

State College Area Meals on Wheels is 50 years strong in 2021. Together, we can make an even bigger impact in our next 50: more meals, more connections, more lives changed. Give at scmow.org.



On the Move

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



scmow.org

Summer 2021

Calling Program to Help Overcome Pandemic Isolation Yields Fast Friendship Between Volunteer and Client

Mavis Montgomery and Alice Griffin may have never met under ordinary circumstances, but through Meals on Wheels and the COVID-19 pandemic, they have become friends.

When the COVID-19 pandemic put a halt to daily, in-person meal deliveries, Meals on Wheels staff knew that clients would face increased loneliness amid the ongoing isolation. Executive Director Suelynn Shiller said that when contactless weekly deliveries started, she and her team were committed to finding new ways to continue checking in with clients on a personal level.

"We wanted to make sure clients maintained their connection to Meals on Wheels and that they were informed regularly about how services might change," Suelynn said. "We had the idea to ask volunteers to make regular phone calls, just to check in and ask how they are doing, and to be a friendly, reassuring voice."

The new program has been a huge success thanks to volunteer callers like Alice Griffin who was unable to volunteer in-person but had time to make calls.

For Meals on Wheels client Mavis Montgomery, the calls and the continued delivery service have made a big difference. "Meals on Wheels never stopped delivering – all through the winter and the snow, all through COVID," said Mavis. "Volunteers should know that their time and their empathy are so appreciated to those of us who count on them."

Mavis and Alice usually talk every Thursday. They sometimes talk about which flowers are in bloom in their gar-

dens and the birds they hear outside. Alice even plays bird calls for Mavis on their calls so they can identify them together.

"I may not be able to be there in person, but I can make calls from wherever I am."

"For me the experience has been delightful," said Alice. "I'm a retired case worker who really missed working with people. I may not be able to be there in person, but I can make calls from wherever I am."

Mavis's husband is in a nursing home, and she lost her oldest daughter to cancer a few months ago. In addition to her own health issues, she is busy with doctors' appointments and paperwork, but Alice said Mavis is never the least bit negative.

"Mavis never dwells on her own issues," Alice said, "She always wants to know what I'm doing and how I'm doing."

When Mavis had to spend some time in the hospital, Alice delivered a bouquet of flowers to her. The flowers were from her garden and included lilies of the valley and bleeding hearts. Mavis put the flowers in paper cups and allowed them to dry. When she was released from the hospital, she went to visit her daughter's grave where she put the special flowers.

"That was so thoughtful of Alice," said Mavis. "It was really special. It can be hard for older people who live alone to

make friends and not feel isolated. Meals on Wheels and Alice have helped me tremendously in that regard."

After a bout with COVID, Mavis's husband is doing well and flourishing in the nursing home where Mavis said he is "tootling around in a wheelchair."

While Mavis and Alice have never even seen a photo of each other, they look forward to meeting in person once it's safe to do so. Both ladies echoed the sentiment that they hope the calling program continues.

"When people are isolated, human contact broadens their horizons and lets them know that people care," said Mavis. "Food is an emotional connection and I hope that more people who need help are able to find their way to Meals on Wheels."

We are accepting new clients.
If you know someone living in the State College Area School District that is unable to shop or prepare meals, call to learn more:
(814) 237-8135.

50 Years Strong in 2021, Looking Ahead To 50 More

On August 16, 2021, State College Area Meals on Wheels will celebrate 50 years since its first meals were delivered in 1971. Since then, the organization has grown thanks to dedicated support from volunteers, donors, staff and other local supporters in the community.

Meals on Wheels is fortunate to begin its next 50 years as part of this strong community who are championing its mission and want to help their neighbors continue to thrive at home.



2nd Annual Benefit Dinner in May 2007. Hall of Fame Pittsburgh Steeler Franco Harris (right) poses with Galen Dreibelbis and his 100-year old mother, Ruth Herman Dreibelbis. Ruth volunteered with SCMOW until she was 90 years old.



"Millionth Meal Ceremony" on July 16, 2008 on grounds of Grace Lutheran Church. From left, Bill Haner, Lisa Mariani of Harrah's, State Senator Jake Corman, Anna Carol Buffington, MOWA CEO Enid Borden, and State Representative Scott Conklin. Proclamations were presented to SCMOW from the PA House of Representatives and PA Senate.



