

On the Move

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



Spring 2017 Newsletter

www.scmow.org

Sandy Barbour to Speak at Annual Dinner

It's a party with a purpose! Come join the fun on Thursday, May 11 in the beautiful ballroom of the Nittany Lion Inn, as the State College Meals on Wheels family gathers for its annual benefit dinner, **A Meal That Matters**. This year the dinner features Sandy Barbour, Penn State Director of Athletics, and recent winner of the Under Armour Athletic Director of the Year Award. We will also have entertainment by Fourfold Jazz, a terrific smooth jazz group composed of talented State College High musicians.

A Meal That Matters provides a wonderful opportunity to share good conversation and great food with friends and colleagues while helping to provide much-needed funding to an organization that feeds those in our community who cannot cook for themselves. The extensive silent auction opens with the social hour at 6:00 pm. Chat with friends and cruise the auction displays while enjoying butlered hors d'oeuvres and classic jazz tunes. Bidding continues during dinner, which begins at 7:00 pm... complimentary wine is included and the dessert is always decadent. It will be a great evening with something for everyone—you may even win a great door prize!

To reserve your dinner tickets, complete and return the enclosed form with your payment or call (814) 360-6571. Group seating is available upon request.



*Thursday, May 11, 2017
Social Hour 6:00 pm/Dinner 7:00 pm
Nittany Lion Inn*

*Ticket order form enclosed
or call (814) 360-6571*

MOW Volunteer of the Year



State College Area Meals on Wheels is pleased to honor Sharon Ambrose as our Volunteer of the Year. As many are doing these days, Sharon embarked on a second career as a volunteer for State College Area Meals on Wheels (SCMOW) after early retirement. She joined the agency's Board of Directors in 2008. Shortly afterwards she found herself serving as both SCMOW head cook and acting executive director due to the cook's resignation and the executive director taking an emergency leave of absence. Sharon juggled both positions for three months while maintaining active participation on the Board of Directors.

Since then, Sharon has continued on the board as assistant treasurer and co-coordinator for the extensive auctions at the annual fundraiser, A Meal That Matters. Additionally, Sharon serves as the SCMOW Wednesday Day Manager to oversee volunteers who help prepare and package an average of 320 meals that day. Finally, Sharon frequently substitutes as a driver or visitor on meal delivery routes when regular volunteers cannot keep their schedules.

Congratulations, Sharon! We value and appreciate your volunteer service, sense of humor, and leadership insights.

C.A.R.E.S. Volunteers

Every Thursday morning around 10:00 a.m. a diverse group of people file out of a passenger van in the parking lot of Grace Lutheran Church, the operational site of State College Area Meals. Members of the group are men and women, young and middle-aged, short and tall, talkative and quiet, and they have come to deliver meals to homebound clients. Nothing about the group says that they are different from any other group of volunteers; however, Meals on Wheels knows differently. This is a team of VIPs (Very Important Persons) from the C.A.R.E.S. (Community And Residential Empowerment Services) community in Bellefonte.

C.A.R.E.S., an organization that provides individualized services to persons with developmental disabilities and behavioral health challenges throughout Pennsylvania, believes that their VIPs have something to offer the community through volunteerism. And they are right! C.A.R.E.S. volunteers perform their volunteer tasks alongside C.A.R.E.S. staff while learning valuable life skills, gaining confidence, and connecting with their community. Meals on Wheels relies on the C.A.R.E.S. VIPs' weekly participation to ensure that Meals on Wheels clients get their meals on time and with a smile. Thank you, C.A.R.E.S. volunteers!



Volunteering for Meals on Wheels: Easy and Rewarding

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

Centre gives

36-hour online giving event from
8:00 am Tuesday, May 9 until
8:00 pm Wednesday, May 10

The Centre Foundation will again sponsor **Centre Gives**, a 36-hour online giving event designed to support the work of nonprofits all across Centre County. This is the sixth year of the event, now with 147 organizations participating, including State College Meals on Wheels. More than \$4,000,000 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 2017.

