On October 19, 2013, Meals on Wheels held a Volunteer Appreciation Brunch to honor the scores of volunteers that support the State College MOW operation. A large turnout was on hand to enjoy a sumptuous brunch at Le Papillon restaurant in the Toftrees Resort. Our loyal volunteers donate their time to help prepare, package, and label meals as well as deliver them throughout the State College Area School District.

Each volunteer received a corsage/boutonniere and a permanent nametag to wear while volunteering, and was invited to select a thank you gift donated by various community sponsors. The choices included certificates for Auntie Anne pretzels, Sweet Frog frozen yogurt, Sheetz gift cards, Starbucks goody bags, Kiwi frozen yogurt, and a few hand thrown bowls and mugs left from the Empty Bowls fundraisers (*continued on next page*).



To: The Entire Meals on Wheels Organization,



THANK YOU! You've helped me through a difficult time in my life.

I've cancelled my request for meal delivery last month because I'm "back on my feet" and can better handle the grocery shopping and food preparation chores for myself, so I thought I should free up the MOW resources to help the more needy in our community.

As many of you know I'm a stroke survivor who is profoundly paralyzed on one side and my wife divorced me earlier this year...so you really did help me through a very difficult period of my life.

In addition to the staff and volunteers who do the administrative, cooking, and delivery work, I want to thank those individuals and groups who took the time to draw me pictures; write me notes; and include flowers, Girl Scout cookies, and other mementos with my meals to make my day a little brighter. THANK YOU!

I feel remiss that I never got the names of the groups who provided me with those special extras, so I could have written thank you notes to them. PLEASE PASS ALONG A BELATED THANK YOU TO THOSE SPECIAL PEOPLE and let them know they are in my prayers and that the world needs more people like THEM!

Sincerely, [A Grateful Client]

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: 1-800-732-0999. Registration does not imply endorsement.

Questions or comments about the newsletter may be directed to Newsletter Editor Janet Haner at j.haner@comcast.net.

During the brunch, a Power-Point showed photos of volunteers past and present, kindled memories of special events, and celebrated highlights of SCMOV history. A moving video produced by the National Meals on Wheels Association featuring State College client Helen Cosgrove was also part of the program.

Bill Haner, SCMOV Board President, shared with the group that Executive Director Anna Carol Buffington will retire at the end of this year and recognized her 25 years of service with a nostalgic review of her many accomplishments. He also spoke about the volunteers and what an integral part they are in the MOW operations—how the tens of thousands of meals delivered annually would simply not be possible without their dedicated efforts. Few other non-profits rely on their volunteers for such service. Meals on Wheels is indeed fortunate to have more than 150 dependable volunteers who are generous with their time and talents.



MOW volunteers help themselves to a delicious brunch of eggs, bacon, sausage, pancakes, french toast, potatoes, fresh fruit, and pastries accompanied by fruit juices and coffee.

Many Thanks

to the businesses who donated items to honor our volunteers—when you visit these stores, please thank them for their support!



A Wonderful 25 Years! *(continued from page 1)*

The SCMOW corps of volunteers is currently organized by Ellen Jarrett, Glenda Manbeck, and Carole Ensore. They work diligently to fill each of the 22-24 volunteer positions that are needed every day. Thousands of phone calls a year keep the volunteer roster filled.

The SCMOW board of directors has carried out the business of SCMOW with diligence, trustworthiness, and honor. They keep the organization financially sound and effectively operating as a small business should be operated.

To all the employees and volunteers, I give my heartfelt thanks for all you have done to support my efforts at State College Meals on Wheels. We have all worked together "...so that no senior goes hungry!"

Anna Carol Buffington, RD, LDN



Become a Meals on Wheels Hero

Volunteer to package a meal, deliver a meal, or contribute to provide a meal. I know that I will be doing so after retirement.

Hope to see you there!

To volunteer, sign up online at scmow.org or call 814-237-8135 to volunteer. Drivers and visitors are especially needed!

STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

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Executive Director Anna Carol Buffington, RD, LDN

SAVE THE DATE

Thursday, May 15, 2014



2013 DINNER SPONSORS

Platinum

Brookline

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Affinity Connection	Minitab, Inc.
Centre County Office of Aging	Nestlerode & Loy, Inc.
Diversified Asset Planners	Mary Lou Bennett of RE/MAX Centre Realty
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Metzger Animal Hospital

Mount Nittany Health System

National Penn

SNOW POLICY

What happens to meal delivery in the case of inclement weather? When it snows or is icy, State College Meals on Wheels follows the lead of the State College School District: if the schools are closed, there will be no meal delivery that day. If the schools have a delay, MOW will make a decision on a case-by-case basis and an announcement will be made through various radio and TV outlets.