Ribbon cutting ceremony for newly renovated kitchen at the Celebration of SCMOW 40th Anniversary on October 21, 2011. Pastor Steve Lynn, Sr. Pastor Grace Lutheran Church, Anna Carol Buffington, Executive Director, and Bill Haner, Board President.

New Grocery Shopping Service Will Offer Another Connection for Clients

An exciting new service will be available to State College Area Meals on Wheels clients in September 2021, thanks to a generous grant from Meals on Wheels America.

"Part of the \$17,500 grant will help us to establish a grocery shopping service for clients who need some assistance in this area," said Executive Director Suelynn Shiller. "Our goal is to add another meaningful connection between volunteers and clients."

Volunteers will be paired with a client and will help make a list, then do the shopping, deliver the items and help to put them away. Pairs will stay consistent so that clients and volunteers can form a strong connection.

Funds from the grant will also help to adapt the program from the pandemic program of one day a week delivery of frozen meals and groceries, to delivery three days a week of hot, cold and optional frozen meals."

The grant is from Meals on Wheels America's Go Further Fund, which was launched to directly help scale the safety net for seniors by specifically supporting communities in crisis, building capacity and driving innovation in how the nation will tackle these issues head-on.

The grocery service will be launched in August, call the office (814.237.8135) if you would like to volunteer, or if you would like to receive grocery shopping assistance.



Thank You Donors.

2021 Centre Gives generated \$43,508 from 236 unique donors. In addition, many donors have made generous gifts directly to Meals on Wheels.

The generosity of our community enabled State College Area Meals on Wheels to continue to provide nutritious meals and a consistent, caring connection to its clients during the worst health crisis in our lifetime. We kept our most vulnerable neighbors - seniors, people with disabilities, and those recovering from illness, injury or surgery - safe and independent in their homes when they needed a helping hand the most.

Thank you.

Get Involved

Looking for a way to make an impact locally? State College Area Meals on Wheels is seeking:

Volunteers to help prep and deliver meals. Contact Rachel at rachel@scmow.org.

New board members. Contact Suelynn Shiller at suelynn@scmow.org for more information.

Giving Back is a Family Affair for Volunteer and Grandson

A local youth recently contributed part of his allowance to State College Area Meals on Wheels in honor of his grandmother, a dedicated volunteer.

Twelve-year-old Zach Costlow will enter seventh grade this fall, and he's already making a difference in his community. When he learned about the Centre Gives campaign in May, he decided to make his own donation. The organization he chose is close to his grandmother's heart: State College Area Meals on Wheels. Zach's grandmother, Nora Chyle, is an active volunteer.

"I was so touched when his mom told me he had done this," Nora said. "He kept it a surprise, but it was nice that he did it in honor of his grandmother."

When asked how it felt to make this gift, Zach said something interesting and a little remarkable for a kid his age: "It felt normal. It always feels good to know that you're donating."

When talking to Nora, it becomes evident that paying it forward and community service run in the family. She said her own mother often volunteered and passed the importance of giving back along to her children. Now Nora's daughter, Annie, is

passing it along to her own children.

Both Zach and his sister Natalie, age 9, save part of their allowance to donate to charity. Their mom, Annie, said they take serious consideration when selecting the charities for their contributions.

"They're so thoughtful about it," she said. "They go onto websites and see all of the organizations and learn about what they do."

Zach's grandmother has volunteered with Meals on Wheels since she retired in 2013. Like many retirees, she found herself with extra time on her hands and wanted to make good use of it. She saw an ad that Meals on Wheels needed extra help transitioning from three days a week to five days a week delivery.

"There are generally about five of us working together for a few hours each week," said Nora. "It's nice to work with the same people and have a chance to get to know them. They are all very bright and positive people."



Zach Costlow with his grandmother, volunteer Nora Chyle. Zach said donating to charity "always feels good."

Nora usually volunteers one day a week on a Wednesday or a Thursday, where she helps in the kitchen with meal prep.

"My grandchildren, Zach and Natalie, are both very observant," she said. "Their mom works in a hospital, and their dad works with non-profits. They are encouraged to help others in the community and to be grateful for what they have."

