



**MEALS ON WHEELS**  
of Salem County, Inc.

# 10th March for Meals Fights Senior Hunger



# The Lunch Bunch

A newsletter for volunteers and friends of Meals on Wheels

Volume 11, Issue 1  
Winter 2011

People like you all across the country will join in "March for Meals" to help fight senior hunger.

Here in our own backyard of Salem County, many Meals on Wheels (MOWSC) volunteers are preparing for this event by considering ways to help beyond the time they spend delivering meals.

The month-long campaign helps increase awareness about Meals on Wheels, raise funds, and recruit volunteers. A new activity, "Soup for Seniors" will be included to mark the 10th anniversary of March for Meals in

Salem County. During March, Salem City Café will donate \$1.00 for every 12 oz. soup and \$1.50 for every quart of soup purchased, either in the restaurant or take-out.

The campaign takes place in the month of March because it was during this month that the law was enacted that included senior meal programs in the Older Americans



Volunteers Barbara Stiles (left) and Connie Parkell get ready to deliver meals in Salem. \*

Act.

Ways you can provide support include donating the cost of a meal or encouraging friends, family and co-

*\*Photo, courtesy of Today's Sunbeam  
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## Director's Message: "A Good Morning"

A note of thanks came from one of our clients recently. It stated:

*"Thank you! You have made each day so happy when I open the door and see a smiling face with my meal, and sometimes, a bag of surprises. It means so much to hear someone say, 'Good morning.' It really starts my day. I am so thankful to Meals on Wheels."*

It is humbling to me to receive such words from a lonely, homebound elderly person who took the time to put

aside personal hardships to send a note of gratitude. This note in particular astounded me because it so clearly stated what I always hope to hear: Our mission is truly

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# “Soup for Seniors” Kicks-Off

MOWSC Board of Trustees and volunteers gathered at Salem City Café on March 1, 2011 to launch the new “Soup for Seniors” to show their support of Meals on Wheels March for Meals campaign and the national movement to “End Senior Hunger by 2020”.



Peg Marshall, Executive Director explained why Meals on Wheels of Salem County created “Soup for Seniors”. “What better way to increase awareness about senior hunger in our community than to actually eat! It helps us remember one in nine seniors in America are at risk of hunger. It seems incredi-



Volunteers and Board members enjoyed the launch of Soup for Seniors on March 1, 2011. Pictured with Winifred Coney, member of the Board of Trustees (second from left) are Carneys Point drivers (left to right) Donna Kennedy, Carol Wister, and Joanne Davis.

ble and if we are honest, frightening. It’s exactly why those seniors are called “The Forgotten” by our national organization, Meals on Wheels Association of America. We are grateful to Salem City Café for sponsoring Soup for Seniors, which will help raise funding for our program.”

To join our Board of Trustees and volunteers in

support of this goal, please purchase soup at Salem City Café, 113 Market Street, Salem. Soups available in the restaurant and for take-out include: crab bisque, cream of broccoli, black bean and Italian wedding. Please call the Café at 856-339-4455 for pricing and to order.

## Director’s Message: “A Good Morning”

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being fulfilled. When we boil it all down into simple terms, Meals on Wheels is here to fulfill two main needs for the senior and disabled residents of Salem County:

1. Nutritious daily meals
2. A few minutes of kindness from another person

Meals on Wheels' volunteers here in Salem County are committed to helping us make sure our seniors don't go hungry. Each weekday of the month, our crew of over

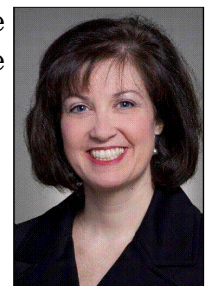
300 volunteers deliver food and a “Good Morning” smile to homebound elderly and disabled. In 2010, our drivers covered more than 60,000 miles to deliver more than 42,750 meals.

Meals on Wheels has a responsibility to ensure we are able to continue to offer a “Good Morning” to more than 200 seniors and disabled residents who depend on the meals we provide regardless of economic difficulties. If you are a volunteer, sponsor or

donor, we thank you. Many of you sacrifice time and financial resources to support our program.

We look forward to working with you during 2011 to ensure the seniors and disabled residents of Salem County will continue to receive this invaluable service.

Sincerely,  
*Peg Marshall*



# March for Meals Fights Hunger...Cont'd.

*(Continued from page 1)*

workers to donate lunch money for one day during March. Or, recruit new volunteers to help MOWSC fill gaps in our delivery routes. Volunteers can become part of a corporate team or deliver on their own. It takes two hours, one time, every four weeks.

