

# SHARE NEWS SUMMER 2020

## IN THIS ISSUE:

Pandemic Impact @ SHARE... Welcome Emma.. Volunteer Hub



**L**ost and Found. Looking through past photos one feels a longing for days and times that we thought would never end. Now we can appreciate those moments even more while hoping for their return. But will they be the same? Some things are past. The season changes and so do we. Perhaps these times can awaken a transformation, a new way to love our neighbors. For others it can be an excuse to “hunker down” and become more self-centered. We at Project SHARE look to the former as we continue to “Nourish Our Community...” while “...Awakening Hope!” Let’s make Summer 2020 a planting of Hope!- JDSMK

## Pandemic Impact at SHARE

“I never thought I’d live long enough to see something like this,” says Project SHARE client Clark Thumma. The COVID-19 pandemic has altered our daily dynamics of socializing as we continue to do our part in stopping the spread of this virus. To find out reactions to the pandemic experience, I conducted non-random interviews in May with Clients and Volunteers. The responses glimpse into the thoughts and hardships people are facing amidst an unprecedented time of disrupted normalcy.



Continued on page 04

## Feeding Children & Youth



**A**s our committee of educators and community Volunteers concluded our March meeting of Lunch & Learn we had no idea of what was to come. Our plans were to begin recruiting Volunteer teachers and other key positions to offer our award winning program for our 8th year! The plans were put aside due to the arrival of the pandemic. The virus hit at the worst planning time and even as we went to print the situation was not fully clear. As a result we decided

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## Hello from Emma!

**H**ello! My name is Emma Witwer, and I am so excited to be joining the Project SHARE team as the Nutrition Coordinator.



By training, I am a Registered Dietitian. I attended Rochester Institute of Technology where I earned a BS in Nutrition Management and subsequently I completed an accredited dietetic internship from Penn State University. Prior to working for Project SHARE, I worked as a Registered Dietitian in corporate wellness settings in which I led cooking demonstrations, nutrition workshops, diabetes nutrition classes and client centered nutrition counseling sessions.

My interest in nutrition began in high school. I began to notice the very real and tangible ways in which what we eat impacts our health and quality of life. I had family members and friends struggling with health conditions that nutrition was part of the treatment plan- from heart attacks, stroke, cancer and eating disorders. When eating habits were changed for the healthier, I saw health improve. When eating habits stayed unhealthy, I saw the impacts. It set me on the path I am on today. I believe in the power of food to nourish and heal. Over the years, I have come to learn that food does not only heal and nourish our bodies, but our mind and soul as well. Sharing a home cooked meal with

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## Inside Discoveries

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## New Data Technology

**A** new portal and interface for our Volunteers has been programmed and launched. “The Volunteer Hub improves our ability to schedule and connect with all of our Volunteers based on their projects. It gives Volunteers the ability to sign up for events and to log in their volunteer hours remotely from their own devices (smart phones, etc.) As a result they are more engaged and in control of their volunteering with Project SHARE,” states Meagan Smith, Volunteer Coordinator. She created the intricacies of the Hub in collaboration with the team at Blackbaud, a cloud computing provider that serves the social good community — nonprofits, foundations, corporations, education institutions, healthcare organizations, religious organizations, and individual change agents.

“The purpose of these improvements is to better serve our Volunteers and, as a result, our community”, Smith added. To see the Hub in action go to [projectSHAREpa.org](http://projectSHAREpa.org) and click “Volunteering”.

**NEWS  
UPDATE**

**As The  
Fields Ripen**

**J**oin us as we bring fresh nutritious fruits and vegetables from our farmer’s fields back to the Carlisle, Shippensburg, Mt. Holly

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Bob Weed, CEO

## Community of Hope

After more than two months of intense social distancing, we are all finding ourselves longing for things to return to normal — and recognizing that it might be a long while before that happens. We have been confined to our homes, separated from loved ones and isolated from one another. For many there has been a loss of the sense of community and hope.

**But is a return to business as usual really what we should aim for?** The extended disruption gives us a chance to take stock of how we've operated up to now, consider alternatives and even build a better vision for the future.