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

Preliminary Dinner Auction List

2017 Dinner Sponsors

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
Harpers Shop for Men
The Hartman Group
Minitab, Inc.
Mary Lou Bennett, Lassie MacDonald,
& Marcia Martsolf-Miller of
RE/MAX Centre Realty
Restek Corporation
RTD Embedded Technologies, Inc.
The Village at Penn State
Wegmans Food Markets
Wienken Wealth Management

Silver

Adult Transitional Care
Forever Media Inc.
Frost & Conn, Inc.
Nestlerode & Loy Inc.
SPE Federal Credit Union

Bronze

Addison Court
Centre Concrete
Epworth Healthcare & Rehabilitation
First National Bank
HealthSouth Nittany Valley
Rehabilitation Hospital
Kissinger Bigatel & Brower Realtors
Metzger Animal Hospital
Mount Nittany Health System



- Howard Miller Grandfather Clock
- Black Mother-of-Pearl & Diamond Earrings in White Gold from Moyer Jewelers
- \$350 Gift Certificate for Dreibelbis Selection Center
- Annual Membership from YMCA of Centre County
- Giuseppe Armani Figurine: Little Angel with Lamb
- Adult Class or Child's Summer Camp from Art Alliance of Central Pennsylvania
- Sunglasses from Spectacles F. Y. Eye
- Makita Lithium-Ion Cordless 2-Piece Drill Combo Kit
- Nambé Wooden Chip & Dip Server
- Candy Gift Basket for Gardner's Candies
- Basket of Local Goods from Way Fruit Farm
- Harbour Lights Lighthouse Statue: Fire Island, New York
- Michael Kors Sandals/Vera Bradley Bag/Andrea Jovine Sunglasses/Black Body Mist by Kenneth Cole from Home Instead Senior Care
- Collection of Puzzle Books from Barnes & Noble Booksellers
- 60 Minute Massage Session from Center Massage Therapy, Center for Well Being
- 90 Minute Gentle Swedish Massage from Center Massage Therapy, Center for Well Being
- Round of Golf for Four with Carts from Toftrees Golf Club
- Movie Passes for Four with Popcorn for The State Theatre
- One Hour Performance from Fourfold Jazz
- Overlook Pavilion Rental from Penn State Arboretum
- Private Throwing-on-the-Wheel Class with Linda Goncalves
- Two Tickets to Jonah for Sight & Sound Theatre
- Tickets & Swag Basket from State College Area Roller Derby
- Tour & Tasting for Two from Happy Valley Winery
- Two 2017-18 Season Tickets Nittany Valley Symphony
- Two Drop-In Yoga Classes from Iyengar Yoga Institute of Central Pennsylvania, Center for Well Being
- Voice Lessons with Vocal Coach Jan Mianulli
- Four Movie Tickets for College 9 Movie Theatre
- Two Movie Passes for Premiere 12 Theater
- Planter from Sammi's Greenhouse

\$100 Gift Card for Mike's Video, TV & Appliance

\$50 Gift Card for Daniel Vaughn Designs

\$50 in Gift Cards for Chen's Mongolian Buffet

\$50 in Gift Cards for Firestone Complete Auto Care

\$50 in Gift Cards for Hotel State College

Much more in process!!

STATE COLLEGE AREA MEALS ON WHEELS BOARD of DIRECTORS

President	Treasurer	Recording Secretary	Members At Large
Michael Scott	Jeff Krantweiss	Cheryl Evans	Carolyn Andersen Ron Banerjee Brian Cohen Debra Ellis
Vice President	Assistant Treasurer	Corresponding Secretary	Pam Ferguson Kimberly Fragola Carlene Houser Mark Johnson William Mahon
William Haner	Sharon Ambrose	Peggy Lindsey	David Nelson Janie Provan Stephen St. Amant Zachary Zembower
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.

Survey Assesses Client Preferences

In its continuing efforts to provide the best service possible, State College Meals on Wheels recently conducted a client survey, which brought in the following results:

- **50%** of clients responding do not know where there next meal would come from if they did not have MOW.
- **88%** of the respondents are able to remain independent (thanks in part to the meals MOW provides).
- **88%** feel more connected to our community as a result of our services.

Want to make a major impact on the future of State College Meals on Wheels? Please consider an estate donation.

Last year's A Meal That Matters was enjoyed by all



Lots of wonderful silent auction items



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