

# Manna Works

Uplifting News About a Caring Community

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Spring/Summer 2015

## Giving Hope to Our Neighbors



Janie\* moved to the United States with her husband in 1983. During their 31 years of marriage, Janie's husband was verbally and physically abusive to her. However, she remained with him for the sake of their four children, and because she had become financially dependent on him. Her difficult situation was worsened by the tragic death of her only son; he was killed by a drunk driver at the age of 23.

Janie muddled through for the next seven years and divorced her husband in 2014. To pay her bills, Janie sometimes worked two jobs, and often

three, living paycheck to paycheck. Recently, Janie underwent meniscus surgery and is expecting to also have a procedure done for her tendonitis.

Fortunately, Janie learned about Manna on Main Street through a friend. Our Client Services team was able to help her with a few bills, and refer her to a pantry in Hatfield, where she lives.

"Life is hard," Janie said tearfully. "But I am grateful for Manna and the care they gave me. When I came to Manna, I wanted to die. But Nadja\*\* gave me hope. She comforted me and said to me 'Money isn't everything, Janie. Together, we will work on this.' Manna helped me pay my electric bill when I did not know how I was going

to pay for it, and also helped me with my mortgage."

Today, Janie remains hopeful despite mounting debt from medical bills. "Life is short. I want to sell my house and do missionary work to help others who are worse off than me. And when I have time off from work, I want to come back and help Manna as a volunteer."

*Thanks to our generous financial partners and compassionate staff, Manna is able to help Janie and others like her. We look forward to the day when Janie can join Manna as a volunteer!*

\* Client name was changed to protect identity.  
\*\* Client Services Manager

## New and Improved Food Drop-Off Area!

**Thank you for your food donations to feed the hungry in our community!**

Did you know that last year ...

- Manna distributed 462,090 pounds of food to 1,050 households in our food pantry?
- Prepared 38,667 meals in our soup kitchen?

We've also improved the Food

Drop-off location and process! It is now as easy as:

1. Buzz the receptionist by pressing the door "Buzzer".
2. Weigh your food donation on the scale, with the help of our volunteer greeter.
3. Complete the Donation Form and take the carbon copy as your receipt.

**Thank you for caring for our neighbors!**



Thank you Mike from Calvary Baptist School!

## Summer Food Needs—Hunger Does Not Take a Vacation

For the families we serve, summer can be a difficult time. Kids are out of school, creating an added challenge for parents to provide more food. Temperatures raise electric bills, forcing households to make tough decisions such as choosing between utility bill or grocery payments.

While need remains high, our food pantry supply often becomes low, as school food drives end and other supporters go on vacation. *But hunger does not take a vacation.* We hope that we can count on your help this summer to keep our shelves well



stocked! Food donations in any form are welcome daily, from a few extra cans of food to a company or neighborhood food drive.

Please also consider joining our

August Community Captain Food Drive! Each Community Captain who volunteers will be responsible for distributing Food Drive kits to their designated neighbors, and collecting and dropping off donations at Manna. *In past years, volunteers have helped collect over 5,000 pounds of food.*

If you are interested in becoming a Community Captain this summer, or holding a food drive, please contact Julie at 215-855-5454 ext.15 or [Julie@mannaonmain.org](mailto:Julie@mannaonmain.org).

Thank you very much!

## 9th Annual Florence Nightingale Challenge is Launched!

**These local businesses are launching creative fundraising activities to support Manna's mission so that everyone might be fed. Won't you stop by and support them? Thank you!**

Asian Legend

Blessings Family Hair Care

Center for Longevity

Chuck E Cheese

Curves Montgomeryville

Dorman Products

Dr. Drill Instructor, Inc.

Frank's Pizza

Friendly Food Mart

Golden Scissors

Green Street Luxuries

High Note Vocals Voice Studio

Hollywood Nails and Spa

Images Salon

Lansdale Business Center

Lansdale Massage Therapy and

Wellness LLC

LNW Photography

Massage, Wellness & Beyond

Milestones In Music

Minuteman Press

Modell's Sporting Goods

Montgomery United Soccer Club

Mystic Pizzeria

North Penn Art

North Penn Under Ten

Olce Pizza Grille

Pedallers Bike Shop

Philly Pretzel Factory

PJ Auto Parts

Premier Designs

Round Guys Brewing Company

Saxby's Coffee, Lansdale

Skippack Stylecrafters

Swirled Peace

Total Body Fitness

Villari's Self Defense

Wave Reviews Salon and Spa

West Point Deli Plus

Wholistics Fitness

Yanni's Gyro

To learn more about this Challenge, visit <http://mannaonmain.org/give-money/florence-nightingale-challenge/>

## North Penn Commons - Ready? Get Set, Go!

That's the word at the site of the Future Home of North Penn Commons.

The process of converting the former LansBowl property adjacent to the Lansdale Area Family YMCA has been progressing since late fall and you will soon see the new building rise from the completed pad site.