Thank you
Foxdale Village
for your generous support
of our work.



Shop, Save, and Support State College Area Meals on Wheels

Target Circle is Target's loyalty program where members receive 1% earnings, gain access to special deals on everyday items, and even get a birthday gift. Most importantly, Target Circle allows members to vote to help direct Target's charitable community giving.

"Consumers with a Target Circle account earn votes," said Suelynn Shiller, Executive Director. "Then they log into their Target account, browse local non-profits, and choose which one to give their votes to."

Non-profits that receive the most votes receive the most significant percentage of the available funds. State College Target

shoppers can use their votes to help State College Area Meals on Wheels earn additional funds.

"Target has made it very simple for us to be a part of the program," said Suelynn. "With savings for members and potential additional funds for us, we feel like it's a win-win."

Voting began July 1, 2021 and is open through September 30, 2021. So, if you are already a Target shopper or want to become one, to join Target Circle today and cast your votes for State College Area Meals on Wheels.

Visit www.target.com/circle for more information and to start voting today.

Friends Make New Memories Delivering Meals Together

When Jenny Noll returned to the State College area, she and longtime friend Lori Moyer found a way to spend quality time together and give back to their community.

Lori Moyer and Jenny Noll have been friends since elementary school. Now in their 50s, the longtime friends volunteer together to make meal deliveries at least once a week.

“We’re not the best cooks, so we knew we wouldn’t be great helping in the kitchen,” joked Lori. “Making deliveries, and having that face-to-face interaction, is something that interested both of us.”

For the past two years, the friends have found their way around their hometown together, often surprised by how much help they need from their GPS. Even though they both grew up here, and Lori has lived here her entire life, they sometimes still find themselves not knowing exactly where they are.

“We joke with each other that it’s even possible that we still get lost sometimes.” said Lori.

week and makes five to six stops on their route. Their deliveries include hot and frozen meals and bags of dry goods and groceries, depending on what each client has requested.

“After retiring, I wanted to volunteer my time to help others,” said Jenny. “Seeing people smile when they see you, thank you for bringing them a meal, or knowing you that for some of them, you may be some of their only contact for the day, has been very rewarding.”

Sometimes when they return after their route, there will be additional deliveries, and they are always happy to step in to help.

“Every client is so grateful,” said Lori. “They thank us, and they ask us to pass along their thanks to our cooks and everyone involved with the organization.”

Lori and Jenny both graduated from



Jenny Noll and Lori Moyer enjoy making personal connections with clients and with each other on their weekly delivery route.

“Seeing people smile when they see you, thank you for bringing them a meal... has been very rewarding.”

“The Meals on Wheels clients are all different and unique in their circumstances and situations,” said Lori. “Some receive regular deliveries, and others are temporary while they recover from a surgery or illness.”

The pair volunteers one or two days a

State College High School and Penn State. Jenny moved away from the area for 30 years. During that time, she got married, had a son, and enjoyed a long career with the National Park Service.

“When I moved back to State College and learned that Lori wanted to volunteer

as well, I knew we had to find something to do together,” said Jenny. “My in-laws used to deliver meals, so I knew of the work they did, and it has been a great fit for both of us.”

Lori remained in State College, where she helped run her family’s business, Moyer Jewelers. The store closed a few years ago, and Lori now works as a personal jeweler specializing in Penn State jewelry.

“We both found ourselves with more time on our hands, and we both wanted to use that time to give back to our community,” she explained. “The fact that we can do it together and reconnect at the same time is the icing on the cake.”

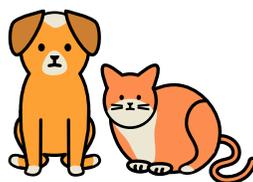
“More than a Meal”

Here are just a few things your gifts have helped to deliver so far in 2021:

13,352

Meals/Food:

We prepared and delivered **13,352** meals to **194** clients. We also packed and delivered **2,459** bags of groceries.



Pet products:

11 clients received deliveries of pet food & supplies. **11 cats** and **6 dogs** were fed through this program.



Toilet paper:

33 clients received **924** rolls of toilet paper—2020-21’s hottest commodity.

Give today at scmow.org or use the enclosed envelope.