



Caring in Action

Celebrating 40 Years of Food and Friendship

From the Director's Desk

Fall 2011



*Shushma Patel
Program Director*

At our Annual Volunteer Recognition Luncheon in June we celebrated our program's 40th anniversary of serving meals in Pottstown. In that time, we have delivered more than two million meals! We couldn't have done this without you, our dedicated volunteers and generous supporters.

The economic downturn of the past few years has affected us all. Hunger is becoming a pressing issue as families are forced to reduce the money they are spending. Many seniors are living on the same Social Security income but are facing increased costs for basic needs, such as medical care, prescriptions and transportation. This decreases the amount of money they can spend on food.

A donation of just \$10 to Meals on Wheels provides a hot lunch and cold supper to one hungry senior for a day. \$50 provides a hot lunch and cold supper to one hungry senior for an entire week.

We also have a number of fundraising events scheduled for the fall. Comedian Joe Conklin is returning to Pottstown on Friday, September 23 for a benefit comedy show for Meals on Wheels. Be sure to read about this event in this newsletter.

We are participating in Boscov's Friends Helping Friends Day on October 4. Contact our office to buy a shopping pass for just \$5. This pass is good for 25 percent off (on most items) at any Boscov's on Tuesday, October 4.

Many companies throughout the area are kicking off their United Way campaigns. If you donate through the United Way of Southeastern Pennsylvania, it's easy to support Meals on Wheels. Simply "donor designate" your United Way gift to benefit our program by using our "donor choice" designation number — **15150**. If your employer offers grants or a "company match" for contributions made by its employees, please consider making a donation to Meals on Wheels.

Every contribution helps us to ensure that no senior goes to bed hungry.

Sincerely,
Shushma Patel, Program Director

Meals on Wheels Benefit Performance Series: Joe Conklin Comedy Show

Friday, September 23, 2011

Doors open at 7:15 p.m.

Show begins at 8 p.m.

The Hill School Center For The Arts, Beech & Sheridan Streets, Pottstown

Tickets are \$25. All seats are general admission. Advance tickets recommended!

**For more information or to purchase tickets, call 610-326-1610 ext. 236,
e-mail spatel@fsmontco.org or visit www.fsmontco.org.**

Greetings from our Community Board President

By Lisa Harner, President, Meals on Wheels Community Board

Hello! I am Lisa Harner, and I am the president of the Meals on Wheels Community Board. I am a lifetime resident of Pottstown and work for KenCrest EmployNet. I am active in the community through my church, First United Methodist, and am also a member of the Tri-County AMBUCS. I enjoy reading, knitting, and visiting my family in Ocean City, Maryland. I have been a member of the board for nine years and affiliated with Meals on Wheels since 1998.

I supervise a program that helps individuals find paid and volunteer work in the community. I approached Meals on Wheels to find opportunities for our group and we were accepted with open arms! We helped pack meals at the Brethren Church and delivered many routes. Currently our program delivers 14 different routes for Meals on Wheels. I was asked to join the Meals on Wheels Community Board in 2002 and have been an active member since then. I am a part of the Fundraising Committee and the Special Events Committee.

Thank you volunteers for all that you do, and I look forward to a successful year!



*Lisa Harner
President
Meals on Wheels
Community Board*

The Roots of Meals on Wheels

In planning for our 40th anniversary celebration, the Meals on Wheels staff had the opportunity to dig into the program's history. With so many new faces at Meals on Wheels these days, we thought a recap might be interesting to all.

In 1971, the northern division of the Pottstown Hospital was located on Charlotte Street (now Manor Care). This portion of the hospital had a nursing school on site. The students at that time recognized that many of the seniors they served were suffering nutritionally or that they were being discharged from the hospital without a good plan in place to help them meet their nutritional needs. These students set out to come up with a solution. In order to undertake this task, they began to meet with the area churches and formed a steering committee that would soon launch the home-delivered meal program.

Meals were originally packed and catered by the Montgomery County Geriatric Center, now called Parkhouse, in Royersford. Pottstown Memorial Medical Center took over the food preparation in 1994. The volunteers packed the meals in different churches over the next few years until 2006 when we were able to obtain our own facility, which houses us today, and allows us to serve approximately 170 clients a day.

Looking back on all that happened in the last 40 years, we can't help but wonder what the program will look like in 2051!

VOLUNTEERS NEEDED!