“It is critical that we have a successful campaign this year,” said Executive Director Peg Marshall. “We are bracing for Federal and State funding cuts. We try not to place potential clients on a waiting list, which can happen when funding dips or goes away all together. We depend on the generosity of public donations and grants from foundations to supplement government funds,” Marshall explained.

MOWSC Board Chairperson Rebecca Call encourages the community to become involved. “We have

served over a million meals and thousands of clients during the last 33 years. If only 2,000 family members of those we have served donate \$10, we would reach our 2011 March for Meals fundraising goal of \$20,000,” she said.

On Wednesday, March 23, local mayors and other officials will deliver meals throughout Salem County.



The event gives officials an opportunity to see first-hand how vital MOWSC's services are to elderly and disabled Salem County residents.

In 2010, Freeholders Lee Ware, Julie Acton, Bruce Bobbitt, Dale Cross, Dave Linden-

muth, and Beth Timberman, along with Mayors Wayne Pelura, Bill Miller, John Washington, Jim Kates, Ed Masker, participated. Mayor Robert Davis also joined for the first time. Other officials included Sheriff Chuck Miller, Nicki Burke and Golda Gill, as well as Ken Dennis, Joe Racite and Ed Voyles. Sponsored by the Meals on Wheels Association of America, over 1,000 mayors across the country help boost awareness about senior meal programs. Despite the success of programs, hundreds of thousands of senior citizens still go to bed hungry each night in this country.

Locally, MOWSC drivers delivered over 42,750 meals, drove over 60,000 miles, and donated over 5,000 hours of time in 2010.

To learn how you can participate in March for Meals, please call 856-935-3663.

## ***Yes! I would like to help March for Meals.***

I would like to make a donation to Meals on Wheels, 118 Walnut Street, Salem, NJ 08079 ~ 856-935-3663 ~ mealsonwheels05@verizon.net

- \$100 helps provide hot meals for a month
- \$50 helps provide frozen meals for a month
- \$25 helps provide hot meals for a week
- \$15 helps provide frozen meals for a week
- \$10 towards the campaign goal of \$20,000
- Please call me, I would like to volunteer

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donation made in Memory of \_\_\_\_\_ In Honor of \_\_\_\_\_

Send Notice to:

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# Spreading Holiday Joy to Seniors

Our Holiday Gift Bag project that began in 1991 continues to spread a touch of joy to Meals on Wheels clients. It's also a project that helps the entire community show concern for area seniors and disabled residents, many of whom are alone during the holidays.

Throughout November and December of 2010, MOWSC collected hundreds of small gifts and useful items to fill large gift bags. Many volunteers sorted, bagged and distributed the gifts to 160 clients the week before Christmas.



"Santa's Elves" Betty Giumetti (left) and Marge Faulkner (right) volunteer to handle the monumental task of sorting gifts into Holiday Gift Bags each year. "Mrs. Santa" Cora Richardson inspects one of the bags, donated by the Rotary Club of Salem Sunrise and decorated by Mannington School 8th Grade class.



Volunteers John and Emilie Carpenter pack bags each year. Emilie has been volunteering for Meals on Wheels more than 30 years.



Sean Evans and Dominic Miletta supply donations from employees at DuPont Chemicals & Fluoroproducts Chambers-works.



Lt. Jeff Mills, his wife, E'va and son Jeffrey, spread holiday happiness by volunteering to sort gifts and deliver gift bags to clients in the Salem area. Lt. Mills sent a thank you note, remarking, "My family and I had a very moving, heartfelt day. The people we delivered to were very thankful."

Meals on Wheels is sincerely grateful to all donors who participated in our Holiday Appeal. A total of \$13,990 was raised, \$5,000 of which came in as matching dollars from Salem Health and Wellness Foundation. We are truly blessed by the generosity of our community. Thank you all!

## Winifred Coney Retires from MOWSC Board

Meals on Wheels Board of Trustees recognized Winifred Coney's retirement after 33 years of service to the program at their annual holiday luncheon. Ms. Coney was one of the founders of the organization in 1977 and a charter member of the Board of Trustees of Meals on Wheels. The Board is made up of members of the community who volunteer their time to serve MOWSC.

Ms. Coney received a proclamation from Salem County Board of Chosen Freeholders, which was presented at the luncheon by Freeholder Julie Acton. "Thirty-three years is a remarkably long commitment," stated Ms. Acton. "Winifred is among those special people who deserve this recognition from the Board of Chosen Freeholders and the entire community."

