

On the Move

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



Fall 2016 Newsletter

www.scmow.org

Annual Fund Drive Provides Essential Operating Funds

As the holidays approach, our thoughts turn to family gatherings, the magic of the holidays, and the spirit of giving. It has been a memorable year at State College Meals on Wheels with well over 50,000 nutritious meals delivered in our first full year of 5-day meal service. This pushes the total meals served since our founding in 1971 to over 1.5 million. Delivered two meals at a time (one hot and one cold) to the home of each client, every meal has been funded through private sources: individual and organization donations, fundraising events, and income from endowments. But balancing the budget has become more challenging with the initiation of the increased service, so we need your help more than ever.

We are dedicated to continuing tradition of private support with our 2016/2017 Annual Fund Drive, which gives each of us the opportunity to contribute to the fight against senior hunger. Keeping seniors in their own homes for as long as possible also avoids the high cost of assisted living. So please join the fight and make your tax deductible contribution today.

Roll on!

Donation Form Enclosed

Intergenerational Program Now at SCMOW

A new program called SAVOR—Sharing And Valuing Our Relationships—kicked off on Saturday, August 27 at State College Area Meals on Wheels (SCMOW), bringing together SCMOW clients with students from Penn State University for an afternoon of sharing and activities. A collaboration between the Penn State Intergenerational Program and State College Area Meals on Wheels, SAVOR was developed to enhance the lives of Central Pennsylvania residents through monthly meals, civic engagement opportunities, and relationship-building activities.

One outcome that the program hopes to achieve is a decrease in loneliness among both young adults (Penn State students) and older adults (SCMOW clients) through expanding social connections and interests. The program meets one Saturday per month from noon–2:00 p.m. at Grace Lutheran Church at 205 South Garner Street in downtown State College. Volunteers are needed to provide transportation for clients to and from the program. If you are interested in participating or volunteering with this program, please call 237-8135.



SCMOW clients and Penn State students enjoy time together thanks to SAVOR

A recent note from a client:

*“Dear MOW: Thank you for the beautiful food.
We love it all and all of you too!”*

A Decade of Leadership

Bill Haner has served numerous non-profit organizations in the State College area, but perhaps his most significant contributions have been to State College Area Meals on Wheels (SCMOW). He recently passed the “president’s gavel” to Michael Scott, and while he will remain on the board, we feel it is important that



we recognize the many accomplishments achieved under his leadership.

After 23 years active duty in the U.S. Army Corps of Engineers, Bill retired from the military in 2000 and, in transitioning to a second career, found time to join the SCMOW board in 2002. He was elected vice president in 2005, and within a few months became president when his predecessor

unexpectedly moved away. He served as president through 2015, and continues as vice president and organizer of the annual benefit dinner. During his tenure as president, SCMOW achieved several milestones, thanks in large part to his leadership:

In 2006, SCMOW’s annual benefit dinner, *A Meal That Matters* was instituted and quickly developed into a popular event with 25-30 sponsors, extensive and diverse silent and live auctions, and notable speakers. It regularly raised more than \$30,000 and in recent years, \$50,000, placing SCMOW in a sound financial position.

In 2008, SCMOW passed the “million meals delivered” mark. The celebration, attended by state and local officials and hosted by Grace Lutheran Church, was all the more festive because

the organization was also the recipient of a new Chevrolet van donated by Harrah’s Foundation.

In 2010-11, Grace Lutheran Church—the home of SCMOW since its inception in 1971—renovated its facilities. In partnership with Grace, Meals on Wheels provided the majority of funds for a major overhaul of the kitchen complete with all new equipment. The organization was very fortunate to have Bill, with his experience and expertise as a civil engineer, provide oversight for this project.

In 2012, Bill led SCMOW into a new era of technology, instituting SERVtracker, a meal scheduling and client management software.

In 2013, Bill spearheaded the effort to find a successor for executive director Anna Carol Buffington when she retired after 25 years of service. SCMOW now has an experienced new director, a talented cook, and capable kitchen and volunteer managers.

In 2014, Bill began the process of increasing MOW’s delivery service from three days to five—a long-time goal of the organization. After a comprehensive campaign to bring in sufficient volunteers, five-day service became a successful reality in June 2015.

Bill’s financial acumen has ensured that MOW is developing endowments to help with future expenses, the most recent in 2014 in memory of long-time super volunteer, Ruth Hermann Dreibelbis.

In 2016, Bill was awarded the Monsignor William M. Griffin Humanitarian Award in honor of his leadership of SCMOW and similar contributions to the St. Vincent de Paul Society’s Our Lady of Victory Conference.

It is evident to the board, staff, and volunteers of Meals on Wheels that Bill’s decisions and leadership are based in a deep-seated kindness and concern for those who are unable to feed themselves.

Farm Fresh Food

Eating fresh fruits and vegetables can make a difference in your health according to PA Preferred, a public-private partnership between the Pennsylvania Department of Agriculture and companies throughout the commonwealth. State College Meals on Wheels (SCMOW) makes a concerted effort to include locally grown Pennsylvania produce in its meals. Locally grown foods are some of the freshest and most nutritious foods available.