Family Services' **Project HEARTH** (Helping Elderly Adults Remain In Their Homes) is looking for volunteers who are able to transport elderly clients to doctor's appointments, the grocery store, pharmacy, etc. They are also in need of volunteers who can help homebound elderly clients with cleaning, errands and paperwork.

Do you have a few hours a month to help with this worthy program?



For more information on Project HEARTH, contact Aaron Shostak at 610-326-1610 ext. 235 or ashostak@fsmontco.org.

Keeping Up with the Meals on Wheels Staff

The staff at Meals on Wheels is as busy as ever! Here are some updates on the familiar faces in the Meals on Wheels office:

Program Director **Shushma Patel** serves on the boards of the North Penn United Way and Harleysville Rotary Club, as well as LaSalle University's School of Social Work Advisory Board and the Montgomery County Drug and Alcohol Planning Council.

Case Manager **Ruth Hood** and her husband Drew celebrated their 25th wedding anniversary earlier this year with a trip to Aruba. Case Manager **Andrea Spiece**, who is the newest addition to our team of case workers, is eagerly awaiting the arrival of her first child, a boy, in September. Case Manager **Alicia Adams** rounded off her family with the arrival of Lincoln Tyler on December 9, 2010. She finds it hard to believe that her oldest child, Grace Anne, started kindergarten this fall.



(Back row, left to right) Joyce McPherson-Weber, Ruth Hood, Alicia Adams, (front row) Shushma Patel, and Andrea Spiece



Gary Yates

Kitchen Manager **Joyce**

McPherson-Weber has worked for Family Services' Meals on Wheels program for 10 years. She enjoys spending time with her two grandchildren, Taetum, 6, and Tyson, 2.

Gary Yates works as our delivery driver to Royersford and Lower Perk Monday through Friday and has greatly enjoyed getting to know the volunteers at the various pick up sites. Gary loves to work in his garden and enjoys spending time training his new dog.

Meals on Wheels Volunteer Recognition Luncheon

Our annual Meals on Wheels Volunteer Recognition Luncheon was held on June 1. Staff, volunteers and program supporters gathered together to recognize the dedication of the volunteers and to celebrate 40 years of meal delivery in the Pottstown area.

After enjoying a delicious buffet prepared by Bause-Landry Catering, the attendees enjoyed a delightful performance by the Pottstown High School Show Choir.



(Left to right) Jean Spotts, 40 years, Pauline Hunsberger, 35 years, Edith Mack, 15 Years, and Morris Longstreth, 20 Years.

The Heather Frantz Memorial Award, presented annually to an outstanding volunteer, was given to Larry Nuskey, a faithful and dedicated kitchen packer who regularly goes beyond the call of duty pulling double shifts and subbing two and sometimes three times a week.

Jean Spotts was recognized for 40 years of service to Meals on Wheels. Jean has volunteered with the program since it began and continues to pack and deliver meals, as well as serve on the Community Board.

Congratulations to all of the volunteers who received awards this year, and thank you one and all for your continued support!



Roger Baumann, past board president, presents the Heather Frantz Memorial Award to Larry Nuskey

MEALS ON WHEELS BENEFIT PERFORMANCE SERIES:
JOE CONKLIN COMEDY SHOW



Comedian Joe Conklin, *Man of a Thousand Voices*
www.JoeConklin.com

Comedian Joe Conklin brings his hilarious impressions of Barack Obama, Cole Hamels, Charlie Manuel, Charles Barkley, and many others to Pottstown. Heard regularly on 610 WIP radio, Conklin shares his experiences growing up in the neighborhoods of Philadelphia, highlighted by his Kensington characters from Chip Snapper's Taproom.

Friday, September 23, 2011

Doors open at 7:15 p.m.
Show begins at 8 p.m.

The Hill School Center For The Arts
Beech & Sheridan Streets, Pottstown, PA

\$25 – General Admission Seating

Proceeds benefit:

Meals on Wheels is a program of



Advance tickets are recommended. Tickets may be purchased in person at Family Services' Pottstown Office, 1976 East High Street, Pottstown.

For more information or to purchase tickets, please call Meals on Wheels at 610-326-1610 ext. 236 or visit www.fsmontco.org. Cash, checks and credit cards accepted.

