

Manna Works

Uplifting News About a Caring Community

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Help & Hope in Times of Need

When Brooke became sick, everything changed...

She and her husband Nick had worked for years, and while they never had a lot of extra money, they were able to get by and care for their 14-year-old son. One day, Brooke couldn't breathe and was taken to the hospital. She had struggled with asthma her entire life, but learned that her diagnosis had become more serious; Brooke had sarcoidosis.

Unable to work, Brooke's family started struggling. They lost their car and faced mounting bills. When their electric service was scheduled to be shut off, they called Manna for help. We were able to pay the bill and keep their lights on; this was a huge relief for their family. We encouraged them to shop in our pantry, and they appreciated the food assistance.

Nick worked overtime for a while, but even with the extra hours, they couldn't keep up with their bills; Brooke's medical expenses and prescriptions were too significant. Brooke shared that, "I had to worry about putting food on the table or paying for medication. I didn't want to take food away from my son; I felt like a burden." They started shopping more frequently in Manna's pantry to have enough food each month. In July, Brooke's family decided to move to a smaller, more affordable apartment. They saved up all their money to afford the security deposit, then learned that they owed a deposit for their electric service. Manna was able to step in and pay that bill so they could finally move to their new home.

Today, Brooke and her family are doing better. They shop in Manna's pantry occasionally, but most months, they're able to get by. Brooke is hopeful for brighter days ahead for her family, and especially for her son.



Fall Food Needs

Please consider picking up a few extra items for Manna when you shop at the grocery store. Thank you so much!

Manna Shopping List

Canned Meats: Tuna, Chicken, Beef Stew

Canned Soups

Fresh Fruit

Oatmeal

Pasta

Rice



Fresh Produce 4 Kids Program

Thanks to a wonderful partnership with Jus Kiddin Around and Living Hope Farms, Manna is now providing fresh produce year-round to children served in our pantry as well as the Nutrition Coalition, a consortium of North Penn food cupboards. These weekly donations are paired with child-friendly brochures containing nutrition information, activities and recipes to help boys and girls learn about healthy food choices. We are thrilled to provide this special produce to children in our community.

Race to help end hunger in the North Penn region on Saturday, October 11th!



Join Manna's 4th Annual 5K Race & 1 Mile Fun Run

Registration & Information: www.mannaonmain.org/5k

You can participate in so many ways. Sign up for one or more!

- 5K Race through the streets of Lansdale. The course is fairly flat and fast.
- 1 Mile Fun Run. Great for all ages!
- Shopping Cart Challenge. Teams of four collect food to compete in a 50-yard shopping cart relay dash. Costumes, prizes, and fun!
- Volunteer on race day! Contact Jennifer Garner: foilfencer27@verizon.net

This event is family friendly, with a fun Kids' Zone including a moon bounce, activities and more. All participants will enjoy a complimentary community breakfast (\$5 for community members). With so much to do, you don't have to be a runner to

come out, have fun and support Manna!

Event Details:

- 1 Mile Fun Run, 8:00 a.m.
- 5K Race, 8:30 a.m.
- Shopping Cart Challenge, 9:30 a.m.
- Professionally CHIP TIMED by Run the Day

- Knapp Elementary School, *rain or shine*
698 Knapp Road, Lansdale, PA 19446
- Runners, run/walkers, walkers & strollers are welcome!



Summer Meals

Through the North Penn region's first Summer Food Service Program, hundreds of children were fed this summer at 20 community sites. Breakfast, lunch, and/or snacks were provided to help address the summer meal gap that many children experience once school ends.

At Manna, 143 children were served this summer! In addition to providing North Penn School District meals, Manna prepared breakfast and lunch for parents and coordinated daily activities and games. In August, several boys and girls went on field trips to our community garden at Christ United Methodist Church. They had so much fun learning about how vegetables grow!

Thank you to all participating sites, and to our partners, the North Penn School District & North Penn United Way, for a wonderful summer feeding children in our community!



Education Program: Facilitators Needed

Our education program is growing! Please consider lending your time and talents to help teach job readiness, financial planning, and/or computer classes. While this program is open to everyone in the community, many participants are Manna clients with diverse needs and backgrounds. If you're looking to share your expertise in a flexible, non-traditional classroom setting, please consider joining our team! While teaching and/or training experience is a plus, we can provide the support you need to lead a class. You can make such a difference helping individuals find employment, manage budgets, and move beyond hunger to sustainable futures.



