

On the Move

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



Spring 2015 Newsletter

www.scmow.org

Five-Day Service Here We Come!

It's not brain surgery, rocket science, or even the *New York Times* crossword puzzle, but expansion to five-day service is definitely a tough nut to crack. We are optimistic as we embark on an extensive marketing campaign to recruit the volunteers needed to expand our service to include Tuesdays and Thursdays.

Since volunteers are the key ingredient to the success of this plan, we are making a big push in the media, including print, radio, and TV. So watch for our ads and commercials appearing over the next month. We will also be visiting many churches and community service organizations to tell our story.

A recent survey of our current volunteers revealed something we suspected all along: the #1 reason for volunteering is "I get a sense of satisfaction in helping others." The second most frequent response was, "I want to help feed hungry people." It is very common to hear volunteers say they get terrific satisfaction out of volunteering and enjoy the interaction with the clients on their

routes. Kitchen helpers are also quick to brag about the camaraderie of their weekly crew. Why else would so many of our volunteers stick around for so many years—some for decades.

Grace Lutheran Church, our home since our humble beginnings in 1971, has embraced our plan to expand. Detailed coordination has already taken place and we are jointly moving forward in this venture. We thank Pastor Steve Lynn and his staff for the flexibility, wonderful cooperation, and staunch support. We couldn't have a better home.

Volunteering is easy and takes only a couple of hours a week, so please spread the word, team up with a friend, and come join us as we seek to take State College Meals on Wheels to the next level. The volunteer registration form is included in this newsletter on page 4. You may also register online at www.scmow.org (just click on the VOLUNTEER tab at the top of the page) or call us at 814-237-8135.

Volunteering for Meals on Wheels: Easy and Rewarding

If you can give two hours a week, we need you at Meals on Wheels

Coach Franklin to Speak at Annual Dinner

"Expanding Our Horizons"



Thursday, May 14, 2015 Social Hour 6:00 pm/Dinner 7:00 pm Nittany Lion Inn
Ticket order form enclosed or call (814) 360-6571

State College Meals on Wheels is celebrating its 10th annual benefit dinner, *A Meal that Matters*, with special guest speaker Penn State Football Head Coach James Franklin. Coach Franklin is quickly making his mark on the Penn State football

program. Now entering his second season, he has energized Nittany Nation with his incomparable passion, vision, and uncanny ability to recruit top student-athletes. His 2015 recruiting class ranks among the nation's best and includes many of Pennsylvania's finest. The momentum building in the program is undeni-

able. We look forward to hearing from Coach Franklin in person.

A Meal that Matters was born 10 years ago out of a need to eliminate a worrisome operating deficit. Another important purpose for the dinner was to build the resources needed to support expansion of meal service from three to five days per week, hence our theme of "Expanding Our Horizons." Thanks to the success of this event, five-day service is scheduled to become a reality this coming June (see article above).

This year's dinner will again feature an extensive silent auction and a spirited live auction led by auctioneer Ron Gilligan. There will be lots interesting items and great deals donated by generous individuals and businesses near and far. Did I mention door prizes? We are thankful for our (*continued on page 3*)

Our Clients Appreciate Our Service

State College Meals on Wheels often receives notes from clients--here are two that warmed our hearts. On January 13, 2015, this letter appeared on page A6 of the *Centre Daily Times*:

Appreciating Meals on Wheels

I have received Meals on Wheels for 12 years or so.

Readers of the CDT should know that chefs from Paris and Rome should come to the Grace Lutheran Church kitchen to see how elegant and delicious Meals on Wheels food is.

When you think how very cordial and efficient the deliveries are, you can just imagine what a marvelous asset to our community this service is.

(MOW Client)
State College

In February, we received the letter to the right.

Dear Meals on Wheels Personnel,

We want to thank you all for preparing and delivering meals for my husband and myself. Having MS makes preparing meals a real challenge. Having two delicious, nutritious meals delivered regularly made life a lot easier.

A big thank you to the people who assembled the Christmas bag! The poinsettia is beautiful. The book of crossword puzzles is a great diversion in this winter weather, and the CD has earned a permanent spot in my car. The Gold Bond cream is so welcome in the dry heat. And the birthday cards, cupcake, balloon and visit from the ServeStaters was so fun!

One of the most rewarding and inspiring facets of our MOW experience has been meeting the delivery staff. We hope you all know how critical to the success of MOW your volunteering is. Your selflessness and helpfulness are huge. We are honored to have met you all! We count you all as friends!

Sincerely,

(Two MOW Clients)

MARCH FOR meals!

Meals on Wheels



Community Champions join our regular volunteers to assemble meals for the homebound

State College Meals on Wheels celebrated the nationwide March for Meals with Community Champions Days held March 18, 20, and 25, 2015. Local government and business leaders served as volunteers for the day, assembling and packaging meals and making deliveries to clients in our community. The group included State College Mayor Elizabeth Goreham; Mark Kunkle, Manager of Ferguson Township; John Boogert, Executive Editor of the *Centre Daily Times*; Kimberly Fragola, representing the Centre Area Transportation Authority (CATA); Kristen Cox from the Penn State Department of Nutritional Sciences; and Andrea Puzycycki, Project Director for the Centre County Retired & Senior Volunteer Program.

