

# On the Move

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



Spring 2013 Newsletter

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

## Coach Bill O'Brien to Speak at Annual Dinner

*Thursday, May 16, 2013  
Social Hour 6:00 pm / Dinner 7:00 pm  
Nittany Lion Inn*



Meals on Wheels is thrilled to have Penn State Football Head Coach Bill O'Brien as our speaker and honored guest for this year's annual benefit dinner, "A Meal that Matters." Coach O'Brien has inspired his team, the university, and the community with his unique blend of leadership and coaching prowess. In only his first year as head coach, O'Brien was the winner of multiple awards, including 2012 Bear Bryant Coach of the Year, ESPN Coach of the Year, and Maxwell Football Club Collegiate Coach of the Year.



Coach O'Brien's example reminds us that leadership, commitment, hard work, and teamwork can overcome great adversity. Working together in our community, we too can overcome obstacles, find solutions, and enhance the quality of life for those who need special services to remain independent.

This year's dinner will again feature incredible silent and live auctions. There will be something for everyone as we gather to enjoy a fun-filled evening in support of a critical community service. Watch the MOW website for a detailed listing of auction items.

A limited number of tickets are available, so get your ticket order in quickly by completing and returning the enclosed ticket order form.



## Helen Evans MOW Volunteer of the Year

For twenty years, Helen Evans has been part of the **March for Meals ...so no senior goes hungry!**

Helen serves as "crew chief" every Wednesday morning for State College Meals on Wheels. She arrives early to help in the kitchen, often peeling hard boiled eggs for egg salad sandwiches. That is 12 dozen eggs x 17 times per year x 20 years, which adds up to 48,960

eggs, give or take a few—all from a "Good Egg" who has peeled a lot of eggs! Helen also directs the packaging of the meals so that each client receives the correct diet.

This outstanding volunteer, at age 85, has shown us by her fine example how to be God's servant by feeding the hungry. Mere words cannot describe the contributions she has made to our community. Her dedicated efforts have helped to nourish hundreds of clients with nutritious meals. Helen, thank you for twenty years of outstanding service to Meals on Wheels.

## 2013 Dinner Sponsors

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# Gifts of time, money can help ease senior hunger

By Anna Carol Buffington

On Monday morning last week, I received a call at State College Meals on Wheels (SCMOW) asking if we were delivering that day. Public schools were on a two-hour delay. The client was fearful that we would not be able to bring her meals. She said her refrigerator and freezer were empty. She had eaten the last of her food early on Sunday.

"Yes," I told her. "We are delivering meals."

If we had not delivered meals that day, would this dear soul have had anything to eat? She lives alone and no one would have known that she had no food.

The golden years of many seniors are being tarnished by lack of food.

According to the most recent study by economists James P. Ziliak and Craig Gundersen, 8.3 million seniors age 60 or older are threatened by hunger, an increase of 78 percent from 2001 to 2010, the latest year for which statistics are available. That is one in nine seniors—our mothers, our fathers, our teachers, our neighbors, our veterans.

Most seniors who are "food insecure," a fancy phrase for hunger, lack the funds to purchase or the ability to prepare food due to health or economic difficulties.

What can be done about this spreading "disease" called hunger? Meals on Wheels exists for this purpose. In State College, food is prepared in our kitchen at Grace Lutheran Church, packaged and delivered three days a week by caring volunteers to those in need in our community.

How can you help end senior hunger in our town? State? Country? Join us in our fight to end senior hunger. Donate a meal. Twenty-five dollars feeds a senior for a week; \$100 for a month; \$1,200 for a year. Drive a meal. Just one or two hours each week of your time will bring food and companionship to local seniors.

Throughout March, SCMOW will participate in the national **March for Meals** effort. Please pledge to do something to help end senior hunger. Visit the national Meals on Wheels website—[www.mowaa.org/](http://www.mowaa.org/)—pledge—and sign the pledge to help eliminate hunger in our country. Volunteer to drive. Donate a meal.

Matthew 25:35 says, "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me."

Isaiah 58:10 states, "If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday."

The Talmud explains, "When you are asked in the world to come, 'What was your work?' And you answer: 'I fed the hungry,' you will be told: 'This is the gate of the Lord, enter into it, you have fed the hungry.'" (Midrash to Psalm 118:17).

When asked by a reporter why I have worked at Meals on Wheels for more than 24 years, I told her of these verses. Won't you live by this message, also? These are God's children and they need to be fed.

*Reprinted with permission from the Centre Daily Times March 6, 2013 edition.*

## Perfect Donation Opportunity Approaching

If you haven't made a contribution to Meals on Wheels yet this year, the perfect opportunity is just around the corner. **Centre Gives** is a 36-hour online donation event featuring dozens of local charitable organizations, including Meals on Wheels. An added incentive to participate in Centre Gives is the \$100,000 in matching funds provided by the Centre Foundation, sponsor of the event. This is a prorated match. For example, if MOW raises 5 percent of the total funds donated during Centre Gives, MOW will receive 5 percent of the \$100,000, or \$5,000.

This is the second year for Centre Gives. Last year's debut was a stunning success with \$415,000 raised for community non-profits. The event created a tremendous buzz across the community as thousands watched the leader board to see, in real time, how their favorite organizations were doing. We can already feel the excitement building!

To donate on May 22nd or 23rd, go to [CentreGives.org](http://CentreGives.org) during the dates/times shown above.

# Centre gives

**A 36-hour Online Giving Event**  
**Donations accepted May 22 at 6:00 a.m.**  
**until 6:00 p.m. on May 23**

### STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

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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](mailto:j.haner@comcast.net)