

On the Move

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



Spring 2010 Newsletter

www.scmow.org

Cael Sanderson Headlines 5th Annual Meals on Wheels Benefit



Five years ago the financial situation of State College Area Meals on Wheels looked bleak. The budget had been bleeding red ink for several years and something had to be done. Thanks to the bold vision of a few board members, the idea for a benefit dinner was born.

In April 2006, the first dinner became a reality and was an instant success, due in large part to the generous support of a number of sponsors (that tradition continues--see a list of the 2010 sponsors

below). Over 250 guests attended that first dinner.

Traditionally, the dinner has embraced a sports theme and includes a prominent sports figure as guest speaker. Combined with a spirited auction and the great meals provided by the Nittany Lion Inn, the evening has always proven to be a special occasion.

This year's "fifth edition" will be no exception. Penn State Wrestling Head Coach Cael Sanderson will be the featured speaker. Fresh off a highly successful first season, finishing ninth at the 2010 NCAA Wrestling National Championships and placing three wrestlers as All-Americans, Coach Sanderson will share his thoughts and winning perspectives with us.

Sanderson is credited as being the most dominant collegiate wrestler in NCAA history. His four individual national championships, a perfect 159-0 career record, and an Olympic Gold Medal (Athens 2002) have made him a national wrestling legend. He is already leading the Nittany Lion wrestlers to national prominence and the future holds incredible promise.

Join us for a wonderful evening and hear Coach Sanderson in person. Complete and return the enclosed order form for tickets, or call (814) 360-6571 for more information. For a listing of auction items, go to "Auction Items" on the SCMOW Web site at www.scmow.org.



Cael Sanderson

Dinner Details

Date: May 6, 2010

Location: Nittany Lion Inn Ballroom

Time: Social Hour, 6:00 pm/
Dinner, 7:00 pm

Tickets: Call (814) 360-6571

Please Join Us in Thanking Our 2010 Dinner Sponsors

Affinity Connection
Brookline
Centre County Office of Aging and RSVP
Kristine Clark in support of
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Wegmans Food Markets, Inc.
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*Healthcare Consortium is a joint sponsorship by Centre Home Care, HealthSouth, Home Instead Senior Care, and T & B Barr Home Care Equipment

Norma McCarl Named 2010 Meals on Wheels Volunteer of the Year

Norma McCarl has volunteered to deliver “the next meal” for the State College Meals on Wheels (SCMOW) since 1972 when her son was just six years old. Today he is 44. From the time Norma began volunteering with SCMOW, she has always served where she was needed.

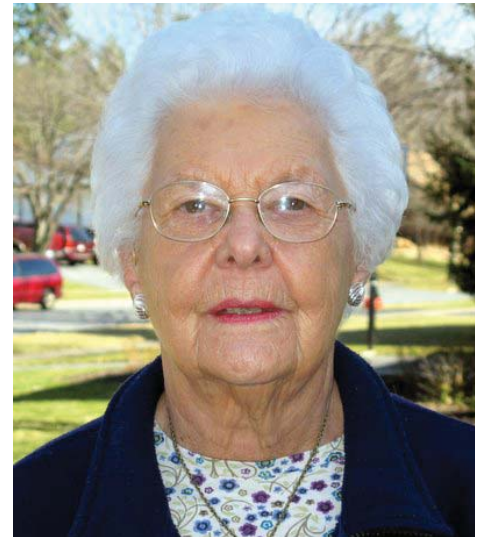
For most of her time with SCMOW, she has served as a driver and visitor. Norma’s wonderful smile and cheerful visit brighten the days of the clients on her route. When a substitute driver is needed, Norma is quick to respond with additional help.

Norma also served on the SCMOW Board of Directors and brought the perspective of a volunteer to the team. She was the volunteer coordinator, securing drivers and visitors for each route every Monday, Wednesday, and Friday.

With her late husband Richard, Norma delivered Route #7 in the southeast section of State College. Annie Moyer and Cindy Irwin now accompany Norma on this route. These three ladies have a wonderful time together as they deliver meals to the homebound folks who are unable to cook for themselves.

Since 1972 when she joined our volunteer team, over one million meals have been served by SCMOW, and Norma has been a dedicated volunteer throughout all of these years. Words cannot do justice to the contributions that Norma McCarl has made to our meal delivery program. While supplying nourishing meals to our clients, she fed their spirits with her cheerful nature and friendly smile.

Norma, we thank you for your 38 years of dedication to State College Meals on Wheels. This outstanding volunteer has shown us by her fine example how to be God’s servant to feed others “so no homebound person goes hungry.”



Norma McCarl



Take the Pledge to End Senior Hunger

It is hard to believe that between five and six million seniors face the threat of hunger in the United States. According to a study sponsored by the Meals on Wheels Association of America (MOWAA) in November 2009 and an earlier groundbreaking study on the same topic, the problem is nationwide and growing worse.¹

The problem varies across the country with rates of “food insecurity” ranging from less than 2 percent of seniors in South Dakota to over 12 percent in Mississippi. Pennsylvania is not immune with a rate of 4.3 percent. Surprisingly, the seniors most at risk are those in their 60’s. Seniors over 70 actually have a lower risk of hunger.

However, MOWAA feels that we can reduce and maybe even eliminate this problem if we all step up and do our part. MOWAA has set a goal to end senior hunger by 2020 and has organized a “Take the Pledge” campaign to promote this cause. You can take the pledge at www.mowaa.org/pledge. You can put your pledge in motion by volunteering with a local Meals on Wheels program, by sending a donation, by generating awareness of the situation, or by sharing your ideas on how to alleviate or solve this problem.

Join the “March for Meals.” Take the pledge today to help eliminate senior hunger in America by 2020.

¹2008 study by James P. Ziliak, Ph.D., Gatton Endowed Chair in Microeconomics and Director of the Center for Poverty Research, University of Kentucky and Craig Gundersen, Ph.D., Associate Professor, Department of Agricultural and Consumer Economics, University of Illinois.



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Happy moments and smiling faces from past Meals on Wheels benefit dinners



Meals on Wheels Awarded Walmart Foundation Impact Grant

State College Meals on Wheels (SCMOW) is pleased to announce that it has been awarded a grant from Meals on Wheels Association of America (MOWAA) and the Walmart Foundation in support of the local program.

In a competitive grant process, SCMOW was selected to receive \$15,000 toward the purchase of a blast chiller/freezer unit. This piece of equipment will improve the efficiency and productivity of the food preparation process as well as enhance food handling safety.

The Walmart Foundation donated a total of \$2.2 million dollars to provide essential items of equipment to Meals on

Wheels programs across the country to help ease the financial burden of the economic recession and mitigate the ever-rising costs of operation.

“The Walmart Foundation has once again stepped up to the plate as a powerful partner in the fight to end senior hunger,” said Enid Borden, president and CEO of MOWAA. “They are our largest corporate partner to date and their support will make a tremendous impact in helping our programs sustain meal services well into the future. We can’t thank the Walmart Foundation enough for joining us in our national movement to end senior hunger in America by 2020.”

Client Quote

“Dear folks,

When I delivered meals on Wheels I often wondered whether they were appreciated. Now that I am on the receiving end, I can assure you that they are. Thank you for the delicious meals and dedicated service. Thank you. Thank you.

P.S. I wish that I were back delivering. Best wishes to all.”



Barbara Snyder and Phyllis Stuby dye eggs for MOW clients

Have You Considered Volunteering?

State College Meals on Wheels has served over 1 million meals since it was founded in 1971. 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. Or call the MOW office at 235-8135.