The 13th Annual March for Meals, sponsored by Meals on Wheels America, emphasizes the importance of partnerships between community Meals on Wheels programs and local government and businesses. These agencies provide dynamic support in feeding the hungry in communities across the country. More information about the program can be found at www.march-formeals.com.

Other March for Meals events in State College included a fundraiser at kitchen specialty store Kitchen Kaboodle, as well as birthday wishes delivered by ServeState volunteers to clients with March birthdays (ServeState is a student service organization that works to better life both on campus and in the community).

Coach Franklin to Speak at Annual Dinner *(continued from page 1)*

auction donors and especially want to express our appreciation for our dinner sponsors, without whom this dinner would not be possible. Our many sponsors are listed to the right--please use their services, and thank them for supporting Meals on Wheels. Together, we make a great team in the fight against senior hunger, sustaining independence, and securing a better quality of life for homebound individuals of all ages.

To reserve your dinner tickets, complete and return the enclosed form with your payment or call (814) 360-6571.

Centre gives

36-hour online giving event
from 6:00 am Tuesday, May 5
until 6:00 pm Wednesday, May 6

The Centre Foundation will again be sponsoring **Centre Gives**, a 36-hour online giving event designed to support the work of nonprofits all across Centre County. This is the fourth year of the event, now with more than 90 organizations participating, including State College Meals on Wheels. Over \$2,000,000 has been raised since Centre Gives began in 2012.

Donations made through this program receive prorated matching funds from the Centre Foundation's \$100,000 stretch pool. Your donation and the matching funds will go directly to the participating nonprofit you designate. The matching funds are prorated based on each organization's percentage of the total amount donated in Centre Gives 2015.

To participate, go to CentreGives.org during the dates and times listed above and choose State College Area Meals on Wheels as the recipient.

STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

President William Haner	Treasurer Jeff Krantweiss	Recording Secretary Cheryl Evans
Vice President Michael Scott	Assistant Treasurer Sharon Ambrose	Corresponding Secretary Pam Ferguson
Members At Large		
Carolyn Andersen	Janet Haner	Susanne Marder
Brian Cohen	Carlene Houser	Connie Rogers
Leslie Dutchcot	Fran Levin	Peter Sorensen
Debra Ellis	William Mahon	Zachary Zembower
Kimberly Fragola	Executive Director: Christine Tyler	

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.

2015 Dinner Sponsors

Platinum

Juniper Village at Brookline

Gold

Affinity Connection
Centre County Office of Aging
Galen & Nancy Dreibelbis
First National Bank
Foxdale Village
Frost & Conn, Inc.
Harpers Shop for Men
Minitab, Inc.
Nestlerode & Loy, Inc.
Mary Lou Bennett, Lassie MacDonald,
& Marcia Martsof-Miller of
RE/MAX Centre Realty
Restek Corporation
SF & Company
The Village at Penn State
Wegmans Food Markets
Wienken Wealth Management

Silver

Adult Transitional Care

Bronze

Addison Court
Centre Concrete
Forever Broadcasting
HealthSouth Nittany Valley
Rehabilitation Hospital
Kissinger Bigatel & Brower Realtors
Koch Funeral Home
Metzger Animal Hospital
Mount Nittany Health System
State College Motors



MOW Volunteers of the Year

The Potato Peelers Quartet

State College Meals on Wheels is proud to announce its 2015 Volunteers of the Year: **The Potato Peelers Quartet**. This quartet comes to Meals on Wheels each Friday morning bright and early at 7:00 a.m. bringing their instruments. They take their places seated in a semi-circle of chairs, with Mona and Charles always side by side. Once assembled, they make their own kind of music; but it's not what you might think. They do not play music with an orchestra, but rather engage in lively conversation while peeling forty pounds of potatoes. Their instruments, vegetable peelers and small sharp knives, lovingly cut away the outer peels of fresh potatoes—potatoes that will be cooked and placed in meals that feed 160 senior and homebound residents in the State College area.

Retirees Mona Adams and Charles Antle have been MOW volunteers for ten years; Mary Deutsch, also a retiree, has volunteered for four years; and Jenny Antle, a Penn State student, and granddaughter of Charles, for two years.

Mona and Charles said they volunteer for Meals on Wheels because they believe in the program and want to support it. "We delight in listening to the volunteers chatter with each other while preparing meals. It's a pleasure to be part of the group." Mary commented that it just "feels right" to help those in need. Jenny jokingly adds that she comes "for the cookies."

Our merry band of volunteers will be honored at the Rose Cologne Volunteer Dinner sponsored by the Centre County Council for Human Services on Wednesday, April 22, 2015.



Potato peelers Mary, Jenny, Mona, and Charles enjoy making "beautiful music" together

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