

On the Move

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



Spring 2011 Newsletter

www.scmow.org

Meals on Wheels Annual Benefit to Feature New Format... Conti to Host

State College Meals on Wheels celebrates its 40th year serving our community with a very special event this year. The evening, set for Thursday, May 5 at the Nittany Lion Inn, features a festive four-course dinner with wines paired with each course. The theme of the dinner, "Spanning the Globe," highlights food and wine selections from around the world. Countries to be "visited" include Argentina, Australia, Chile, France, Mexico, and Italy, as well as selections from Hawaii and Washington State. The evening will be narrated by guest



Mike Conti

host Mike Conti—noted restaurateur, wine educator, and Penn State Hospitality Services alum.

The event, dubbed "A Meal That Matters," is the primary fundraiser for Meals on Wheels. Since the organization receives no government funding, it relies primarily on donations and fundraising events to finance its



operations. The evening will include door prize drawings and an extensive silent auction. A list of the items for the silent auction will be posted on the MOW web site, www.scmow.org, soon. For tickets, return the enclosed order form or call (814) 360-6571. Order your tickets now and come join the fun!

Dinner Details

Date: May 5, 2011

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 2011 Dinner Sponsors

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Natalie Urban

Natalie Urban Named 2011 Meals on Wheels Volunteer of the Year

Natalie Urban has served as a volunteer for some 37 years. When State College Meals on Wheels was a fledgling organization in the early 1970's, Natalie began her dedicated service as a driver and a visitor to deliver meals to the homebound residents of the Centre Region.

Natalie's wonderful smile and cheerful greeting bring joy to the clients whom she serves each Friday on her route. She is undaunted by the challenges of delivering meals on her rural route through the hills and valleys north of State College. Neither

the snow-packed driveways nor the barking dogs have slowed her down as she bring the hot meal and bag supper to clients' doors. (Ask her about her encounter with the four foot long iguana—the creature did give cause for some concern.)

Along with her delivery partner, Joelle Ferguson, Natalie offers the clients a warm greeting and visits with them for a few moments. Just seeing her smile brightens their day.

Natalie, thank you for your 37 years of dedication to State College Meals on Wheels!



Natalie delivers meals to clients



Natalie with her delivery partner, Joelle Ferguson

MBA Students Join the March for Meals

What do four Penn State MBA students and Meals on Wheels have in common? A desire to serve others! In the service learning project of the Penn State Smeal College MBA program, students go into the community to assist non-profit agencies with projects that the agencies may not otherwise be able to accomplish.

MBA students Alex Bauman, Jamie Lorentz, Bob Sanders, and Jason Sandusky dedicated 100 hours this semester to developing a training tool for State College Meals on Wheels. They decided to develop a PowerPoint presentation that can be used to teach new volunteers how to accomplish the delivery of meals to the clients.

The students began their project by helping deliver meals to clients to see firsthand just what is involved. Armed with this knowledge, they developed a detailed description of how to interpret the route delivery sheet, what to do in case of emergencies, the need for food safety, and the importance of confidentiality with regard to client information.

Using the information provided by the PowerPoint presentation, new drivers and visitors will be able to more quickly learn the correct procedures for delivering meals.

This project was completed as part of the March for Meals activities of 2011. State College Meals on Wheels and its volunteers send a big thank you to the students for completing this project for us. Without their help, we would not have been able to accomplish this task.