MEALS ON WHEELS WOULD LIKE TO THANK OUR GENEROUS EVENT SPONSORS:



Limerick Generating Station

Susquehanna
Bank

BTC
Foods

Dr. Patel's Chiropractic
& Wellness Center

Volunteer Spotlight

By Mary Rogers, Monday Packer and Delivery Driver

Being newly retired and new to Pottstown, Meals on Wheels was a natural volunteer opportunity for me. After all, it's in my blood. My grandmother delivered meals in Shakopee, MN; my parents in Pittsburgh, PA; my sister in Cabot, PA; and my daughter in Orlando, FL, with the help of my granddaughter who proudly announces that she is a fifth generation Meals on Wheels volunteer.

Monday morning starts at 8 a.m. with three volunteers and Joyce, the kitchen manager. For a few minutes we talk about the weekend and show pictures of grandchildren, generally catching up because we have not seen each other for a week and these are my new friends.

We continue to chat while we pack 186 plastic bags with two milks, one fruit, two juices, and one bread. Twila and I are in charge of packing up the delivery bags for the cold meals and the 186 bags we just packed. We learned the hard way that when packing the food bags, it is not a good time to talk—if our count is off, we have to recheck each bag until we find

our mistake or someone will be short a meal. Joyce and the third volunteer pack the hot meal. Once packed, the delivery starts.

At 10:15 a.m. watch out because the army of volunteers is pouring out of the Family Services/Meals on Wheels office on East High Street going in 10 different directions, as well as the Meals on Wheels truck that is meeting up with even more volunteers in Royersford and the Lower Perkiomen Valley. For me, this is the best part of my week. I have 14 deliveries on my route and for several of my people, I am the only person they will see that day, the only one checking on them. For all of us, me included, it's someone else to speak with, someone to look at pictures, someone to show flowers to and share stories. Food? Oh yes, it's about the food too.

My grandmother used to say we can't just take from our community, we have to give back to it too. What my grandmother didn't say is that as a Meals on Wheels volunteer, I get back so much more than I give.

What Our Clients are Saying...

"I would be very much lost without you. Your smiles and good cheer along with the food you deliver are a real high spot of the day. After the weekend, I always look forward to seeing you, my friends, again." —Pottstown Client

"Thank you for the fine and courteous volunteers that come with the meals. When you are 90 years old and live alone, it is nice to be able to have conversations with visitors." —Anonymous Client

"Greetings, and thank you for all the time and energy devoted to getting meals to all of us who are creaking around out there who depend on you." —Pottstown Client

"Because of you and others at Meals on Wheels, I have been able to stay in my home for almost two extra years. Thank you!" —Pottstown Client



Meals on Wheels volunteer William Kingsepp delivers meals to Carmella Sakiewicz.



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Website: www.fsmontco.org

Meals on Wheels is a program of



To be added or removed from
our mailing list, please contact
Jen Alfonse at 610-630-2111 ext. 247
or jalfonse@fsmontco.org.

Meals on Wheels Staff

Shushma Patel, Program Director
Alicia Adams, Case Manager
Ruth Hood, Case Manager
Andrea Spiece, Case Manager
Jane Boughter, Support Staff
Joyce McPherson-Weber, Kitchen Manager
Gary Yates, Driver

Meals on Wheels Community Board

Lisa Harner <i>President</i>	Liz Bieber	Ed Schumacher Jr.
Roger Baumann	Tom Hudson	Jean Spotts
Robin Benner	Sharon Johnson	Dr. Louise Turchin
	Robert Rettinger	

Statement of Purpose

Meals on Wheels, which serves the Pottstown, Royersford and Lower Perkiomen Valley areas, is a program of Family Services, a nonprofit serving children, seniors and families in Montgomery County.

The purpose of Meals on Wheels is to have community volunteers deliver warm, nutritious food each weekday to homebound elderly residents who are incapacitated by illness and have no alternative source of meals. Meals may be delivered for brief periods of rehabilitation or for an extended time. Along with delivering meals, community volunteers socialize briefly with each recipient. Meals on Wheels enables the homebound elderly to remain in their homes when nursing home care might otherwise have been necessary.

Our Meals on Wheels program is the oldest operating home delivered meals program in Montgomery County. Funding for Meals on Wheels is provided by the Montgomery County Office of Aging and Adult Services, foundations and individual and community group donations, as well as payments and donations by those receiving meals.

For more information, please call 610-326-1610 or visit us on the web at www.fsmontco.org.