Ms. Coney served in



*Freeholder Julie Acton (right) presents a proclamation to Winifred Coney (standing in center) as her daughter, Susan Maniglia (left) looks on. Ms. Coney retired in December 2010 from the Board of Trustees of Meals on Wheels.*

various roles including Secretary of the Board of Trustees and chairperson of the committee for the Annual Volunteer Recognition Luncheon. She currently delivers the frozen meal route monthly as well.

When asked why she helped launch Meals on Wheels, Ms. Coney responded, "I saw the need because my mother lived alone. I called or visited daily. She

frequently mentioned a stomach ache, so I began making her balanced meals everyday. Her stomach aches went away. When approached about starting Meals on Wheels, I knew the program would be worthwhile. It has grown to amazing levels. In later years the program began receiving more recognition—and it deserves all the recognition it receives," stated Ms. Coney.

## 2010 Wrap Up

- ♥ A total of 42,750 meals were delivered to 280 unduplicated elderly or disabled clients.
- ♥ Over 350 unduplicated volunteers donated 5,000 hours and drove 60,000 miles to deliver meals.
- ♥ Drivers covered all 360 square miles of Salem County on 10 weekday and one frozen route.
- ♥ 20 local officials participated in Mayors for Meals.
- ♥ 33rd Volunteer Luncheon was held at Elmer Grange.
- ♥ 14th annual Giant Pumpkin Carve raised over \$30,000 to support the program.
- ♥ 19th annual Holiday Gift Drive provided gifts and items to 180 clients.
- ♥ Partnered with Ranch Hope to provide meals, United Way and Salem Health & Wellness Foundation to provide smoke detectors and batteries, RSVP to offer mileage to eligible volunteers.

# To Remember And To Honor (9/2010-12/2010)

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## To Remember

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### **EVELYN BOWEN**

Patricia & Herman Adkins, Jr.  
Abigail & Charles Erhardt, Jr.  
Jack & Trudy Hathaway  
Joan Lynch  
Deborah & Carl Pippin, Jr.  
Lorraine D. Pobanz  
Lucille Pote  
Sidney & Joan Riley  
Ronald & Sally Udy  
Women's Club of Penns Grove

### **RICHARD BUCKINGHAM**

Rose Czwartkowski & Linda Walls

### **FRANK BARBERA**

Mr. & Mrs. William Willis, Jr.

### **BEN COLEMAN**

Mr. & Mrs. Louis D. Ware

### **WILLIAM DORSEY**

Lorraine D. Pobanz

### **MAE GAYNER**

Joel & Faith Vittori

### **ARTHUR GRISCOM, JR.**

Gwynne & Scott Griscom

### **PAUL FREDERICKS**

Harry & Clare Adams  
Judy Gates  
Dorothy Horn  
Leslie Jones Irish  
Lorraine Kite

### **MAZIE LOUELLA FRITZ**

Kathy Lloyd  
Carl Stolfo

### **A. PETER LATTANZI**

A. Peter Lattanzi  
Lewis & Janice Roncace

### **JOSEPH J. McCARTHY**

Mr. & Mrs. John F. McCarthy

### **MARYANNA MORRIS**

#### **HAZEL MORRIS**

Marion Morris Finlaw

### **DAVID MULFORD, SR.**

Joan Abbott  
Mary Arnold  
William & Helen Bacon  
Mary Ann Baker  
"Blue Chip Gang"

Gil Andrews

Rich Gatanis

Frank Green

Harry Layton

Mike Mathis

Bill Nichols

Ted Vengenock

John & Emilie Carpenter

John & Elizabeth Collins

John & Dottie Evans

Tim & Noreen Farrell

Gilda & Morgan Gill

Pauline Kidd

Inez Lane

John & Rita McCarthy

Leon & Marie Mattioli

Jeffrey & Jessica Paruszewski

Wayne Plasket

Jane Sickler

Lisa Shubow

Ernie & Ann Tark

Ben & Marylou Timberman

David & Deborah Sowers

Brent & Jennifer Warner

Elizabeth Yerkes

### **HARRY MULLICA**

Doris Hogate

### **JACK PEAK**

Mr. & Mrs. John D. Peak

### **AGNES SANDY**

Mr. & Mrs. Sanderson W. Sandy

### **ROSMARIE SLOPEY**

Donna Zane

### **RUTH TARPINE**

Charlotte Carty

### **NICK WULDERK**

Beth Timberman

## To Honor

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### **JACK & JUDY BOUVIER**

Mr. & Mrs. John E. Bouvier

### **MILDRED DORSEY**

Lorraine D. Pobanz

## Spotlight Volunteers: Bancroft School

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*During 2011 MOWSC will spotlight one of our corporate volunteer groups in each issue of The Lunch Bunch.*

