

# Manna Works

Uplifting News About a Caring Community

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## New Opportunities *by Suzan Neiger Gould, Executive Director*

Since 1981, Manna has served our region's neediest residents from three different sites on Main Street. First, from the basement of St. John's United Church of Christ, then from the small home next to St. John's, and for the last two years, at our present location at 713 W. Main Street. Manna has grown in capacity and services with each move. Through the generosity of this community, dedicated volunteers and employees, and inspired leadership, a simple soup kitchen has become a comprehensive social service organization providing not only emergency food supplies but the social and educational services that families and individuals need to lift themselves up beyond hunger.



A new move is now planned that will again bring greater opportunities and expanded services to our clients. In late summer 2015, Manna will move to the east side of Main Street in Lansdale into a new campus known as the North Penn Commons. Being built adjacent to and linked by a common lobby to the North Penn YMCA, this campus will be home to the Y, Manna, the PEAK Center, and 60 units of Advanced Living affordable senior apartments. The four founding organizations are planning a new model for service delivery that provides multiple services in one site and collaborative programming for North Penn residents of all ages with diverse needs and interests. For instance, Manna families will participate in recreation opportunities at the Y; residents of Advanced Living apartments will be able to shop in Manna's food pantry; seniors that now eat in Manna's soup kitchen will have access to senior specific programming at the PEAK Center; and all will have use of a new Manna café operating in the campus lobby.

Although we will have a new address, the same spirit that has animated Manna for 32 years will continue, supported through the wonderful care of engaged volunteers, donors, and neighbors. We will continue to serve the neediest among us, welcoming all to our table with our guiding vision "that everyone might be fed." To learn more about these plans and opportunities, please visit [www.mannaonmain.org](http://www.mannaonmain.org) or contact Suzan at 215-855-5454, ext 13.

## Community Summer Meals



This summer, many children in the North Penn School District (NPSD) will have access to free, healthy meals served at community sites. Sponsored by the USDA, the Summer Food Service Program is made possible in our area by a partnership between the NPSD, Manna on Main Street and the North Penn United Way, and supported by area organizations serving children and their families. This program, while open to all children age 3-18, will especially help fill the summer meal gap for boys and girls who receive free or reduced price lunch during the school year.

The NPSD will prepare these meals for community-hosted site distribution, with more than 20 sites participating this first year. In addition to our regular soup kitchen meals, Manna will be offering free, NPSD-prepared breakfast and lunch, Monday – Friday, for children in need in our community. We are thrilled to be able to provide healthy food options for children this summer, strengthening the health and wellness of boys and girls in our community!

To enroll your child in this program, please visit [www.mannaonmain.org](http://www.mannaonmain.org). If you would like to volunteer to serve these special meals during June 23-August 22, please visit [www.mannaonmain.org](http://www.mannaonmain.org), Give Time. We welcome your help! Thank you very much.

## Meaningful Moments

This spring, we had the honor of hosting three interns at Manna. We asked them to share their most meaningful moments with us.



“My first client quickly opened up to me about how he has struggled to find employment and how excited he is for a new job and new beginning. I was able to help him with some financial assistance. A few weeks later, he called back, and at first I was worried something had gone wrong. Instead, he simply wanted to thank me for my help and ask how my internship was going. It is wonderful to know that people you may meet for only a few minutes can touch your life in such a powerful way.” - Rachel Kerlen, Eastern University, Junior Social Work Major

“My most meaningful experience at Manna occurred when I was able to help a client who was going through hard times because of the recession. He was feeling down and ashamed to use the food pantry. I talked with this client and explained to him that Manna is a safe, nonjudgmental place. A few weeks later, I saw the same client again. He thanked me for my kindness.” - Zakiya Johnson, Arcadia University, Senior Sociology Major



“I have been very moved by the opportunities I've had to meet with clients and help them obtain some of the most basic things that we all take for granted. I've helped people access food, rental, and utility assistance. The confidence I've gained by empowering others has been the highlight of my internship. Though my goal is to go into social policy, I believe that having these experiences in my community will help me know how to address the most important needs individuals face when I begin my career.” - Katy Morton, Temple University, Senior Social Work Major

## Save the Date

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

*Join the race to help end hunger in the North Penn region*

[www.mannaonmain.org/5k](http://www.mannaonmain.org/5k)

Saturday, October 11, *rain or shine*

8:00 am, 1 Mile Fun Run | 8:30 am, 5K Race

Knapp Elementary School, 698 Knapp Road, Lansdale, PA

### NEW THIS YEAR

- **Professionally chip**-timed by Run the Day!

