

On the Move

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



Fall 2019 Newsletter

www.scmow.org

Executive Director Christine Tyler to Retire

It is a bittersweet time at State College Meals on Wheels. Christine Tyler, our executive director for the past six years, has decided to move on to the next phase of her life. We wish her nothing but peace, joy, time with her family, and the new-found freedom that retirement brings. However, we will miss the kind, thoughtful, and caring ways she brought to us along with her leadership of our organization.

It has been a memorable, and even historic, six years as Christine has put her mark on SCMOW and moved the program forward in many ways. Shortly after arriving, SCMOW embarked on one of the biggest challenges in its 48-year history—the move from three to five-day meal service. This change would be a major improvement in nutrition for our clients. But the operational challenges were huge. Meals would now go out every day, eliminating the planning day in between delivery days. Staff hours to produce so many more meals would have to increase. A surge of new volunteers had to be trained and melded into the operation. More food would have to be ordered and stored, and



new delivery routes would need to be developed. With Christine's capable and steady leadership, every challenge was successfully met.

When asked about her biggest achievement at SCMOW, Christine replied that the implementation of five-day meal delivery has made the most impact on the lives of our meal recipients. "Food insecurity is a major problem for many households with low incomes and they rely on our meals as their main source of sustenance. Many would not eat regularly without our meals." She went on to explain that nutrition and access to healthy food are paramount to sustaining a community whose citizens are vibrant, happy, and healthy.

Christine's favorite aspect of her job was getting to know the people who volunteer. "Their willingness to step in and help, week after week, year after year, is an inspiration. Historically, volunteering has been viewed as uniquely American. Alexis de Tocqueville termed volunteerism in America a 'Habit of the Heart.' There have been times when (*continued on page 2*)

Annual Fund Drive Now Underway

Please consider a donation to State College Meals on Wheels (SCMOW) this holiday season. Your tax deductible donation will stay locally to fund nutritious, home-delivered meals for those who can no longer cook or shop for themselves. Donations from individuals and groups help SCMOW continue the amazing 48-year tradition of being 100% privately supported. Not constrained by local, state, or federal funding rules, we have the flexibility to serve anyone we feel can benefit from this service, regardless of age.

SCMOW is proud of its low overhead and efficient use of resources. We have a large and loyal volunteer workforce that provides 80-90% of the needed manpower, depending on the day of the week. A well-equipped commercial kitchen on the lower level of Grace Lutheran Church enables us to minimize food waste and maximize safe food handling. And partners

like the Central PA Food Bank, the State College Food Bank, and numerous other local food donors work with us to reduce food costs. SCMOW also has an exciting pilot program underway that is testing the use of reusable food trays which could significantly reduce the future cost of meal delivery.

But it is only through the generosity of hundreds of caring donors that this important endeavor continues to operate day after day, year after year. Let us join together to fight senior hunger and food insecurity and help enhance the quality of life for our families, friends, and neighbors in need. A donation of any amount is gratefully accepted.

Donation Form Enclosed

Bridget Schell Joins Meals on Wheels as New Head Cook



On any given weekday morning, before you enter the front door of Grace Lutheran Church, the aromas of delicious food cooking in the kitchen will reach your nostrils. Follow those aromas to the kitchen in Harkins Hall where State College Area Meals on Wheels (SCMOW) operates Monday through Friday, 52 weeks a year. Peek inside the kitchen and you will find a petite, dark-haired, young woman with a vibrant and welcoming smile stirring the pots with a large wooden spoon. That young woman is Bridget Schell, our new cook who joined our team in October.

Prior to coming to SCMOW, Bridget coordinated The Gleaning Project at South Central Community Action Programs where she also taught nutrition, cooking and food preservation classes to older adults and individuals from low income households. Bridget also cooked for a gymnastics summer camp in Vermont, where she accommodated individuals with a variety of specialty diets.

A few interesting facts about Bridget: She relocated alone to live in Guatemala after high school graduation, after which time she returned to the United States to further study Spanish. She earned a BA in Spanish and a master's degree in Latin American Studies. Bridget and her husband, Ben, recently moved to the Penns Valley area from Adams County, PA to pursue a more laid-back lifestyle in the mountains of Central Pennsylvania. She credits her mother and grandmother for teaching her how to cook.

When asked why she enjoys cooking so much, she replied, "Serving food is a way I learned to show love." There is no answer better than that!

Executive Director Christine Tyler to Retire *(continued from page 1)*

I thought that Americans have grown weary of volunteering, but time and time again, I have been proven wrong. I am so impressed by the culture of volunteerism here in State College, a volunteer culture that is popular not only among Baby Boomers, but also among Penn State administrators, faculty, and students. Volunteerism lifts up and benefits everyone involved, including the volunteer."

