

Wilksburg Community Ministry

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Financial Secretary

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Director of Urban Survival
Meals on Wheels Manager
Office Manager
Food Manager/Cook
Kitchen Assistant
Development Strategist / Webmaster
Meals on Wheels Volunteer Coordinator
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Raymond Tolbert
Dolores Anita McKeithen
Bertha Hopson
Sharon Walker
Edward Moore
Jami Broom
Beverly McIlwain
Marva Wilkes, Donald Zatek

Wilksburg Community Ministry

Churches United - Serving Together

The Well – Spring/Summer 2009

Wilksburg Community Ministry
702 Wood Street
Pittsburgh, PA 15221

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Spring/Summer 2009

“For everything there is a season,
and a time for every matter under heaven.”

Ecclesiastes 3:1

WILKINSBURG CELEBRATES “MAYORS FOR MEALS” DAY



Ryan Copeland, LifeCare Dietary Manager; Ann Greider, WCM Executive Director;
Mayor John Thompson; Anita McKeithen, WCM Meals on Wheels Manager;
Lemonte Martin, Meals on Wheels Volunteer; Marva Wilkes, WCM AARP Office
Associate and Jack Peffer, WCM Board President ready to deliver meals on “Mayors
for Meals Day” on March 18, 2009

(Story on p. 3)

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Doesn't time fly? I have been here in this position for ten months now and am still learning something new each day. It is a difficult time for all of us now, especially in the non-profit world. Donations are down, but the people in need are increasing.

It's a time for change as our newly elected U.S. President has expressed. I am optimistic about the future and am confident that we will all come out of this period into better times.

As you'll see in this issue, volunteers are the engine that drives WCM programs like Meals on Wheels, and the fuel that powers these generous folks is their love and compassion for others. We have listed the members of the WCM board later in this issue. Each of them provides inspiration and guidance to the staff as we seek to improve the lives of those in need in Wilkinsburg.

I would like to thank Roger Schneider for all the work he has put into our program, especially with our computers. Also for initiating our Angel Food "Free Box" that we are offering each month to families in need. James Garner and Mifflin Avenue United Methodist Church have also contributed to this fund. THANK YOU ALL!

Dear God let us serve you by serving others.

*We pray to you for all people in the world,
For other nations,
For other races,
For people who think and live differently,
Help us to respect, understand and love each other,
Forgive all injustice,
Let wars end,
Let your message be proclaimed everywhere
Give us peace.*

Anon

Blessings,

Ann

MEALS ON WHEELS CELEBRATES “MAYORS FOR MEALS” DAY

Wednesday, March 18, 2009 was national “Mayors for Meals Day”, and WCM was proud to have Wilkinsburg Mayor John Thompson volunteer his time to help deliver meals to senior citizens and citizens with disabilities in Wilkinsburg. Mayor Thompson was met by his WCM volunteer driver, Lemonte Martin, at LifeCare Hospital, where hot meals are prepared Monday through Friday, and delivered by volunteers of the Wilkinsburg Community Ministry.

“Mayors for Meals Day”, organized by the Meals on Wheels Association of America, saw over 1,000 mayors delivering meals to homebound seniors in their local communities. Mayors and elected officials from all over the United States (and even Canada) from big cities to small towns and rural areas, committed to take time out of their day to speak out about senior hunger through their action – the simple action of delivering a meal to a senior.

Meals on Wheels has been active in Wilkinsburg since the early 1970’s and local seniors owe a debt of gratitude to Sam Harper and Reverend Len Millison who were instrumental in starting the program. Sam continued to be very active throughout the years. Others who have made a great contribution to Meals on Wheels are Nancy Richard and Barney and Wanda Haines. Beverly McIlwain is now the scheduler of volunteer drivers and helpers, working with WCM Meals on Wheels Manager Anita McKeithen.

Meals are delivered Monday through Friday, including weekday holidays. One hot lunch is provided along with a bag which includes milk and bread. There are currently over 30 drivers and helpers who assist on a weekly or monthly basis on four MOW routes. About 70 meals are distributed each weekday, so additional help is always needed.