### RETURNING FAVORITES

- SHOPPING CART CHALLENGE

Collect food for Manna's pantry and test your shopping cart skills! Teams of four collect food to compete in a 50-yard shopping cart relay dash. We'll provide the carts, you bring the food and fun!

- COMMUNITY BREAKFAST



## NEW Community Garden

Christ United Methodist Church (CUMC) and Manna are planning a community garden to provide fresh produce to families in need in the North Penn region!

The garden will reside on the land of CUMC at 1020 S. Valley Forge Road, with a late summer/early autumn harvest planned for 2014. Volunteers from both organizations are working closely together to coordinate supplies, funding, what to grow, and more. Manna clients and volunteers as well as CUMC volunteers will harvest the garden, sharing responsibilities, developing skills, and building connections and community.

If you would like to get involved in any aspect of the community garden, or just want to learn more, please contact Julie McCabe:  
[julie@mannaonmain.org](mailto:julie@mannaonmain.org). Thank you!



## New Challenges

Manna's education program is thriving! In addition to our ongoing classes, we launched a pilot, ten-week office administration and professional development series in February to help individuals develop specific skills in this field. Ree and Sareta made the ten-week commitment! They have developed their resumes, participated in mock interviews, and visited staffing agencies to test their skills and explore placement opportunities. We recently interviewed Ree and Sareta to see how they're doing.

What have you learned in these classes?

Ree: To have confidence when seeking and taking on new challenges.

Sareta: I didn't know that you can reach out to an employer directly. I'm developing the confidence I need to not just send along my resume, but to visit an office and ask about job opportunities. I've found the direction I need to get started.

What are your professional goals?

Ree: I would like to get started on my career path, beginning with professional work experience, and soon after obtaining my master's degree to pursue my passion - helping children and families heal as a licensed Marriage and Family Therapist.

Sareta: I would like to be an executive administrative assistant. I was an assistant several years ago, but then lost my job and started bookkeeping. I'd like to find a position that uses all of my skills.

What would you tell someone who is interested in taking this class, or another education class at Manna?

Ree: Go for it! Take a chance...you never know what you will get out of it. When you have a goal, you have to do everything possible to achieve it. Good luck!

Sareta: These classes help build your confidence and show you the skills you have to succeed!

Class Update! Sareta was just hired at Lowe's and is thrilled to be employed while she continues on her career path. Congratulations, Sareta! If you're in need of an administrative assistant or office manager, please contact our education program coordinator, Anthony Tarzia, anthony@mannaonmain.org. Thank you!



Triana Font is the amazing volunteer who leads the office administration & professional development series.

## Volunteer Spotlight

Triana, why did you start volunteering at Manna?

I like to help others. Through Manna's *Volunteer Times*, I learned about the need for education program volunteers. I love technology, so the computer and other classes sparked my interest. Once I started volunteering, I realized how much this team – both staff and volunteers – does for others in need. People give their heart and soul and it's very inspiring. Together, we're making the world a better place. Why wouldn't you want to be involved in this?

Can you tell me more about the office administration & professional development classes?

Many of our classes focus on communication skills and building self confidence. I've taught Ree and Sareta that building your brand and reputation matters. We also work on furthering computer skills, especially knowledge of the suite of Microsoft Office programs, and developing organizational and office management skills. I'm incredibly proud of Ree and Sareta and the progress they've made. They have both come from difficult places and grown so much in their personal and professional development!

**What would you say to someone who's interested in volunteering for these classes?**

I think that people would be surprised at how much they can help. If you're passionate about a topic, or have experience in that field, you can help someone else change their life. Everyone has a talent to share!

To offer your time and talents, please visit [www.mannaonmain.org](http://www.mannaonmain.org), Give Time. Thank you!

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  
Scott Lukens: Building Assistant  
Teri Martin: Assistant Case Manager  
Julie McCabe: Events & Food Outreach Manager  
Nadja Mummery: Client Services Manager  
Sonya Pendleton: Food Service Manager  
Anthony Tarzia: Volunteer & Community Outreach Associate

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Please consider holding a spring food drive to help keep our soup kitchen and food pantry well stocked. While all items are greatly appreciated, these goods are especially needed. Thank you!

Soup Kitchen  
Olive & vegetable oil  
Garlic powder, nutmeg, paprika, pepper,  
salt & vanilla flavoring  
Butter



Food Pantry  
Canned fruits, meats & soups  
Diapers (all sizes)  
Pasta sauce  
Rice

### 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.