Over the next year, watch as the North Penn Commons campus takes shape as the new building is joined by a large lobby to a renovated Y.

This will be Manna's home with partners Advanced Living Communities, The PEAK Center and the Y starting in the summer of 2016.

We will continue to update you on this project, informing you of planned programs, volunteer opportunities, muddy shoe tours, move-in schedule and the grand opening.

Visit [www.northpenncommons.org](http://www.northpenncommons.org) for more information on this

exciting project!



The CEO's of Advanced Living Communities, Manna on Main Street, The PEAK Center and Lansdale Area Family YMCA were joined by members of their organizations for the hanging of the banner announcing the Future Home of North Penn Commons.

## Keeping Kids Healthy

Manna is again teaming up with the North Penn School District, the North Penn United Way, the North Penn Community Health Foundation, and more than 25 community agencies to feed children during the summer months. In the North Penn School District, 27% of children receive free or reduced price lunch, with two elementary schools at greater than 50% enrollment.

Many children in our community need meal support during the school year; *what happens to these boys and girls during the summer?*

Grab & Go: The North Penn Region Summer Meals Program is a USDA

initiative that provides free, healthy meals to all children age 1-18 between



Last summer, Manna opened its doors to provide special meals and daily activities and games for children throughout the community. We look forward to coordinating these healthy meals and fun activities again this summer! Photo Credit: Geoff Patton, *The Reporter*

June 22 and August 21. Meals are prepared by the North Penn School Dis-

trict and distributed to community locations throughout the region. Last year, we fed 500 boys and girls; this year, we hope to serve 600-750 children! Manna is helping to coordinate this regional partnership, including the anticipated addition of a mobile food van, which will bring meals to targeted, high-need neighborhoods in the North Penn.

We want to make sure that every child in our community has year-round access to nutritious meals.

We look forward to summer 2015, and the opportunity to feed and care for hundreds of children in the North Penn region!

## Rainbow on Your Child's Plate



Our Fresh Kids program continues to grow! This child nutrition education program teaches young children how to make healthy food choices through fun, food activities!

In April, boys and girls learned about the importance of putting a rainbow of fresh fruits and veggies on their plate, and had fun reading books such as *Oliver's Vegetables*. We are offering this program to children served at Manna as well as boys and

girls at the Lansdale and North Wales libraries and North Penn Boys and Girls Club and YMCA. May's lesson is about important nutrients as told through the story of *The Very Hungry Caterpillar*.

## Teens Test Out Their Cooking Skills!

This summer, teens ages 13-17 will gain culinary and leadership skills during Manna's summer cooking program! Manna's chef will teach participants how to prepare delicious, healthy meals, with all dishes served in Manna's soup kitchen. Two, two-week sessions will be offered. The cost to participate is \$50, although this fee may be waived if it presents a hardship.

To learn more about this program, please contact [foodservice@mannaonmain.org](mailto:foodservice@mannaonmain.org).

Thank you very much! We look forward to cooking and serving with you this summer.



Chef, David Hannah



**Save the Date: 5<sup>th</sup> Annual 5K Race & 1 Mile Fun Run  
Saturday October 10, 2015**





Ending Hunger, Building Community, Transforming Lives

713 West Main Street  
P.O. Box 763  
Lansdale, PA 19446  
215-855-5454  
www.MannaOnMain.org  
Manna@MannaOnMain.org

NON-PROFIT ORG  
US POSTAGE PAID  
PERMIT 367  
LANSDALE, PA

*Manna on Main Street ... that everyone might be fed*

MANNA WORKS

Spring/Summer 2015

Staff:  
Cory Chiang: Food Program Assistant  
Nancy Day: Weekend Food Service Manager  
Kristyn DiDominick: Program & Development Coordinator  
Jessica Gerani: Garden Coordinator  
Suzan Neiger Gould: Executive Director  
David Hannah: Food Service Manager  
Paige Harker: Development Officer  
Janae Hoffer: Education & Volunteer Coordinator  
Sue Jurina: Program and Building Assistant  
Mikaela Martin: Special Programs Associate  
Teri Martin: Assistant Case Manager  
Julie McCabe: Events & Food Outreach Manager  
Nadja Mummery: Client Services Manager  
Britt Peterson: Food Pantry Manager  
Bob Sullivan: Financial Coordinator



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427 West Main Street  
Lansdale, PA 19446  
Phone: 215.855.4003  
info@MinutemanLansdale.com



**Our Vision. Our Hope.**

“That everyone might be fed” is Manna’s hope and the vision that inspires our daily efforts. This vision is embedded in our community and finds expression in the hundreds of volunteers who serve with us each month, and in the generosity of donors who bring food to our door for our neighbors in need.

Those who come through our doors find more than just food; they find a welcoming table, a listening ear, and services that are offered with compassion and dignity. Thank you for partnering with Manna on Main Street so that truly, everyone might be fed.

With deep gratitude for your support,  
Suzan Neiger Gould  
Executive Director