Since the beginning of January 2009 volunteers have delivered 2,504 meals in Wilkinsburg! Along with delivering meals, the volunteers are also checking in on the elderly and disabled on their routes to make sure they are safe and do not need medical attention. One of our regular Meals on Wheels volunteers recently provided the following story to us:

“I was taking a meal in to one of our seniors in the Gable Ridge Apartments on Lighthouse Drive near the top of Penn Avenue Hill. I knocked on her door, and heard some stirring inside. I knocked again and heard a voice say faintly, "I can't get up". I said, 'I'll get some help', and went and sought out the building manager. A sign on the office door said, 'Do not disturb. I'm making a phone call'. I disturbed him anyway and I said something like 'I can't get Mrs. G to answer the door. She says she can't get up.' He responded immediately and we went to her door where he opened it with the master key. The woman was on the floor near her couch where she had evidently fallen. There didn't seem to be any broken bones or dislocations, but she was too weak to get up, so we didn't try to assist her. She was fairly comfortable where she was. The manager immediately called 911 and they responded and said they'd be right out. I thanked the manager and left, since there wasn't anything further I could do and I still had meals to deliver. I saw the EMS ambulance outside the apartment building when I drove back that way about twenty minutes later. She was in the hospital at least ten days, and is now back in her apartment. Yesterday was my first opportunity to see her since the incident since someone else usually covers the route she's on. She seems to be doing well and Anita, WCM's MOW coordinator, has been doing the follow-up with her. I was glad to be able to assist at this woman's time of need.”

If you'd also like to volunteer and make a difference in someone's life, please contact Anita McKeithen at 412-241-8072 .

SOCIAL SERVICE PROGRAMS HELP MEET ON-GOING LOCAL NEEDS

Food Pantry Statistics from Raymond Tolbert

	Sept '08	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '09
Households served:	16	8	8	8	11	7	13
Individuals served:	31	17	17	23	16	9	19
Age of individuals:							
0-17	11	7	7	10	9	5	4
18-34	4	4	4	6	4	0	1
35-59	14	5	6	6	11	7	14
60+	2	1	0	1	0	0	0

Angel Food Ministries Program:

	Oct '08	Nov '08	Dec '08	Jan '09	Feb '09	Mar '08	Apr '09
Households served:	19	60	41	36	50	32	21

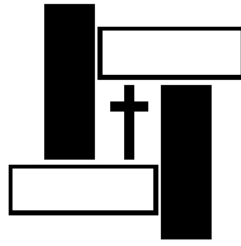
So far this year, WCM has served a total of 139 families. The monthly “menu” includes 15 items for the low cost of just \$30.00. A “Senior Box” is also available, which includes 10 perfectly seasoned, nutritionally balanced fully cooked meals that are ready to heat and serve. The cost is only \$28.00. Angel Food has added two new items to the menu: an Allergen-Free Food Box for \$25.00 and a Seafood Box for \$35.00. In addition there are 5-6 monthly specials ranging in price between \$20.00 and \$23.00. Distribution day is the 3rd or 4th Saturday of each month at South Avenue United Methodist Church between 9:30 AM and 12:00 Noon. Participants must bring a large box to hold the food. Food stamps (EBT) are accepted. South Avenue United Methodist Church is located at 733 South Avenue. The latest monthly menu is always available at www.wcm15221.org.

Utility Assistance: Due to the extended winter weather this season, additional funding was added to the Energy Assistance Programs, LIHEAP and CRISIS, allowing those programs to be extended until April 3, 2009.

The utility companies have been aggressively terminating customers who have not been able to pay their bills in the past 2-3 months. Fortunately the Dollar Energy program is still continuing to help those in need. To date 96 applications have been received; 44 have been processed and 2 are still pending. Total grants paid are \$31,876 and total reimbursements have totaled \$837.00.

Food Pantry: WCM purchases boxed and canned food from the Greater Pittsburgh Food Bank and distributes it to needy individuals and families. Food is distributed, based on family size, to those who are in a crisis situation in need of emergency food. Currently, a referral from a social worker or a church affiliate is required for someone to receive food from the pantry, and an appointment must be made.