A project of the 2011

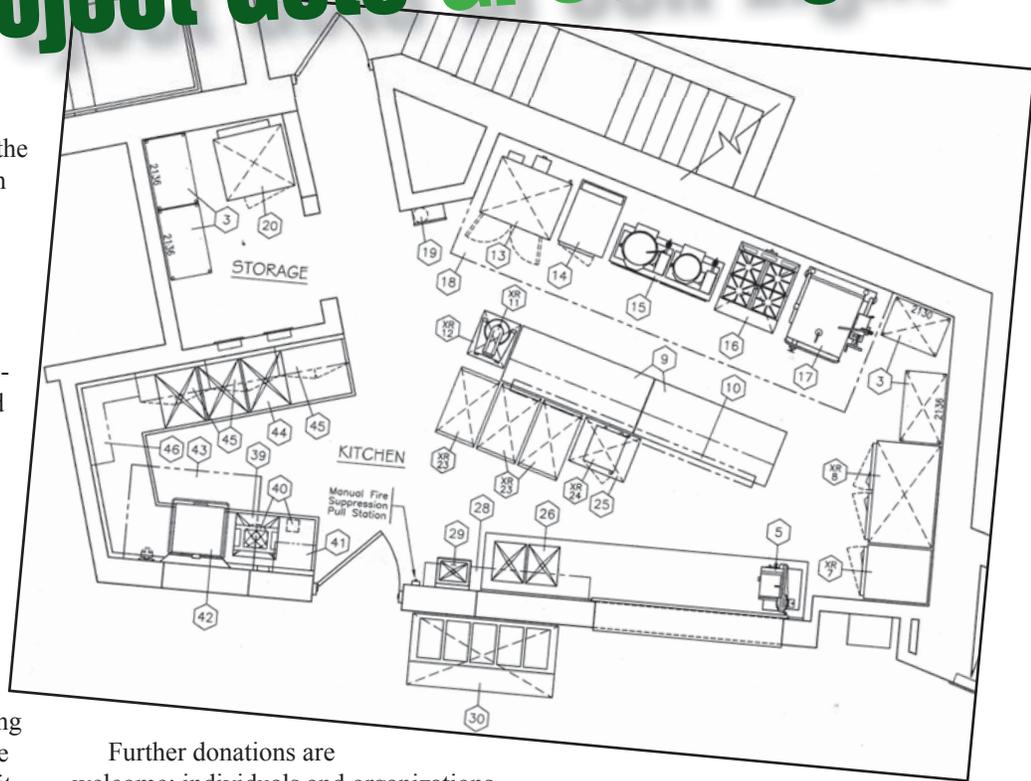


Kitchen Project Gets Green Light

After more than four years of planning, the kitchen in the lower level of Grace Lutheran Church where Meals on Wheels operates is slated to be completely renovated and outfitted with the latest in commercial food service equipment. The project, which will modernize the fifty-year-old facility as part of the larger church renovation, has been approved for an immediate start. It is expected to be completed by the end of August and will culminate in a Meals on Wheels 40th Anniversary year-end celebration—an open house that will showcase the new facility.

All new kitchen equipment will be installed as well as upgraded ventilation, fire protection, lighting, food preparation surfaces, and sanitation equipment, all in accordance with the latest health and building codes. The upgraded kitchen will have twice the production capacity of the existing facility and will allow for eventual service expansion.

The project is a cooperative venture between Meals on Wheels and Grace Lutheran Church. Meals on Wheels is covering a large portion of the project—funding made possible through the generous support of donors and fundraising efforts by the MOW board.



Further donations are welcome: individuals and organizations may sponsor pieces of kitchen equipment. Sponsorship will be recognized with a permanent placard affixed to the piece purchased with the donation. For information on equipment sponsorship, email Bill Haner at b.haner@comcast.net or call (814) 360-6571.

MEALS ON WHEELS FUND AT CCCF

Permanent endowment funds provide a growing portion of income for Meals on Wheels. Gifts to this type of fund are special because they generate income in perpetuity. Seed money for this fund was provided in 2004 by an anonymous donor committed to helping seniors in our community. If you would like to help secure the future of Meals on Wheels with a gift that will generate permanent income, call CCCF at 237-6229 or email at info@centrecountyvcf.org. There are many ways to donate, and all gifts, regardless of size, are most gratefully accepted.



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40 YEARS

AND MORE THAN A MILLION MEALS!

Time sure flies when you're having fun! Can it really be 40 years since a fledgling operation began in the Grace Lutheran Church kitchen on August 16, 1971 with home-delivered meal service to 28 clients? The idea started as a community Lenten project led by Rev. James Trost of St Andrew's Episcopal Church and Rev. Peter Mackey of St. Peter's United Church of Christ. Donations from local women's service organizations provided the initial funds along with support from the Community Action



First Director Margaret Yost

Agency. Amazingly, the operation was self-sufficient in less than a year. Margaret Yost was the first executive director for Meals on Wheels and served from 1971 to 1985. The current director, Anna Carol Buffington, who has been in the position since 1988, has witnessed a transformation of the organization into a sophisticated and forward-looking human service agency that continues to adapt with the times. In the last 10 years MOW has started an endowment fund at the Centre County Community Foundation that generates permanent income; instituted a successful benefit dinner, *A Meal that Matters*, that has become its largest fundraiser; and developed a full-featured Web page.

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In 2008, Meals on Wheels marked a major milestone by serving its one millionth meal to clients in the local community. By then it had become apparent that the existing equipment was wearing out and would not support the increases in client numbers expected in an aging population. Repairs were becoming more frequent and costly. Planning began on a kitchen modernization project to increase the efficiency and capacity of the operation. This project is now a reality and the transformation to a modern commercial kitchen will be complete by this fall.

Over the years, literally hundreds of volunteers have made this service to our community possible.

There have been numerous dedicated staff, and scores of board members who have given generously of their time and talents. Many thanks and much credit are due to their unselfish contributions to the organization. The State College Meals on Wheels family looks forward with excitement and optimism to the next 40 years.



In 2006, current Director Anna Carol Buffington received the Ann Graybill Cook Volunteer of Distinction Award

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.

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.

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