**At Project SHARE, like all organizations, we have changed almost all of our normal operations.** Contact with Clients is limited. Volunteer groups are smaller. Masks hide the smiles that historically greet those who enter and exit the facility. Technology allows us to stay connected, but in a way that is foreign to us. The world as we know it has been turned upside down.

Yet, as we consider how Project SHARE will return to "normal" should we be satisfied with going back to the way things have always been done? Is that the best we can do? **How can we bring more nourishment to our community and strengthen the hope we all should share?**

While I do not have the answers to these questions, I'm confident, that as we look ahead to challenging days, what we can offer to our families, neighbors, and community is Hope. **In the face of adversity, time and time again, human ingenuity, passion and love are beyond any prognosticator's ability to predict the future.** These are the traits that will get us through a time of trial.

## SHARE Spotlight Column

**J**im Markley is a longtime volunteer who became a member of the Project Share board in

April. Jim began volunteering at Project Share in the fall of 2013 not long after he retired from the Army after 30 years of service. Not particularly eager to go back to work right away, Jim was looking for something to do when his wife Linda suggested going to Project Share. That suggestion began a year of coming into Project Share three-to-four times a week to do whatever needed to be done. That included interesting things like **learning to drive a fork lift, operating the cardboard baler, painting whatever needed to be painted and of course distribution.** "I was never a very good fork lift driver but Darrel, would let me practice during the week sometimes when there weren't many people around." During this time Jim says he learned a lot about the behind the scenes operation of Project SHARE from Deb Brownwell and Darrell Beam.

After a short stint as a part time government contractor, Jim landed a full time position as a government employee at the Army War College. In December 2014 Jim began work as the **Deputy Director of Strategic Wargaming**, basically becoming the deputy of the department he had led when he retired 18 months earlier. **His job includes assisting in the design and development of games for use by the various major military commands around the world as well as games for use as part of the War College curriculum.** He is also an instructor for a group of students each year who enroll in the Joint Land Air Sea Strategic Special program, to examine future global security issues. **In 2019, Jim received the Excellence in Teaching Award.** "What I really like most about my job is facilitating our games because I get to interact with and help people who are struggling with the often really complex global issues."

**Jim says that it is his desire to interact with the clients and do what he can to make their day a little better. This keeps him coming back to SHARE to volunteer.** Markley was the Grand Knight of Saint Patrick's Council when he encouraged them to be regular Distribution Volunteers. They have continued ever since. Jim prefers "to work the floor and talk with people while they are going through the line." If you have run into Jim recently at Share, you have seen him as one of those masked figures checking people in their cars

for drive up distribution. "I really like the way we did it when we got to interact with people but, I'll do what needs to be done."

Jim's wife Linda has been a regular Project SHARE Volunteer since 2017!

They are both a part of our essential team.



## As the Fields Ripen (continued from page 1)



and the Newville communities. We are set to begin gleaning on Monday, June 22<sup>nd</sup> and will depart at 5:30 PM. We will be meeting at 5 North Orange Street location before heading out to our farmer's fields.



**W**e are anticipating another outstanding year (138,000 lbs in 2019), while taking necessary precautions to help keep all safe. Fortunately 100s of acres, that we glean, are vast enough to allow Volunteers to safely social distance. It will be especially nice to breath in some good country air. Precautions will include hand sanitizing stations in the fields and encouraging all of our Volunteers to wear masks. We will separate into smaller harvesting crews in different parts of our farmer's fields. Additionally, thanks to The Partnership For Better Health foundation, we will have many plastic macro bins for cleaner food storage and that can be sanitized prior to each gleaning session. Gleaners are to ride to farms with their trusted companions. Project SHARE will not be able to provide transportation during the 2020 gleaning season. Loading produce onto our trucks will be limited to a few Volunteers. We ask all to stay home if they are not feeling well. We will ask each Volunteer, on the day, how they are feeling. Volunteers should bring their own marked water

containers, but in the event that dehydration could occur we will still have water available. It will be distributed by a Project SHARE staff member wearing rubber gloves instead of each Volunteer reaching into one water cooler. Prior to each trip into farmer's fields, we will have a short safety orientation along with specialized instructions about gleaning.