CARING VOLUNTEERS SERVE AS WCM BOARD MEMBERS



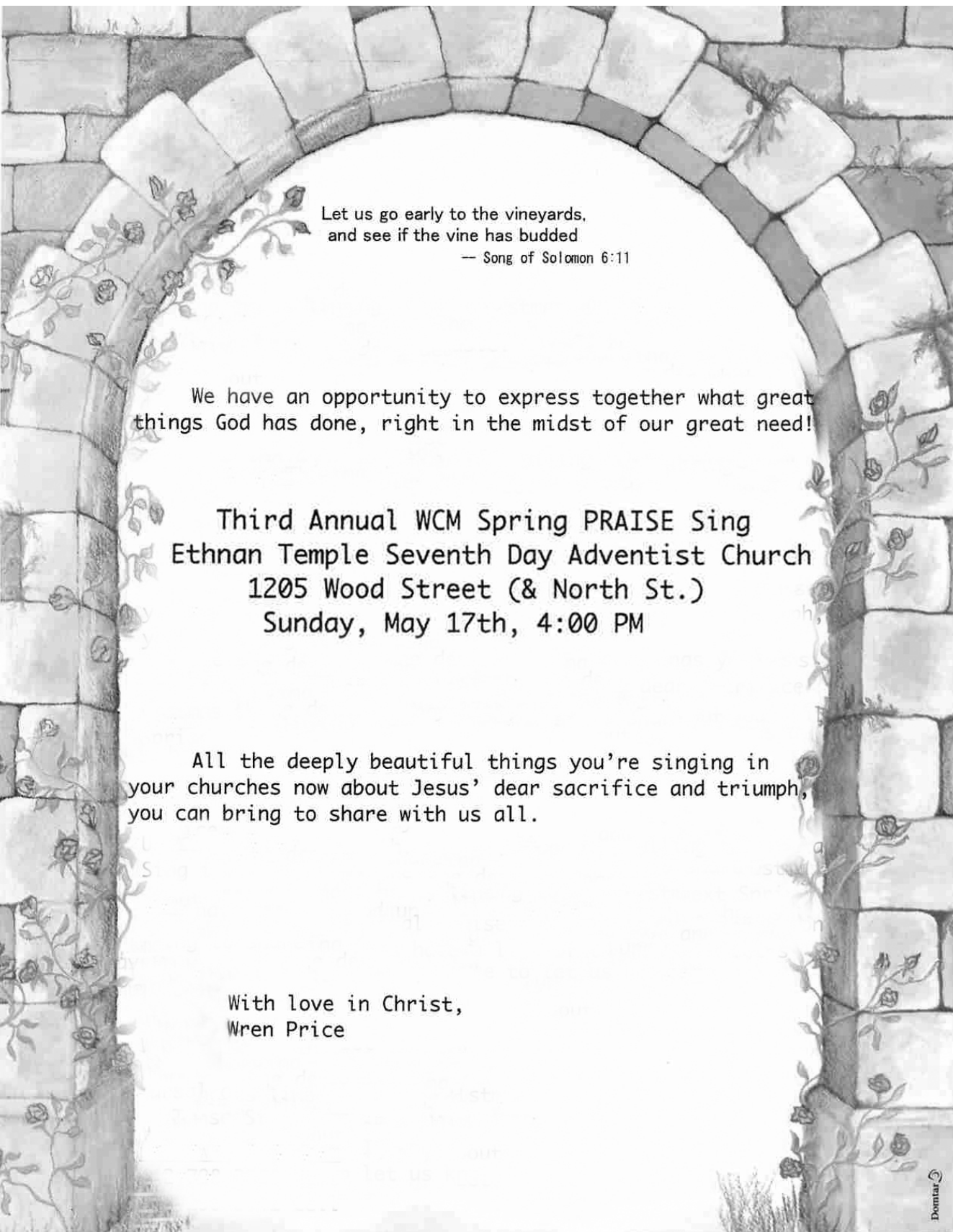
The Board of the Wilkinsburg Community Ministry is essential to its future in that it sets policy and communicates and publicizes WCM to the churches and citizens of Wilkinsburg. It is also responsible for raising the funds needed to expand WCM's mission, and to keep its current programs operating.

It is comprised of representatives from the member churches and other individuals (Community At-Large Representatives) who take a deep interest in helping needy people in Wilkinsburg. They are enthusiastic volunteers in all of the many facets of WCM's mission. They also tell others about WCM, and support its programs financially.

We deeply appreciate the dedication of this group of Christians and the talents and efforts they bring to WCM.

The current members of the Board appear below along with their church affiliation or at-large status. Contact the WCM office if you need to write or call them.

