



RSVP Newsletter
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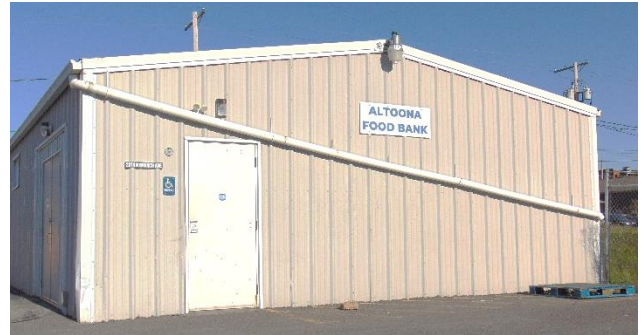
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RSVP
Retired & Senior Volunteer Program
Blair and Huntingdon Counties
1-800-323-9997



RSVP Station – Altoona Food Bank

The U.S. Census Bureau states that 11.9% of the population in Blair County is living in poverty. (www.census.gov) With grocery prices rising, it makes it harder for those in poverty to afford food. That is why the Altoona Food Bank is crucial to Blair County. Irene “Rene” Homer, Station Supervisor, explains, “The Altoona Food Bank provides food for those in need who reside in Blair County.” Every month, the Altoona Food Bank serves around 200 households which estimates to 750 individuals.



Rene describes the history behind the food bank, “It was started in 1979 (the first FB in Altoona) in the basement of a United Methodist church. We moved several times as we grew, presently we are located at 2318 N Branch Ave”. In 2015, the Altoona Food Bank partnered with the Retired and Senior Volunteer Program to become an RSVP station. Rene says, “At the present time, we have 27 volunteers, 22 who are RSVP members.” The RSVP members, or AmeriCorps Seniors, at Altoona Food Bank help with picking up food donations from grocery stores, stocking shelves, food distribution, and other activities that help the food bank. Rene talks more about how the food bank acquires the food that is needed for distribution, “We purchase food from the Central PA Food Bank. This is done using the monies that people donate. We also receive food from the Salvation Army. In addition, many churches in our community donate food on a monthly basis. We are blessed to have that help.”

The Altoona Food Bank is organized by volunteers who love the work that they do there. Rene explains why she volunteers there, “I love volunteering at the Altoona Food Bank, I never call it work and it is a pleasure to serve. Giving back for all I have been blessed with through my life. I feel I am doing work for the Lord. I have spent 10 wonderful years volunteering and hope to continue for as long as I can. We are blessed to have a wonderful group of volunteers who give their time to help those in need. None of them would consider it as work either. They enjoy spending time with each other as they serve”.



Altoona Food Bank Volunteers



Marian Dietz (left) and Rene Homer (right)

RSVP Station – Huntingdon Meals on Wheels



MOW AmeriCorps Seniors: Barbara Stapleton (left), Linda Weir (middle), and Shirley Mosbey (right)

Meals on Wheels (MOW) in Huntingdon County is a volunteer run organization that prepares and delivers meals to those who are nutritionally at-risk. MOW is located in the basement of the Presbyterian Church on 5th Street in Huntingdon. The recipients of MOW can get meals without worrying about how to get transportation to and from food sources, like grocery stores and farmer markets, or how to afford the rising food prices. Linda Weir, Station Supervisor of MOW, says, “The services provided by Meals on Wheels is not only a hot meal provided by volunteers five days a week, but also socialization. Our kitchen staff show up daily in rain or snow to cook and serve the meals to our drivers. Then, our drivers show up to hand deliver the meals in rain, snow, and cold. While delivering, the drivers get a chance to chat with MOW recipients for a while, and perhaps, help them with a “need”, like some drivers have shoveled snow off steps and sidewalks.”

MOW became an RSVP station in 2014 where there are currently 83 AmeriCorps Senior volunteers who help prepare meals, deliver meals, and do other activities that help MOW. Linda explains more of the duties that the volunteers do, “At the meal site, there are volunteers who stock delivered goods, making sure there are adequate supplies to fulfill menus which are prepared by volunteers. At the end of each day, the volunteers who are working in the kitchen make sure that the kitchen is cleaned up to prepare it for use the next day”.

The food that is needed for MOW to prepare meals 5 times a week for around 90 recipients gets acquired through a variety of means. Linda explains, “Food is purchased by the money collected from the recipients. Food is also donated by churches following their social gatherings along with local organizations who donate leftover food from bar-b-ques. A local farmer has donated beef from his farm. No money for MOW comes from state or federal funding, but private donors mail money to MOW.”

Meals on Wheels provides a much needed service in Huntingdon County to those who are unable to get food resources and it is all managed by volunteers. Linda describes why she volunteers at MOW, “I enjoy volunteering for MOW because I meet new people and I see how the clients enjoy our visits to their home. We are at times the only visitor these people see in a day”. Another volunteer explains why they also enjoy being at MOW, “In 2008, the churches received a request from Meals on Wheels to help prepare meals. I had just retired and was looking for service opportunities. That was the beginning of a long relationship with MOW! I enjoy the time of service and now drive on a weekly basis. It’s an important ministry to our community.”

If you are interested in enrolling in the Retired and Senior Volunteer Program to become an AmeriCorps Senior at Altoona Food Bank or Meals on Wheels, please contact Danielle Ochs by phone at 814-643-4202 ext. 4202 or by email at dochs@ccaofpa.org.



Barbara Stapleton (left) and Linda Weir (right)

Winter Puzzle

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November Birthdays

December Birthdays



2-Bill Madden
5-Rene Homer
5-Renee Wheeler
7-Boone Gibboney
9-John Tkach
12-Judy Frederick
13-Jean Ann Mitchell
14-Bertie Keller
17-Betty Friedenberger
23-Ida Mae Manley
25-Ed Worthy
25-Gary Peterman
29-Jay White



1-Vi Bettwy
3-Carol Holland
6-Chris Cohn
6-Ellen Filson
8-Cathy Tellish
10-Sally Wojtarowicz
14-Rick Laabs
16-Joy Shields
16-Nancy Pickens
17-Dale Grissinger
20-Gaynell Boor
21-Lynne Arnold
21-Shirley Potter
22-Jim Moser
22-Joe Holmes
22-Terry Krabill
27-Sue Whitfield
29-Sharon Hostler
30-Jean Chalan
31-Harold Snyder

Answers To Fall Crossword Puzzle

Following are Answers to the September/October newsletter puzzle:

ACROSS

4. This popular carnival food on a stick was created by Kraft Foods employee, Dan Walker, by experimenting with candy and other fruits (2 words). **CaramelApple**
6. A fall plant that grows tall and tracks the sun. **Sunflower**
8. The first full-size one of these fun fall activities was created in Annville, PA to attract tourists. (2 words). **CornMaze**

DOWN

1. Historically, this dessert was made with whole pumpkins stuffed with assorted spices and apples then baked. Now canned pumpkin filling is usually baked in a crust (2 words). **PumpkinPie**
2. They change color when fall arrives. **Leaves**
3. A fall beverage that can be warm or cold (2 words). **AppleCider**
5. Usually occurring at a farm, people sit on straw and go for a ride. **Hayride**
6. It keeps your neck warm when the air gets cooler. **Scarf**
7. A fruit that is popular to eat and carve in the fall. **Pumpkin**
8. This treat was first made 2,000 years ago in Egypt by combining honey and fruit. **Candy**