**W**e are anticipating that our gleaning program will look different during the 2020 season and that it will be challenging to be able to harvest all of the amazing produce available. All Volunteers must sign in to our Project SHARE's Volunteer website at: [projectsharepa.volunteerhub.com/](http://projectsharepa.volunteerhub.com/) prior to arriving to glean so that we can maintain numbers to insure safe social distancing. Project SHARE will be trying to glean smart as we provide many more opportunities not just Monday nights for groups but to provide opportunities for groups to customize their own gleaning experience on Wednesdays and Fridays. Please contact **Steve Kuhn** at [skuhn@projectsharepa.org](mailto:skuhn@projectsharepa.org) or call him at **717-385-0682** to set up an amazing opportunity to provide food to feed families in our communities.







to move forward towards our primary task of “Nourishing Our Community ... Awakening Hope!” through a weekly food distribution to children and youth from 0 to 18 years of age.

In order to serve a greater number in the most efficient way we decided to prepare 500 packages with a school week’s worth of breakfasts and lunches for distribution to our families in Carlisle and our region. Plus we will provide each kid with additional food suggestions and supplies for the “weekend” with our Power Nutrition Pack thanks to our supporters at The Partnership for Better Health ([forbetterhealthpa.org/](http://forbetterhealthpa.org/)) Having gotten familiar with the drive-through distribution model from our monthly Distributions and weekly Farmstand outreach we adapted that model for our Summer Feeding for Children and Youth. We will be loading cars at 2 locations from 9-11am on Fridays starting June 12th and continuing to August 7th. “We also realized that we could feed even more of our kids by collaborating with vendors such as Kimberly’s Café, Mickey’s Pizza, Chick-Fil-A and Chobani Yogurts to add to our supply of fresh and shelf stable items,” stated Bob Weed, CEO at Project SHARE.

Our first location will be Project SHARE HQ on North Orange Street with the second location in the parking lot of Amelia Givin Library next to our site at New Life Community Church. Janet Kacsur, who has been the Supervisor at our Mt. Holly Lunch & Learn program will take the reins with her able assistant and husband Chip. Our Carlisle Project SHARE site will be coordinated by the latest member to our team, Emma Witwer, our Nutrition Coordinator. Emma has planned a series of weekly menus that will be included with all of the food loaded into cars.

**Summer is Here!**  
Fuel your summer fun with breakfast and lunch from Project SHARE!



| Friday June 12   | Saturday June 13   | Sunday June 14  | Monday June 15   | Tuesday June 16   |
|--|--|---|--|---|
| <b>Breakfast</b><br>Belvita breakfast bar<br>Canned Peaches<br>2% milk<br><br><br><br><b>Lunch</b><br>Chick-Fil-A<br>Grilled Chicken<br>Sandwich<br>Fresh Orange<br>Red Bell Pepper Slices<br>2% Milk | <b>Breakfast</b><br>Assorted Cereal<br>Fresh Orange<br>2% milk<br><br><b>Lunch</b><br>Kimberly’s Café Turkey<br>Wrap<br>Crunchy Celery Sticks<br>Raisins<br>2% Milk<br><br> | <b>Breakfast</b><br>Belvita breakfast bar<br>Canned Peaches<br>2% milk<br><br><br><br><b>Lunch</b><br>Chicken & Cheese<br>Burrito<br>Fresh Orange<br>Red Bell Pepper Slices<br>2% Milk | <b>Breakfast</b><br>Assorted Cereal<br>Fresh Orange<br>2% milk<br><br><b>Lunch</b><br>Kimberly’s Café<br>PB & J Sandwich<br>Carrot Sticks<br>Chobani Yogurt<br>Raisins<br>2% Milk<br><br> | <b>Breakfast</b><br>Belvita breakfast bar<br>Canned Peaches<br>2% milk<br><br><br><br><b>Lunch</b><br>Mickey’s Cheese Pizza<br>Chobani Yogurt<br>Fresh Orange<br>Red Bell Pepper Slices<br>2% Milk |

**Did You Know?** You may know already that milk helps keep your bones strong and healthy- but did you know that milk also keeps your muscles strong, letting you run and play!

