

# On the Move

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



Fall 2009 Newsletter

## New Web Site Debuts

[www.scmow.org](http://www.scmow.org)

Meals on Wheels unveiled its vastly improved Web site at the beginning of November. Hosted by Affinity Connection, the site was designed and built by Affinity in coordination with Meals on Wheels personnel. Featuring a visually attractive look and an easy-to-navigate structure, it is intended to be a convenient information center for the general community, volunteers, staff, and board members.

The site enables many administrative actions to be accomplished online, such as applying for meal delivery or signing up to become a volunteer. Digital forms available on the Web site can be filled in and electronically submitted to Meals on Wheels with key information that previously would have taken much more time to gather over the phone or in a face-to-face interview.

News, special events, and important messages are also an important feature of the new Web site. Information is available at the click of a mouse regarding eligibility for meals service, the meal delivery area, and detailed information on volunteer opportunities. Perhaps you are wondering what is on the menu today? Just go to the Menu page and quickly look it up. Need information about our partner agencies? Click on the Other Resources page to find useful links, phone numbers, and addresses.

Additional content and exciting new functionality are planned for the near future. So visit our new Web "home" frequently for updates!



## Annual Fund Drive

Please join us again this fall in supporting the increasingly important work of Meals on Wheels with a contribution to the Annual Fund Drive. Your amazing generosity in the past has enabled us to overcome the challenges of an increasing client load, rising costs, and an historic economic downturn. Your dollars support homebound individuals in their struggle to maintain their independence and help reduce the incidence of senior hunger. Your donation truly does make a difference!

New this year, you are able to make your tax deductible donation conveniently on our Web site. Just go to the "Donate Today" tab along top of the home page. You can make a one time donation or schedule payments spread over a designated period.

Donation Form Enclosed

# Meals on Wheels Goes to the Classroom

Meals on Wheels visited Mrs. Jan Walters and Mrs. Sharon Stec's 5th grade classrooms at Our Lady of Victory Elementary School last month as part of the classes' community service unit. Representing MOW, Anna Carol Buffington explained to the class how the meals are delivered on several routes using insulated meal carriers. She also demonstrated the sealed tray system that protects the food and makes handling easier. The children were extremely interested and asked great questions. Later, MOW received a card with the following note:

Dear Mrs. Buffington,

Here are the bags we decorated for your clients. Thanks for talking to our class. Here are 50 dollars in gift cards to Sheetz to help pay for gas. We'll keep your clients in our prayers.

Your Friends, 5th Graders OLV School



Executive Director Anna Carol Buffington talks with 5th graders at OLV School

MOW thanks the OLV classes for their very thoughtful and generous contributions and their interest in community service.

## SAVE THE DATE!



## Fifth Annual "Meal that Matters" Benefit Dinner



- Thursday, May 6, 2010. Nittany Lion Inn Ballroom, 7:00 pm
- Speaker – Cael Sanderson, Head Coach of the Penn State Nittany Lion Wrestling Team. A national wrestling legend, Sanderson is credited as being the most dominant collegiate wrestler in NCAA history with four individual national championships, a perfect 159-0 career record, and an Olympic Gold Medal (Athens 2002).