**Hat's off to Bancroft School for their dedicated service to the Meals on Wheels program.** Under the direction of Caleb Wilder, students of the Bancroft School of Mullica Hill deliver meals on two of the most challenging and lengthy routes in the Elmer and Pittsgrove area. The Bancroft School serves children and adults with intellectual and developmental disabilities, including Autism, and acquired brain injuries.

# Team Work for Good Causes



## Gift from Lincoln Renewable Energy

Meals on Wheels and Ranch Hope accepted \$500 donations from Lincoln Renewable Energy in the Fall. Pictured from left to right are Theresa Williams, Office Manager, Lincoln Renewable Energy LLC; Dave Bailey, Jr., CEO of Ranch Hope, Inc.; Peg Marshall, MOWSC Executive Director, and John Wieland, Project Development Director, Lincoln Renewable Energy, LLC.

## CROP Walk Supports MOWSC

Meals on Wheels received \$860 from the 2010 Crop Walk sponsored by Church World Service. Remaining proceeds helped another local agency as well as to fund projects in third world countries to eliminate poverty, establish clean water sources and teach good farming practices.



## Chili Cook-Off Benefit

Each year, employees of PolyOne, Oxy Vinyls and Lubrizol participate in a flavorful Chili Cook-Off to benefit Meals on Wheels. At the 2010 event, every type of chili was represented from mild to "hot, hot, hot". Even a tasty crab bisque soup was included this year! More than \$200 was raised to help feed Meals on Wheels clients. Thanks to all who participated.



## Corrections Officers Donate

Salem County Superior Corrections Officers Association donated \$500 during Meals on Wheels annual Holiday Gift Appeal. Pictured with Peg Marshall, Executive Director of MOWSC are Lt. Jeff Mills and Lt. John Dilks.

## Volunteers Awarded Gas Cards

Ten lucky winners received a \$25 gas card as part of MOWSC's ongoing volunteer recruitment and retention campaign. The cards are made possible by a grant from the Salem County Health and Wellness Foundation.

Volunteer drivers' names are placed in contention for the route they deliver. Every new volunteer will receive five entries the first time they volunteer. Each quarter, MOWSC will pull a name of a volunteer from each route. Names not chosen remain for the next drawing.

- Gas Card winners from the quarter ending December 2010:**
- Alloway-Quinton:**  
Gail Boyd, Ann Peak
  - Carneys Point:**  
Sam Lodge
  - Elmer:** Bancroft School
  - Pennsgrove:**  
Adam Gagliardi, Reds Martin
  - Pennsville:**  
Rhonda Cowan
  - Penn-Salem:**  
John Bowen
  - Pittsgrove:**  
Joann Cooper, Donna Moore
  - Salem:**  
Nancy Massing, Cecil Burns
  - Towers-Manor:**  
Mary Hancock
  - Woodstown:**  
Phyllis Sauler, Jerry Anton

# This and That...

## Financial Management Grant Awarded

Meals on Wheels received a grant to attend a certificate program for Financial Management in February. The two-day program was held in Alexandria, VA at the National Leadership Center of Meals on Wheels Association of America. Peg Marshall, Executive Director successfully completed the program.

## Volunteer Tips

- ✓ Always call the office before starting your route for changes.
- ✓ Please keep containers

## 6 Easy Ways to Help March for Meals *(Full article on p. 1)*

1. Participate in Soup for Seniors
2. Fill a customized Van Bank. Call to get Banks for yourself, church or club
3. Volunteer for MOW
4. Take a special offering at your church this month
5. Challenge others to brown bag lunch for a month and donate the savings
6. Spread the word about March for Meals

INSIDE your car, not in the trunk or bed of a up truck.

- ✓ Do not remove meals from containers until you are at the home of the client.
- ✓ Report changes in the client's condition or safety hazards to us.

## 34th Annual Volunteer Luncheon

Join us for  
Meals on Wheels  
34th Annual  
Volunteer Luncheon  
Elmer Grange  
Wednesday, May 18, 2011  
12:30 p.m.  
RSVP 856-935-3663.



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