Those without a vehicle can also arrive on foot with a cart that SHARE can load on behalf of families. The quantity of food does better suit a drive-through. Volunteers have signed up and can continue to access our new Volunteer Hub by going to [projectsharePA.org](http://projectsharePA.org) and “clicking” the Volunteering icon on the top of the page. One can then select the tasks most suitable for which a Volunteer is available to assist. The most important task is to reach those families and children in need of this distribution. Through social media, e-mail, site banners, The Sentinel, and word of mouth, our children can find kid friendly and nutritious meals to take them through the school closings this summer.

**USDA** This program has been made possible thanks to the USDA (U.S. Department of Agriculture), the PDE (Pennsylvania Department of Education), the Clee K. Morrison Foundation, **pennsylvania** DEPARTMENT OF EDUCATION The PARTNERSHIP for Better Health as well as our generous donors.



**We Ask You To SHARE in Your Community Through Project SHARE’s mission by clicking here to support our vision and mission through from this Newsletter!**

# Congregation Connections



**Many thanks to our congregational supporters.** In recognition of those who have blessed us with funds or food since our last SHARE News. Although not listed, we thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations between March 02 and June 04. Thanks to all of you and your congregants who remember to feed the hungry throughout the year.

- |                                       |   |
|---------------------------------------|---|
| Bethel Assembly of God                | Lighthouse Church of God                  |
| Carlisle Baptist Church               | Mt. Victory United Methodist              |
| Carlisle Barracks Chapel              | Opossum Hill Union Church                 |
| Carlisle Evangelical Free (CEFC)      | Otterbein United Methodist                |
| CEFC Children's Ministry              | Plainfield First Church of God            |
| Carlisle First Church of the Brethren | Salem Stone United Church of Christ       |
| Carlisle Quaker Meeting               | Second Presbyterian                       |
| Carlisle Reformed Presbyterian        | Shiloh Missionary Baptist                 |
| Carlisle Seventh Day Adventist        | St. John's Episcopal Church               |
| Carlisle United Methodist             | St. Matthew's United Church of Christ     |
| Christian Life Community              | St. Matthias Lutheran                     |
| Community Christian Fellowship        | St. Patrick Catholic Church               |
| Congregation Beth Tikvah              | St. Paul Evangelical Lutheran Church      |
| Faith Chapel                          | St. Peter Lutheran Church                 |
| First Evangelical Lutheran            | St. Stephen Lutheran Church               |
| First Presbyterian                    | St. Vincent DePaul Society                |
| First Presbyterian Choir              | Good Samaritan Class, Trinity UMC         |
| First United Church of Christ         | The Meeting House                         |
| Grace Baptist                         | Tree of Life Church Inc                   |
| Green Spring First Church of God      | Unitarian Universalists Cumberland Valley |
| Hickorytown United Methodist          | Waggoners United Methodist                |
| Holy Trinity Greek Orthodox           | Youngs United Methodist                   |
| St. Catherine Philoptochos Society    |   |

## VOLUNTEER CORNER

Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all with their service. Our volunteers bless our community with service. Without them there is no SHARE in Project. We understand that many of our Volunteers are particularly vulnerable at this time. We know that if they could they would also be on our front lines. For those who have been able to join and serve we collectively applaud your efforts and thank you, on behalf of the community we all serve.

We move forward into the coming months with safety in mind while we continue to set an example and protect each other through social distancing, masks and vigilant hygiene practices. We thank all who have served and are continuing or planning to serve in the coming days.