### Thanks again to our 2009 dinner sponsors

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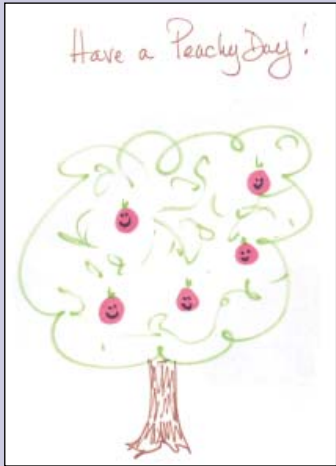
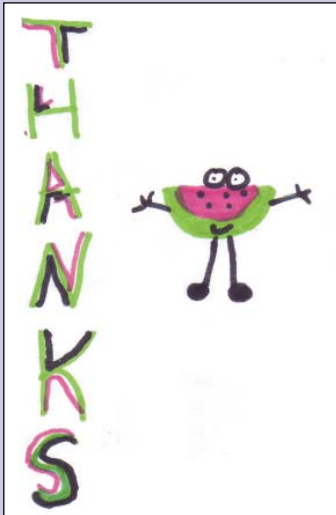
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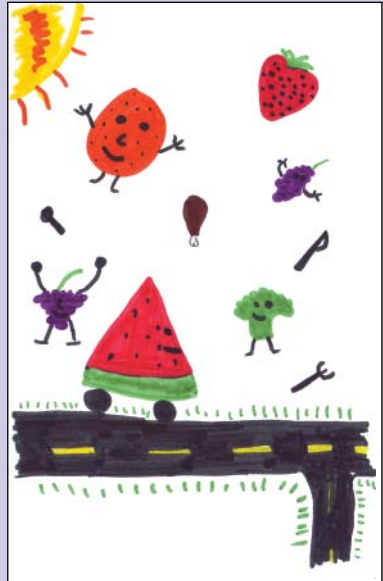
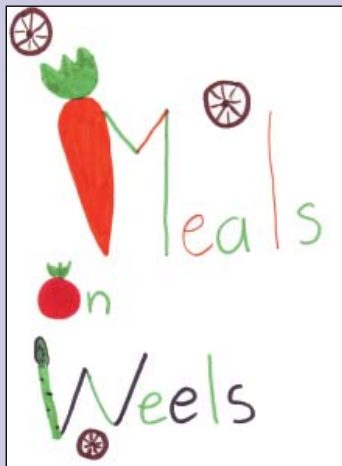
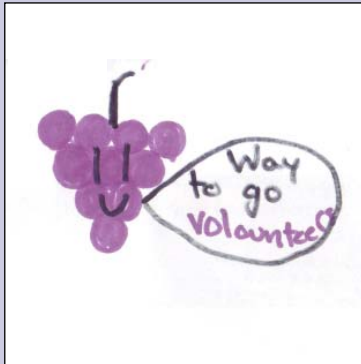
Anna Carol Buffington





## Thanks, Volunteers!

At the Meals on Wheels Volunteer Appreciation Breakfast on October 3rd, each volunteer received a thank you note designed by middle school students. Here are some of the colorful cards.



# Alternative Christmas Fair

Sunday, December 6, 2009  
11:00 am to 2:00 pm



University Baptist and Brethren Church  
411 South Burrowes Street  
State College, PA

The Alternative Christmas Fair provides an alternate means of giving during the holiday season. During the Fair donations may be made to any of 20 local, national or international charities (including Meals on Wheels) in honor of family and friends.

Children's Alternative Store and Games 11:00 am to 1:30 pm

Soup/Sandwich Mission Lunch (on site or take out)  
Baked Goods and Christmas Cookies

## ADMINISTRATIVE ASSISTANT NEEDED

Meals on Wheels is seeking a person willing to volunteer three to five hours per week to assist the executive director with various administrative tasks. The tasks include maintaining client and volunteer records and preparing monthly client statements. Basic computer skills are required. To apply for this position or request more information, contact Anna Carol Buffington at [acbuffington@yahoo.com](mailto:acbuffington@yahoo.com) or call her at (814) 237-8135.

## 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. Volunteer drivers and meal runners are especially needed. All you need is a vehicle and a valid driver's license and a willingness to commit a few hours a week to a great cause. 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](http://www.scmow.org). Or call the MOW office at 235-8135.

## Volunteers Recognized at Breakfast



MOW Volunteers were recognized for their service at Foxdale Village on Saturday morning, October 3. Board President, Bill Haner, thanked the scores of volunteers for their service, their loyalty, and the precious gift of their time. Each volunteer was presented with a thank you note created by art students at the Mount Nittany Middle School. See samples of the very creative thank you notes on page 3.