

On the Move

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



Fall 2017 Newsletter

www.scmow.org

Annual Fund Drive Now in Progress

...Join the fight to end senior hunger with a donation!

Top 10 Reasons to donate to the State College Meals on Wheels Annual Fund:

1. 100% of your donation stays locally to support those in need in the Centre Region.
2. All donations to SCMOW qualify as a tax-deductible contribution.
3. Each donation of \$10 provides for two home-delivered meals that support quality of life and help keep a senior in their own home as long as possible.
4. Donations from individuals and groups help continue our 46-year tradition of not using taxpayer dollars and gives SCMOW the flexibility to serve whomever we feel can benefit from our services, regardless of age.
5. Your donation stretches further in an organization that relies mostly on volunteer labor in its daily operation.
6. You support an organization that has the flexibility to quickly start, pause, or change service.
7. You help fund the increased costs associated with 5-day service initiated in June 2015.
8. Your donation helps us maintain a first-class commercial kitchen that can efficiently produce quality meals with minimal food waste.
9. Your donation to the **Ruth Herman Dreibelbis Memorial Fund** will provide annual income to sustain the organization indefinitely into the future.
10. SCMOW provides more than a meal with daily contact during home delivery, birthday recognition, activity packages, and opportunities for intergenerational engagement.

MOW



Volunteers!!

The board and staff of State College Area Meals on Wheels was delighted to honor MOW volunteers with a very special **Volunteer Appreciation Breakfast** held at Toftrees Resort on Saturday, October 14. The event was well attended with a strong representation of the more than 150 active volunteers who prepare and deliver meals to the homebound five days a week.

In addition to a delicious buffet breakfast, the guests were honored by Executive Director Christine Tyler and MOW Board President Michael Scott. The volunteers took part in a prize drawing, and received gift bags complete with a packet of supplies to make s'mores with a tag saying "We want s'more of you!" (*More photos on page 3.*)

Executive Director Christine Tyler gave a lovely flower arrangement to Norma McCarl in honor of her 40 years as an MOW volunteer



Staff Profile

Delivering Food and Fellowship to Those in Need

Jan Baker Coordinates Volunteers to Keep the Mission in Motion

While there are many organizations in State College seeking volunteers, Meals on Wheels stands apart, according to Volunteer Coordinator Jan Baker. "This is the most positive place I've seen in a long time," she says of the camaraderie among volunteers. "There are so many people that come in with a great attitude. It's so inspiring."

That attitude is what led Jan from her Tuesday morning volunteer spot on the Meals on Wheels food line to apply for the volunteer coordinator position, which she's held since July.

While the atmosphere is uplifting and friendly, Jan admits that coordinating well over 100 volunteers is no easy feat. She is responsible for making sure spots are filled when a volunteer is sick, and for ensuring that differing schedules align to fill the organization's needs—matching up seasonal volunteers or every-other-week volunteers with others who can fill in as needed.

"Sometimes we need to volunteer ourselves," she said. "I've had the opportunity to go out on almost every route. It's been beneficial to see where we're going, and to get in touch with the people we're serving."

Volunteers benefit from fellowship

While she enjoys connecting directly with clients, Jan says one of the most fulfilling parts of her job is watching volunteers build relationships with each other. Meal deliveries, for example, consist of one driver and one visitor. Often, a long-time volunteer will be paired up with someone looking for a temporary volunteer position.

"It's been great watching these volunteers get paired together," she says. "They've really gotten to know each other."

The majority of volunteers on the delivery teams are retired, but Jan also oversees students, families, and young adults who want to give back to their community. Last summer, she had a mother and daughter team deliver food to their homebound neighbors.

She mentions one volunteer in particular, Dr. Bill Chase, as a wonderful asset to the organization. "He's a Godsend," she says. "He delivers meals three days a week, and washes dishes for us another. He's just wonderful to have around." Jan says that many volunteers, like Bill, work with Meals on Wheels to keep their days filled with meaningful activity in their retirement.

This desire to give back, combined with financial support from our donors, is what enables Meals on Wheels to continue feeding the elderly and homebound year after year. And it's what motivates Jan in her job every day. "Every day when the deliveries are done, we can say 'we did it,'" she says. "We worked as a team and got food, fellowship, and connection out to people who need it. It's such a great feeling."



2017 Dinner Sponsors

Platinum

**Galen & Nancy Dreibelbis
Juniper Village at Brookline**

Gold

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STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

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Michael Scott	Jeff Krantweiss	Cheryl Evans	Carolyn Andersen	Pam Ferguson	David Nelson
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Executive Director	Christine Tyler		Debra Ellis	William Mahon	Zachary Zembower

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.



At left, the volunteer prize table featured a thank you banner

Below, driver/visitor Lefty McIntyre won a flower arrangement



Left and below, lots of smiles at the breakfast tables in the Toftrees Ballroom



Dan Turenne celebrates his prize, a bird cage wall hanging



Putting Faith Into Action

Peggy Lindsey Draws on Her Professional Experience to Help Feed the Homebound

Margaret “Peggy” Lindsey has devoted her career—and her life—to helping others. A Presbyterian minister, Peggy has served as a hospital chaplain for 30 years. She’s currently at Mount Nittany Medical Center. Her husband, Dean, leads a life of faith as well, serving as senior pastor at State College Presbyterian Church.

Through her work as a chaplain, Peggy meets many patients who are elderly or dealing with chronic illness. She sees first-hand how many individuals are in critical need of homebound services once they leave the hospital. So it’s only fitting that she extends her professional passion to help others in her free time.

Last year, Peggy joined Meals on Wheels’ Board of Directors, and this year agreed to serve as corresponding secretary. She says the dedication to feeding the homebound runs in her family. “My father was a Meals on Wheels volunteer,” she says. “He would always talk about his routes. It was fulfilling to see the joy he got from that volunteer experience.”

Peggy recalls some of the stories he shared with her as she was



growing up. “He would talk about people not only appreciating the meals, but the contact,” she says. “Some people are rather isolated. Having a friendly person come by for a few minutes can brighten up their whole day.”

An avid cook, Peggy says that Meals on Wheels’ mission truly resonates with her because it connects nurturing and caring with feeding people in need. “It’s more than just food,” she says. “It’s the love and care that goes into it.”

As corresponding secretary, Peggy is responsible for writing thank you notes to donors, organizations, and volunteers. “It is really touching and sweet to see how people give in different ways,” she says.

Peggy encourages her fellow community members to get involved with Meals on Wheels, either through a financial contribution or volunteer support.

“It’s such an easy thing to do that makes all the difference in a person’s life,” she says. “Anything we can do to help one another be at home and be well—that’s what we’re supposed to do as a community.”

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. 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.

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 **Jan Baker** by phone, (814) 237-8135, or via email at volunteerscmow@gmail.com.