**W**hen the pandemic began to take its toll on the economy, there was one thing I knew for sure: food insecurity was going to spike across the nation. SHARE's Farmstand, which does not require any government set income benchmark for eligibility, saw about a 50% client increase since March. Farmstand distributions grant Cumberland County residents in need of food assistance with fresh produce, eggs, milk, and bread products. Not only are former Clients coming back to Project SHARE and Farmstand, but new Clients seek support as well. "This was our first time there. I am so excited and so thankful that we got this food. It helps us a lot," stated client Edith Guerrero, a warehouse worker who was recently laid off. The unemployment rate in Cumberland County rose from 3.8% in February to 12.1% in April.

**D**ecreased incomes, due to reduced hours and nationwide unemployment, also have caused disruptions in many households. A number of interviewees have maintained the same or more income through employer support, social security, and stimulus checks. However, many families are concerned with current and future household food insecurity due to the threat of COVID-19. When asked if the pandemic has affected individual household food insecurity, over half of those interviewed noted an increase in food needs. Aside from the new economic downward spiral, other reasons for the increase include children being at home more and that food is more expensive due to supply and demand complexities.

**B**ecause of social distancing guidelines and in order to protect Clients, Volunteers, and Staff, Project SHARE moved to a drive-through model of distribution both at the main building and at Farmstand. "I think this is so much easier. I'm all about getting and going," expressed client Margo Mangum. For our Clients with disabilities, they are happy with the easier and safer method that does not require any walking or standing to receive food. Although the drive-through method has been effective and efficient in preventing the spread of COVID-19, for many it has been inconvenient. The vast majority of Clients I interviewed miss the old Farmstand and Distribution methods of being able to pick and choose items. Greater choice and food variability are concepts that Project SHARE has worked diligently to expand over the years, recognizing that people with low-incomes deserve the same availability in material choice that a more substantial income economically provides.



**F**or everybody, COVID-19 has forced us to adapt to physical distancing. This experience of feeling separated from others is not new to many older Americans. Sociological research has shown that people lose social ties as they age, causing loneliness, depression, and isolation.<sup>1</sup> This especially affects those who are unable to leave their bed and home, and SHARE provides home deliveries to about 50-55 of these seniors a month. For seniors who are able to make it to SHARE's Farmstand and Distribution, getting to chat face-to-face with the friends they have made is what some of the senior Clients interviewed miss most.

**S**everal interviewees brought up their concerns about Black communities being disproportionately affected by COVID-19. Accessibility to healthy foods directly affects the better outcome of long-term health. As a result of generational systemic and individual economic discrimination, Black Americans are more likely to suffer from underlying health conditions, like high blood pressure and diabetes, caused by less financial access to healthy and sustainable foods.<sup>2</sup> These underlying health conditions, along with healthcare and environmental inequalities, contribute to why and how Black Americans are contracting and dying from the virus at high rates in Pennsylvania and across the country.

**S**hifting to volunteer experiences during the pandemic, Volunteers new and old have selflessly stepped up to serve Clients even with the known risks of infection. "COVID-19 has brought out new Volunteers, people looking for opportunities to help others...it's brought out a lot of encouragement and new people wanting to get involved in our community," says Steve Kuhn, Outreach Farm Coordinator.

**L**ee Snyder, a longtime SHARE Volunteer who has some health problems, believes that helping people is more important than if he were to contract the virus. "I think volunteering is a way to give back to the community whether it'd be during this time or any time...My days are numbered, and when my time is up it's up whether it's the virus or something else." This was not an uncommon sentiment amongst the other interviewees. All Volunteers interviewed agreed that their motivation to support food insecure families outweighs their concerns for possibly contracting COVID-19. Pat McEnvoy feels very strongly about this, saying, "It's more important to help people who have food insecurity than it is to stay in my own house."

“Hope cannot be ignored since it is bright shining at the end of each tunnel!” -JDSMK



friends and family is one of my favorite past times- the conversation and camaraderie that unfolds over a meal is unifying and impactful.

**A**s a Registered Dietitian, I am passionate about making healthy eating accessible to all people- whether that is working in a food pantry like Project SHARE that is committed to sharing healthy food with its community or talking about nutrition and healthy eating in

a way that clears the confusion and dispels myths about what is healthy and what is not. I believe in balance, moderation and variety- as the old nutrition adage goes.