Ending Hunger
Building Community
Transforming Lives

To learn more, please contact Manna's Education & Community Outreach Coordinator:
janae@mannaonmain.org
215-855-5454, ext 12

www.mannaonmain.org/manna-education-program

North Penn Commons

On June 10th, more than 100 guests joined the founding partners of North Penn Commons – Advanced Living Communities, Manna on Main Street, The PEAK Center, and the North Penn YMCA – for the official groundbreaking of the new shared campus. **North Penn Commons, being built on the former LansBowl site and expected to open in fall of 2015, will be Manna's new home** along with The PEAK Center, 60 units of Advanced Living affordable senior apartments, and a renovated North Penn YMCA connected by a large, community lobby. Throughout the summer, the landscape of the LansBowl property has changed with construction of parking lots, a new drive way, and infrastructure preparation for the pad site of the new building. We are looking forward to soon seeing the walls rise from the pad site.

North Penn Commons will transform the way North Penn residents with a diversity of needs and interests can access services and activities. It will truly be a community resource for all, including Manna clients. It is being funded by a combination of private and public grants, donations from engaged community businesses and by a \$5 million capital campaign called *One Four All: The Campaign for North Penn Commons*. Together the partners are jointly running the campaign and will share in all of the proceeds raised. We look to you, our Manna donors, to help in this endeavor by considering a donation to North Penn Commons in addition to your support of Manna. Please visit northpencommons.org to learn more about this exciting project and how you can support it. If you have any further questions, please contact Manna's Executive Director, Suzan Neiger Gould, at 215-855-5454 x 13; she will be happy to share more in-depth information.

Volunteer Spotlight

Why do you volunteer at Manna?
Volunteering at Manna brings me such joy, as I can help others with life's basic needs. **When I volunteer, I'm a part of Manna's mission. It's humbling to be at Manna, and see the need in our community. It makes me appreciate my own blessings. I love meeting new people, and at Manna there's so much diversity. It's very rewarding.**

What type of activities do you help with at Manna?
When I first started volunteering, I worked in the pantry helping individuals shop for food. Now, I often assist with pantry inventory, helping to inspect food, sort and stock goods, or bag fresh produce. I volunteer every Monday, and each day is different; I love the variety!

Can you share one of your most memorable experiences?
There are so many memorable moments. Volunteering at Manna is like switching camera lenses; you see the world so differently. Clients are no longer statistics, but individuals with families and varied backgrounds. **It's so inspiring to see how everyone who walks through the door is treated with respect, as an equal.** When you see this in action, each moment becomes memorable, a combination of struggle, connections, hope, and change.

What would you say to someone who may be interested in volunteering?
I'll take a line from an old commercial, "Try it, you'll like it!" You never know the impact you can make with just a little of your time.



*Featured Volunteer:
Rich DeSipio*

Holiday Cheer

The holidays will soon be here! Please consider joining **Manna's team this holiday season. You can help make a difference in so many ways!**

- Adopt a child through our holiday gift program and help bring big smiles to boys and girls in need!*
- Host a holiday food drive.
- Volunteer! Your time and compassionate care are deeply appreciated.
- Consider making a donation to Manna in lieu of buying **gifts. We'll send a holiday card and message to your friends and family.**

Visit www.mannaonmain.org to learn more about how you can help during the holidays.

*By November 3, Manna will have gift wish lists ready from the children we serve. Please consider adopting a child! Thank you very much.



Manna on Main Street
215-855-5454
www.MannaOnMain.org
Manna@MannaOnMain.org

Staff:

Nancy Day: Weekend Food Service Manager
Kristyn DiDominick: Program & Development Coordinator
Arleen Godshall: Financial Coordinator
Suzan Neiger Gould: Executive Director
David Hannah: Food Service Manager
Janae Hoffler: Education & Community Outreach Coordinator
Scott Lukens: Building Assistant
Teri Martin: Assistant Case Manager
Julie McCabe: Events & Food Outreach Manager
Nadja Mummery: Client Services Manager

713 West Main Street
P.O. Box 763
Lansdale, PA 19446

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David Hannah is our new Food Service Manager. He prepares soup kitchen meals Monday through Friday and helps coordinate food donations and inventory.



Janae Hoffler is our new Education and Community Outreach Coordinator. She leads Manna's education program and coordinates volunteers and outreach activities.

Helpers at Manna on Main Street ...

... are special. They serve the community in a variety of ways. They cook, serve meals, stock shelves and so much more. Some contribute as much as three hours a day; others contribute three hours a year. We respect and appreciate whatever time you can give. Please call Manna on Main Street at 215-855-5454 to learn how to share your special gifts with the community.