This past summer, SCMOW was blessed with donations of fresh fruits and vegetables through the generosity of central Pennsylvania farmers, the Penn State University Student Farm, and individual gardeners. Bill Zimmer, a local grower, volunteer with the State College Food Bank, and outreach coordinator for local growers, expanded his network to include SCMOW as a recipient of food programs that receive donations of newly-harvested, local produce. From July through November, Bill consistently delivered to SCMOW central-Pennsylvania-grown squash, onions, tomatoes, cantaloupe, and other produce, totaling more than 1,000 pounds.

The Penn State Student Farm, in its first year of operation, donated excess tomatoes and other vegetables. Demeter’s Garden in Spring Mills delivered fresh picked Roma beans from their harvest in July. Even local gardener, Jay (out of modesty, he did not want to disclose his last name), picked raspberries from bushes in his own yard and personally brought them to SCMOW for inclusion in meals. SCMOW publicly says, “Thank you!” to these farmers and gardeners who helped us meet the nutritional needs of some of the most vulnerable members of our community; and the food tasted much better too!



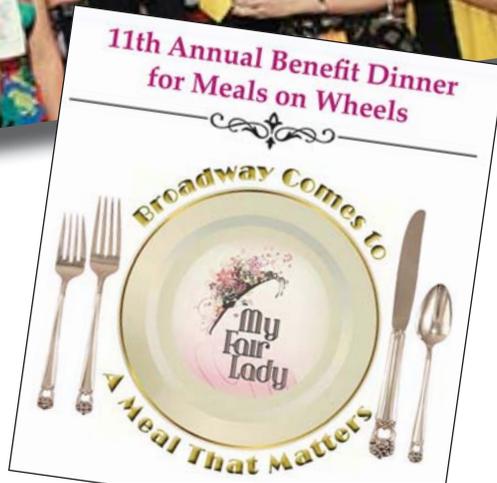
Bill Zimmer delivers fresh veggies to SCMOW



Broadway Comes to A Meal That Matters featured preview performances of the FUSE production *My Fair Lady* including Steve Snyder, left, as Henry Higgins, and Lisa Rogali, below, as Eliza Doolittle



Guests at *A Meal That Matters* last May enjoyed delicious food, good company, great music, and exciting live and silent auctions along with the satisfaction of helping Meals on Wheels



2016 Dinner Sponsors

State College Meals on Wheels is grateful for the many sponsors of our benefit dinner, *A Meal That Matters*.

Platinum

Galen & Nancy Dreibelbis
Juniper Village at Brookline

Gold

- Affinity Connection
- Baker Tilly Virchow Krause, LLP
- Centre County Office of Aging
- Centre Daily Times
- Foxdale Village
- Frost & Conn, Inc.
- Harpers Shop for Men
- The Hartman Group
- Minitab, Inc.
- Mary Lou Bennett, Lassie MacDonald, & Marcia Martsolf-Miller of RE/MAX Centre Realty
- Restek Corporation
- The Village at Penn State
- Wegmans Food Markets
- Wienken Wealth Management

Silver

- Adult Transitional Care
- First National Bank
- Forever Media Inc.

Bronze

- Addison Court
- Centre Concrete
- HealthSouth Nittany Valley Rehabilitation Hospital
- Kissinger Bigatel & Brower Realtors
- Metzger Animal Hospital
- Mount Nittany Health System
- Nestlerode & Loy, Inc.
- SPE Federal Credit Union

STATE COLLEGE AREA MEALS ON WHEELS BOARD OF DIRECTORS

President	Treasurer	Recording Secretary	Members At Large
Michael Scott	Jeff Krantweiss	Cheryl Evans	Carolyn Andersen
Vice President	Assistant Treasurer	Corresponding Secretary	Mark Johnson
William Haner	Sharon Ambrose	Pam Ferguson	Peggy Lindsey
Executive Director	Christine Tyler		William Mahon
			Susanne Marder
			Zachary Zembower
			Carlene Houser

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.

Couples Serve Meals on Wheels

It takes more than just a “couple” of people at State College Area Meals on Wheels to ensure that 160 clients receive hearty and nutritious meals on a regular basis. In fact, it takes many couples to do this! State College Meals on Wheels is proud to have 25 married couples who volunteer together to help prepare, package, or deliver meals.

When asked why they do this as a couple, many responded that it gives them time to be alone and to “actually have conversations without being interrupted or distracted.” With many couples boasting more than

35 years of marriage (the longest marriage was reported at 51 years), partners still find the time spent together valuable and rewarding. One couple shared that “we have been blessed and fortunate in our lives and we get satisfaction from being able to

give back... We have been enriched by [our client’s] stories and knowledge.” When asked if they would recommend volunteering at SCMOW to other couples, all replied, “Yes, definitely!”

More information about volunteer opportunities is listed below, or email our volunteer coordinator, Sarah, at volunteerscmow@gmail.com.



A few of the couples who volunteer at Meals on Wheels

Volunteer Opportunities



Volunteer Form



Name _____

Address _____

City/State/Zip _____

Email _____

Phone _____

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

Kitchen Line Worker Kitchen Aide Driver Visitor

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

Monday Tuesday Wednesday Thursday Friday

I would like to volunteer with _____

Mail completed form to: State College Meals on Wheels,
P.O. Box 1367, State College, PA 16804

Volunteers are needed every morning Monday through Friday. You are welcome to volunteer for more than one day a week.

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

Kitchen Aides work early hours in the kitchen with the chef.

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

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 or shift together.

Contact Volunteer Coordinator, **Sarah Sander-**
son by phone, (814) 769-1961, or via email at volunteerscmow@gmail.com.