**C**entral Pennsylvania has been my landing base for most of my life, but my feet have wandered across the world. I was born and raised in Ireland, in a coastal town south of Dublin, only moving to Central Pennsylvania when I was ten years old. Since then, I have moved away but I am always pulled back- I lived in Rochester, NY for four years and also spent time in South Africa and Tanzania. When not working, I am often exploring new hiking trails, reading a book or cooking up a new recipe.

I'm thrilled to be joining the Project SHARE team, and I look forward to working with you all as we carry about the commitment to “Nourish Our Community and Awaken Hope.”



**E**mma will be coordinating our Summer Feeding Program for Children, ages 18 and below, from June 12th to August 7th. She will also be planning to teach classes to the SHARE Community on-line, as we proceed through our *new normal*, heading into the summer of 2020. She looks forward to our other programs returning, when it is time, including our Kids in the Kitchen and Slice of the Month classes. You can contact Emma @ EWitwer@projectSHAREpa.org

**F**arewell and Welcome  
It was in 2016, as a fresh college graduate, that I joined the team here at Project SHARE. Although it was surely a ‘trial by fire’, I was welcomed with open arms and open hearts by the SHARE communi-



ty—from staff, volunteers, and clients alike. Within no time at all, I felt a part of the SHARE family.

The first few months were certainly a challenge, but with the help of the wonderful Food for Life Volunteers (you know who you are!), I quickly became acclimated into my new position.

**T**he opportunities received, and relationships that I have formed over the past four years have been an absolute blessing. I will surely miss the shining faces and bright intelligence of the ‘Tots’ and ‘Cubs’ that I had the pleasure of sharing space with every month, as well as all the amazing clients and volunteers that I shared many fond memories.

**A**s I move on to fulfill other duties of my ‘soul’s purpose’, the lessons of servitude, leadership, gratitude, and teamwork will remain with me. Overall, I could not have asked for a more awesome team to grow alongside. Though I will miss everyone dearly, do not consider this a “farewell”, but instead as a “see you soon”.

**M**ark Twain summed up my current feelings quite well, when he said, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

A hearty welcome to Emma Witwer!  
Weston Petroski

### Fill Up Our Bins and Shop Again at CommunityAid

- ⇒ Project SHARE HQ
- ⇒ Graciella’s Restaurant, Plainfield
- ⇒ Assembly of God, Newville
- ⇒ New Beginnings Loft
- ⇒ St. Matthew’s UCC
- ⇒ Carlisle Country Market
- ⇒ Carlisle E-Free Church
- ⇒ Carlisle United Methodist
- ⇒ The Farmstand on Lincoln



**Our Mission:** “In response to God’s call to love one another, and bolstered by the spirit of generosity in volunteers, staff, recipients, gleaning partners and donors; Project SHARE’s food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want.”

It is worth acknowledging, however, that so many more people want to contribute to their communities during this time but that the health risks are inhibiting their ability to do so. “I can’t go out and do my volunteer work, and that really bothers me,” says SHARE client Eugena Rice, who is afraid to leave her home because of personal health issues. Fortunately, not many Clients or Volunteers know of anyone who has tested positive for COVID-19. Here’s yet another reason why everybody should keep up the good work



while SHARE also continues to practice safe methods of social distancing, hand and warehouse sanitizing, and other recommended ways of controlling the spread of the virus in the upcoming months. As for how Clients feel about their situations in the future, the general consensus was clear: “It’s gonna get better.”

Even through a pandemic, Project SHARE strives to live by its vision of nourishing our communities and awakening hope. Communities are as strong as the resources that they can provide, and the Staff and Volunteers at SHARE will stand with Clients when support is needed the most. “We’re not a healthy community if we’ve got people who are struggling,” says Mary Moll, who started volunteering with Project SHARE during the pandemic. “I’m going to do whatever I can to make sure people are fed.”