Christine keenly understands the connection we all have with food. "I am sure that most of us have had the experience of visiting a relative or neighbor who loved to cook and, even more, wanted to feed you because the elder thought that you look so skinny. Despite our polite refusals of third or fourth helpings of food, and our expressions of appreciation, did we take the time to realize why this person wanted to feed us in the first place? I think the reason can be summed up in one word: love."

"For a few years I have kept a sign in my office that one of my relatives made for me: 'Food is passion. Food is love.' Sharing one of our basic human needs (food) with another is simple and tangible love. The actual food nourishes the body while the act of sharing nourishes the heart. This is what we do at State College Area Meals on Wheels—nourish bodies and hearts. In this holiday season especially, I hope that all of us will take any opportunity that presents itself to share food with each other."

As for retirement, Christine says she plans to accept and enjoy the present, regardless of what it may bring. "My desires are quite simple. I'd like to spend time with loved ones (especially my three granddaughters), read and write, grow bigger vegetable and flower gardens, strengthen my spiritual side, and of course, volunteer!"

We will all miss you, Christine! Godspeed!

STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

President	Treasurer	Recording Secretary	Members At Large		
Sharon Ambrose	Jeff Krantweiss	Michael Scott	S. Ron Banerjee	Pamela Ferguson	Judith Nastase
Vice President	Assistant Treasurer	Corresponding Secretary	Brian Cohen	Kimberly Fragola	Stephen St. Amant
William Haner	Sarah Sanderson	Margaret Lindsey	Debra Ellis	William Mahon	Dan Turenne
Executive Director	Christine Tyler		Cheryl Evans	Janie Provan	

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.

2019 Dinner Sponsors

Platinum

Galen & Nancy Dreibelbis
Juniper Village at Brookline

Gold

Adult Transitional Care
Affinity Connection
Baker Tilly Verchow Krause, LLP
Centre County Office of Aging
Centre Daily Times
Foxdale Village
Harpers
Minitab, LLC
Nestlerode & Loy Inc.
Mary Lou Bennett,
Lassie MacDonald &
Marcia Martsolf-Miller of
RE/MAX Centre Realty
Restek Corporation
RTD Embedded Technologies, Inc.
SPE Federal Credit Union
The Village at Penn State
Wegmans Food Markets

Silver

Frost and Conn Insurance
Giant Food Stores
Penn State Health
Wienken Wealth Management

Bronze

Addison Court
Centre Concrete
First National Bank
Encompass Health
Rehabilitation Hospital
Helsel, Fiore, Sheeler Wealth
Management Team
Kissinger Bigatel & Brower
Realtors
Metzger Animal Hospital

At the Meals on Wheels Dinner, you can...



Share a smile with a friend



Bid on dozens of wonderful Silent Auction Items



Buy chances on fabulous door prizes



Enjoy speakers or entertainment like the stars of Jesus Christ Superstar



Delight in the delicious food of the Nittany Lion Inn

SAVE THE DATE

The next SCMOW Annual Benefit Dinner will be

Thursday, May 14, 2020

at the Nittany Lion Inn

Reusable Tray Program Is **AWESOME**

State College Meals on Wheels proved to be an “awesome organization” this past August when the State College chapter of the Awesome Foundation awarded its monthly grant of \$1,000 to SCMOW. Using the grant funds, SCMOW recently kicked off a pilot project substituting reusable meal trays for disposable paper trays on some of its meal delivery routes. The pilot project was the brainchild of former AmeriCorps Member, Emma Keele, who served at SCMOW for eight months through August 2019.

Disposable paper meal trays used by SCMOW for many years have become very expensive and increase in cost every year. Substituting reusable trays has the potential not only to save money, but also to reduce paper waste entering landfills. Through research and discussions with other programs across the country using reusable meal trays, it is estimated that SCMOW could save thousands of dollars per year if reusable trays were implemented on all delivery routes.

SCMOW purchased a small stock of reusable meal trays with the Awesome Foundation grant funds and is currently using them on two delivery routes twice a week. Clients are asked to provide feedback on the trays’ sturdiness and ability to keep meals at proper

temperatures. The initial pilot program is nearing its end. However, based on promising initial data, the pilot is being expanded to include more clients on more routes to obtain more data. We are excited to see the final results!

The State College chapter of the Awesome Foundation is organized through 3 Dots (www.3dotsdowntown.com).



MOW staff celebrates the Awesome Grant

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, helping to prepare meals.

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 less than two hours.

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 the MOW Volunteer Coordinator by phone, (814) 237-8135, or via email at volunteerscmow@gmail.com.