

On the Move

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



Fall 2014 Newsletter

www.scmow.org

Meals on Wheels Explores Expanded Service



on eight different delivery routes. Two new volunteer coordinators and 16 to 20 additional regular volunteers will be needed to handle delivery routes on Tuesday and Thursday. Each route requires a driver and meal runner (visitor) to efficiently deliver the meals. It is not known yet how many of our existing clients will take advantage of five-day service. Initially, perhaps 40 or 50 percent will sign up, but the number will likely grow over time. To support the kitchen operation, another five to seven volunteers will be needed to assist with meal preparation and packaging. *(Continued on page 4.)*

For as long as I can remember, it has been a goal of State College Meals on Wheels (MOW) to expand from three- to five-day service. On the surface it sounds like an easy transition. Considering that we have a successful formula to provide two meals for 160 to 170 clients on Monday, Wednesday, and Friday, what could be so difficult in scaling up the process?

However, when you take a closer look, expanding service to additional days is a significant logistical and financial challenge. Volunteer manpower, additional cook labor, and unfunded costs loom large.

The biggest logistical hurdle will be obtaining sufficient numbers of volunteers for two new days of operation. MOW clients are scattered throughout the State College Area School District



Annual Fund Drive Kick-Off

Your donations over the years have been the fuel that keeps Meals on Wheels on the move and for this we are sincerely grateful. We hope you will choose to support us as we embark on what we hope will be a game-changing year.

Most are amazed when they learn that we have operated without funding from government sources at any level for over 43 years. How is this possible? Fortunately, we have a large number of loyal supporters that recognize we provide an important service to help keep our elderly citizens in their own homes as long as possible with nutritious meals brought to their doorsteps. Another key reason is a large and dedicated volunteer force that

selflessly provides the labor it takes to prepare and deliver approximately 45,000 meals a year.

Help us continue to nourish those who raised us, defended us, and taught us, and now need our help to maintain a good quality of life. Please complete the mail-back card and return it to us in the enclosed return envelope. You may also make your donation online at www.scmow.org; just click on the "DONATE TODAY" button. Donations are tax deductible. Thank you for supporting Meals on Wheels!

DONATION FORM ENCLOSED

The Birthday Brigade

Bringing Birthday Wishes to Meals on Wheels Clients

State College Meals on Wheels loves recognizing our clients and now, with the help of a new student organization at Penn State, we are celebrating their birthdays. Each month students from ServeState, a student-run service and philanthropic organization, deliver balloons, birthday treats, and handmade greeting cards to MOW clients who have birthdays. This group of enthusiastic well-wishers has been dubbed "The Birthday Brigade" by Executive Director Christine Tyler.

In addition to delivering birthday wishes, ServeState students volunteer every Wednesday morning at Meals on Wheels, helping to produce and deliver the nutritious meals needed for more than 160 clients.

ServeState members aim to better the University and its surrounding community by giving 25 hours of service each semester to a variety of projects. The group also fosters friendships through fellowship events. The organization was founded by a brother-and-sister team: Kate Petrie, a political science major, is president of the organization while brother John, a music major, is vice president of service. For more about ServeState, visit <http://sites.psu.edu/servestate/>.

Thanks to the service of these young and dedicated volunteers, each MOW client will enjoy a cheerful start to his or her special day.



The Birthday Brigade in action

SAVE THE DATE
Thursday, May 14, 2015



**10TH ANNUAL
BENEFIT DINNER**

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.

2014 DINNER SPONSORS

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Meals on Wheels could not function without its many volunteers. Here are just a few of those wonderful people.



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.

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Meals on Wheels Explores Expanded Service *(continued from page 1)*

Preparing meals on two new days will require additional staff labor. Early estimates indicate a 30-40 percent increase in cook and kitchen manager hours. Our current staff is able and willing to take on the new load. However, more labor means additional costs. Food costs will also increase proportionally to the number of new meals provided.

Despite these challenges, the MOW Board of Directors is committed to taking steps toward service expansion in 2015. Five-day service will provide even better nutritional support to our clients. You can help by signing up to volunteer on Tuesdays or Thursdays—and bring a friend! Simply mail in the volunteer application on this page or submit via email to smealsonwheels@gmail.com. Let's do it!

Bill Haner

Volunteer Opportunities

With the expanded five-day service, Meals on Wheels will need volunteers every morning Monday through Friday. You are welcome to volunteer for more than one day a week.

Kitchen Workers help prepare and package meals in the MOW kitchen at Grace Lutheran Church. Hours are 8:00-10:30 a.m.

MOW meal delivery starts at 10:00 a.m., and most routes take two hours or less.

Drivers deliver meals to clients on a standard route within the State College School District using their own vehicles. A valid driver's license and automobile insurance is required, and mileage reimbursement is available.

Meal Runners (also called Visitors) ride with a driver and take meals to the client's door.

Volunteering for MOW is easy, and it makes you feel good to know you are helping people who are not able to help themselves. Volunteer with a friend—we can put you on a route together.



Volunteer Form



Name _____

Address _____

City/State/Zip _____

Email _____

Phone _____

I would like to volunteer as (check one or more):

- Kitchen Worker Driver Meal Runner

Preferred day(s) (check one or more):

- Monday Tuesday Wednesday
 Thursday Friday

I would like to volunteer with my friend _____

Mail completed form to:

State College Meals on Wheels, P.O. Box 1367, State College, PA 16804