<sup>1</sup> Heat Wave: A Social Autopsy of Disaster in Chicago by Eric Klinenberg  
<sup>2</sup> Big Hunger: The Unholy Alliance Between Corporate America and Anti-Hunger Groups by Andre Fisher  
<sup>3</sup> <https://fred.stlouisfed.org/series/PACUMBOURN>



SHARE News reporter **Asia Whittenberger** is a Sociology and Communications double major from Saint Joseph’s University in Philadelphia. With volunteer experience in Distribution, Farm-stand, Gleaning, and the Summer Lunch and Learn program, she comes back to her hometown as a summer intern with Project SHARE. Her involvement at SJU includes the Food & Basic Needs Committee, University Student Senate, Resident Assistant, and Asian Student Association. A fun fact about her is that she is the Hawk mascot for SJU’s women’s basketball team and must flap her wings the entire game.



Many thanks to businesses, foundations and other organizations who unify as part of our community through contributions of funds or in-kind gifts. This list for gifts was received between March 02 and June 04. Although too numerous to list, we also recognize all the individual donors and volunteers who give time and resources to “Nourish Our Community...” while “...Awakening Hope!”

- |  |  |
|--|--|
| About Trees Consulting                   | HSB Management, Inc.                           |
| Allen Distribution                       | J. B. Hunt Transportation                      |
| Andersen Corporate Foundation            | Jacqueline L. Powell & Associates, Inc.        |
| Beeman's Bakery                          | James B. Murdoch Insurance Group Inc.          |
| Beta PI Chptr of Kappa Sigma Alumni As.  | Joyful Steps Preschool                         |
| Beta Sigma Phi                           | Knights Of Columbus St Patrick's 4057          |
| Brad Mentzer Financial Adviser           | Land O'Lakes Foundation                        |
| Carlisle Area Education Association      | Levine Enterprises, Inc                        |
| Carlisle Area School District            | LifeGuide Financial Advisors                   |
| Carlisle Arts Learning Center            | Mariner Finance                                |
| Carlisle Barracks Commissary             | Members 1st Federal Credit Union               |
| Carlisle Construction Materials, Inc.    | Nicely Done Sites                              |
| Carlisle Dental Studio P.C.              | Order of AHEPA-Harrisburg Chapter 64           |
| Carlisle Rotary Club Foundation          | Panera Bread Co.                               |
| Carlisle Sunrise Rotary                  | Partnership For Better Health                  |
| Casses Chiropractic Clinic, PC           | Professional Security Solutions, LLC           |
| Charities Aid Foundation of America      | Rich Valley Golf                               |
| Colyott & Watson Insurance Agency        | Sigma Chi Fraternity Omnicron                  |
| Community Cares                          | Sisterhood of the Salam Shalom                 |
| Computer Aid, Inc                        | Smith's Appliance & Electronics Center         |
| Cumberland County Housing and R.A.       | South Middleton School District                |
| Cumberland Valley Education Assn.        | Stan Tritt Electrical Contracting & Consulting |
| Dept Gen. Services' Office Chief Counsel | Strickler Agency, Inc.                         |
| Dickinson College                        | The Alpha Sigma House Association              |
| Dickinson College Farm                   | The Bets Keen Foundation                       |
| Eaton                                    | The Church of God Home                         |
| Dr. William J. Phelan                    | The Donald B. & Dorothy L. Stabler Foundation  |
| Fiddlers Bar & Grille                    | The Foundation - TFEC                          |
| Fidelity Charitable                      | The Law Offices of Bruce A Fontanella          |
| Fred C & Katherine B Andersen Foundation | The Rahal Family Foundation                    |
| Freeman's BBQ Co, Inc                    | United Church of Christ Homes                  |
| Gals In Golf                             | United Way Carlisle & Cumberland County        |
| George's Flowers                         | United Way Greater Philadelphia & SNJ          |
| Giant Foods                              | United Way of the Capital Region               |
| Gilden Giving Fund                       | Wegmans  |
| Gill Giving Fund                         | Weis Markets                                   |
| Hope Station                             | YWCA Carlisle                                  |



Support the SHARE Community & Clicking Here with your Support!