Ann Gaines	Deliverance Baptist Church
James Garner	Christian Church of Wilkinsburg
Gail Gratton	Mifflin Avenue United Methodist Church
Carolyn Hartner	At-Large (member of Mifflin Ave. U. M. Church)
Pat Hauser	Beulah Presbyterian Church
Rev. Janet Hellner-Burris	Christian Church of Wilkinsburg
Marilyn Karpinski	South Avenue United Methodist Church
Rev. David Keller	South Avenue United Methodist Church
Mary Kilgour	Mifflin Avenue United Methodist Church
Veronica Lucious	Covenant Church of Pittsburgh
Jackie Mack	South Avenue United Methodist Church
Rev. Andrea Mitchell	At-Large (Associate Minister of Lincoln Ave. Church of God and employee of Dominion Peoples Gas)
Tom Ochs	First Presbyterian Church of Edgewood
Frances Orr	Wilkinsburg Church of the Nazarene
Rev. Richard Payne	Wilkinsburg Church of the Nazarene
Jack Peffer	Christian Church of Wilkinsburg
Wren Price	First Church of Christ Scientist
Anna Roth	Waverly Presbyterian Church
Ernest Scott	St. Stephen's Episcopal Church
Cindy Sherer	Forest Hills Presbyterian Church
Laura Lou Struthers	At-Large representing Pittsburgh Presbytery
Kathy Sweeney	St. James Roman Catholic Church
Larry Viehland	Mifflin Avenue United Methodist Church
Rev. Michael Wilson	First Presbyterian Church of Edgewood



Let us go early to the vineyards,
and see if the vine has budded
— Song of Solomon 6:11

We have an opportunity to express together what great things God has done, right in the midst of our great need!

Third Annual WCM Spring PRAISE Sing
Ethnan Temple Seventh Day Adventist Church
1205 Wood Street (& North St.)
Sunday, May 17th, 4:00 PM

All the deeply beautiful things you're singing in your churches now about Jesus' dear sacrifice and triumph, you can bring to share with us all.

With love in Christ,
Wren Price

EXTRA, EXTRA, READ ALL ABOUT IT!

- The Pittsburgh East CROP Hunger Walk held on October 12, 2008 raised a total of \$12,739.00 to fight hunger in Wilkinsburg, the East End area of Pittsburgh, across the country and around the world. Of the total raised, 15% came back to WCM from Church World Service to be used in the local community.
- WCM distributed holiday food bags to local Wilkinsburg residents prior to Thanksgiving and Christmas 2008. Most of the food was purchased from the Greater Pittsburgh Food Bank. Giant Eagle gift cards were also distributed to help families purchase turkeys and/or hams. Some of the vouchers were donated and some were purchased by WCM. Over 130 Wilkinsburg families were served this past holiday season.
- The Dominion Foundation presented a \$10,000 grant to WCM in December 2008 for the After-School Program. The grant will support more than 125 children in the ministry's After-School Food Program, which provides lunch for the PLEA School, a licensed program for children ages 3 to 14 facing behavioral and development problems. The Boys and Girls Club of Wilkinsburg and Edgewood Presbyterian Church's FROGS Program (Friends, Reading, & Other Great Stuff) will also benefit from the grant. Funding for the grant comes from the Dominion Foundation, which is the philanthropic arm of Dominion, which is dedicated to the economic, physical and social health of the communities served by Dominion companies.
- WCM has been selected to receive \$865 in grant money through the EFSP – Emergency Food and Shelter Program of the Greater Pittsburgh Community Food Bank.

YOUR SUPPORT IS NEEDED AGAIN THIS YEAR

Please consider making a new or additional contribution to WCM at this time. Please use the form below and send your tax-deductible contribution to WCM, 702 Wood St., Pittsburgh, PA 15221. WCM also participates in the Contributor Choice program of the United Way of Southwestern Pennsylvania. To designate WCM at work, simply fill in part D-1 of your pledge form. Our agency code is 242.

I/We want to join in your efforts to help others and give those who are less fortunate an opportunity to live with dignity, and will subscribe the following amount:

\$25 \$50 \$75 \$ 100 \$200 Other \$ _____ Date: _____

Payable: Enclosed \$ _____ Monthly \$ _____ Quarterly \$ _____

Name _____ No thank you is needed

Address _____

City _____ State _____ Zip _____ Please consider this

Email Address _____ gift to be anonymous.

Telephone _____