Farm to Table

SAVE THE DATE 2021\*  
**Sunday, September 26**  
 The Barn at Creek's Bend

\*We are sorry to announce that due to the COVID-19 emergency, the 2020 Farm to Table event has been cancelled. Please mark your calendars now for 2021.

“In this method, you don’t ask, What do I want from life? You ask a different set of questions: What does life want from me? What are my circumstances calling me to do? In this scheme of things we don’t create our lives; we are summoned by life.” - David Brooks

**F**or the past three months, the way a disease can impact on our lives has never been more obvious. The corona virus has disrupted our regular routines and upended our sense of normalcy. We have been forced to pay attention to the ways in which a disease can radically alter our lives. We have felt the necessity to make changes to our habits to protect our health and the health of those we love. The sense of risk felt urgent, and we made changes quickly. The corona virus has shown us how impactful disease can be.

**Y**et the corona virus is just one disease affecting Americans. On a much greater scale, chronic diseases, like diabetes, high blood pressure and high cholesterol, are impacting Americans. At the time this article was written, there are **over 2 million confirmed cases of the coronavirus**, according to the Center for Disease Control<sup>1</sup>. In comparison, there are **34.2 million cases of diabetes**, meaning *1 in 10* American adults have diabetes.<sup>2</sup> Even more common, **one in three American adults has pre-diabetes**.<sup>2</sup> Annually, heart disease continues to be the leading cause of death.<sup>3</sup> These numbers do not lessen the health impact of COVID-19- by all means, we need to continue to practice safety precautions as directed by the Center for Disease Control- but at the same time, these numbers should bring clarity to a more widespread problem in America- the presence of **chronic diseases**. Diabetes, high blood pressure and high cholesterol can affect our state of well-being just as significantly as COVID-19. The health impacts of chronic conditions are not always immediately felt- it can be a slow progression, so that felt sense of urgency can be lacking. Yet it is of utmost importance to pay attention and take steps to reduce risk of these chronic conditions, or to manage these conditions well if already diagnosed.



**T**hese steps include instructions to wash hands frequently, avoid touching your face and maintaining safe social distances. These are **tangible steps to take to reduce the risk of chronic conditions**. The following steps are important in managing your health over the long term:



- **Schedule regular visits with your primary care physician.** Most individuals should visit their primary care physician every year. Others may need to go every three to six months. Follow your physician’s advice. If you do not have a regular physician contact SADLER Health Clinic for information at: <https://www.sadlerhealth.org/>
- **Follow a healthy eating pattern.** Aim to eat whole, minimally processed foods including fruits, vegetables, whole grains and lean proteins, like chicken, fish, nuts and beans. Limit sugary drinks and highly processed foods, like fast food and frozen entrees.
- **Move more.** Go on a walk. Try to stand up for 5 minutes for every 60 minutes of sitting. Go on a hike or bike ride- find what you enjoy, but move!
- **Lose weight.** If you are overweight, losing weight by eating healthy and moving more can reduce your risk of developing diabetes, high blood pressure and high cholesterol. If you have already been diagnosed with one of those conditions, losing weight may help to improve your numbers. Other reasons for weight gain might include malfunctions of the thyroid, menopause or other conditions. Yet another reason to have a primary care physician that you can rely on for accurate assessment and advice.

The combination of these healthy habits has a tremendous impact on your health. It’s never too late to start making healthy changes. **What is one new healthy habit you can do today to get you moving in a healthy direction?**

**SOURCES**

- 1 CDC COVID Cases- <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>
- 2 CDC National Diabetes Statistics Report 2020-<https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>
- 3 CDC – National Vitals Statistics Report- [https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68\\_09-508.pdf](https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_09-508.pdf)



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**This is our E-Newsletter for the Summer of 2020, a period of challenge for us all!**

**If you find our Mission and Vision to align with your priorities, we would ask you to support Project SHARE by clicking this message box.**

Gratefully on the campus of:

**Dickinson**



You have blown us away with your thoughtfulness and generosity. Because of you, we are able to continue nurturing our community and awakening hope in those most affected amidst this current crisis.

**THANK YOU!**  
**You make all that we do possible.**

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