



SHARE News

SUMMER - 2021

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Are you normal? Am I? How do we define normal? What normal are we in now? All of these questions come to mind as we emerge from the “new normal” times of 2020/21. Normal might have us look for connections to be remade, mended or begun. Our emerging normal should recognize our common plight. The “spirit” that dwells within and around us can be our “inspiration”. Caring, empathy and love for our community is the beginning of making our new normal work in 2021. - JDSMK

Welcoming New & Renewal

A new season of growth and opportunities with two new members of staff and one reassignment. We look to the contributions of our new and repurposed staff members.



A SANI MUKUSA Grew up in Jim Thorpe, PA and travelled worldwide since his father worked for the United Nations. “I attended Bloomsburg University majoring in Business Management where I met my wife Nicole. We live in Dillsburg with our 4 year old son Chase and our latest, Max. I was in management for 15 years at CVS and in insurance for the past 5 years. In my spare time I enjoy spending time with my family and watching my sons grow.”

What attracted Asani to Project SHARE was his desire to be in a position that gives meaning in service to others. “Since joining the team my expectations have been superseded. I have learned the ways of the warehouse, together with my colleague Darrel, as we move through the aisles. Distribution weeks are particularly meaningful as I see people benefitting from our work. I return home, each evening, feeling that I have accomplished good work for myself and the community.”

Reflecting more on the team spirit, at SHARE, Asani spoke of CEO Robert Weed, “Bob is really hands on and walks around to see if we need help. Most CEO’s, that I have experienced, stay hidden. The whole team here at SHARE works well together and I have felt 110% welcomed!”



Gus J. Gerontakos comes to SHARE from a varied set of experiences in customer and client services. Gus says he has a passion to take care of others and to live by the Golden rule, “Do unto others as you would have them do unto you!”

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Fields of Plenty



So far this year promises to be a bumper year for crops and gleaning in our area. “Gus” will be taking the lead as we glean the fields from our generous farmers throughout the summer and welcome those wishing to join us by registering at our website:

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Able & Dedicated



Welcoming those able Volunteers, with special needs, into our community continues to be a blessing for Project SHARE. Here is a story of one such Volunteer and his caregiver.

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Volunteering to the Homebound



“Growing up caring and sharing was engrained in me.

This always seemed the normal way to be grateful” Debbie explained. At the age of 16, Debbie became a Certified Nursing Assistant (CNA) in Connecticut. Her mother was also a CNA and they would often invite residents, who had no visitors,

to their home for dinners, at holidays or other times. “I was a CNA until 21 while financing nursing school. I became an RN in 1986 where I worked at a hospital in Connecticut with a number of elderly patients”

Debbie became a Volunteer at Project SHARE 8 years ago as she was looking for way to serve the community. At the time, her daughter was also looking for volunteer hours for her high school graduation project. This became something they could experience

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Bob Weed, CEO

SHARE BACK TO "NORMAL"



There are pockets of families living in the outlying and under-served parts of Project SHARE's service area. During the pandemic SHARE had an opportunity to partner with several community organizations and deliver services in these areas. It proved to be productive, efficient and well received. "Back to normal" implies that these type of creative distribution models would stop. Not the case. **New partnerships built during the pandemic have inspired us to diligently work to develop sustainable remote distribution models.**

Well, summer is upon us and it seems that it is time to get "back to normal". But what does that really mean? After more than 15 months of living through an ever-changing "new normal" **is it really time to go backwards, reverting to the ways of "yesterday"?** I don't think so.

Operating through the pandemic has forced all of us to rethink what we do, along with how we do it. Project SHARE is no exception. We swiftly moved to a drive thru model of distribution for most of our operations. Back to normal implies that we will stop drive-thru and return to in-person distributions in the near future. In fact, feedback from Clients tells us there is a real need for some type of drive-thru service for a segment of our Client population.

While everyone was hunkered down during the pandemic, one trend we saw was a more intentional focus on health – including healthy eating. At Project SHARE we were able to adapt our Nutritional Educational programming to meet the challenge of virtual learning. **Emma Witwer, SHARE's Nutritional Coordinator successfully hosted both adult and children's classes on line.** It was not unusual to see up to 30 kids participating

with Emma, as she guided them through the nuances of fun, easy, healthy eating. Another project that came to life over the past year is our *SHARE Box* program. **The *SHARE Box* program, again under Emma's watchful eye, targets individual who are working on skills enhancements to help move them to self-sufficiency. *SHARE Boxes* provide all the ingredients for 2 healthy, nutritious meals for a family of four.** They provide some extra support for families, reinforce cooking at home, and eating as a family. These are just a few examples of the new approaches tried and lessons learned over the past year plus. Not everything we tried was a success but, those that were, deserve a life after COVID. They provide broader, more creative ways to serve the needs of our Client families. So, rather than talking about getting "back to normal", at Project SHARE I believe we are headed "**back to the future**"! Besides, tell me what "normal" really is... go ahead, I dare you.....



Create Your Own Unique Legacy!

Creating a will is an essential part of securing your legacy and your family's future. A gift to Project SHARE by will (also known as a bequest) can provide Project SHARE with invaluable support that strengthens, refines and sustains its mission to assist those in the greater Carlisle community who struggle with food insecurity. A bequest can be any "shape" and any size. What matters most is that your bequest gift is personalized to benefit you — your unique financial circumstances and your unique family.

Including Project SHARE in your will is a great way to bring dignity, meaning, and purpose to a life well lived. It demonstrates your commitment to the future of Project SHARE in a way that you may have always wanted to support but were unable to during your lifetime. Creating a legacy with a thoughtful bequest ensures that your wishes and your values will live on.

Any Shape

You can structure your bequest in any dollar amount, designate any percentage of your estate or give specific property of value (previously discussed with Project SHARE). If you are uncertain, you can even make the bequest contingent on certain events occurring (or not occurring).

Any Size

All sizes of bequest gifts have been received by Project SHARE and all are humbly appreciated. Modest gifts, when added together with other sized gifts, can make a significant difference. What matters is that you choose the size and shape of the bequest that works best for you and your family.

If you would like to create your own legacy with a bequest gift to Project SHARE, please contact Deb Hess, Director of Development at 717-249-7773 Ext 233 or dhess@projectsharepa.org with questions or for sample wording to share with your attorney.

never stops to think about problems of space and time. These are things which he has thought about as a child..." - Albert Einstein

SHARE Spotlight Column



I have been blessed to collaborate with Sonya Browne since my days at Employment Skills Center and now at Project SHARE. Her wisdom has always shone through to those we serve. We SHARE many of the same Clients as we both work to "...Awaken Hope!" - JDSMK

For the past 14 months we have all been looking forward to returning back to normal and yet I wonder, what does going back to normal look like? One major

thing I have learned is that **normal can change in the blink of an eye.** In this past year, we have been through so many changes that it is hard to wrap my mind around where we go from here. The only thing I have settled on is that I kind of want things to go back to the way they were but then I also kind of don't.

Wikipedia describes a "new normal" as a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the start of the crisis. According to that definition, I would say we are looking at a new normal and **creating a new version of what normal will really look like going forward.** As we are finally in a place in America where the rates of infection are beginning to fall, we need to look at what our new normal will look like. We may realize that the new normal can change what was wrong but that there is nothing wrong with keeping what was right with the old normal.

One change for me will be to **prioritize the people and things that matter.** Sometimes we take loved ones for granted because we think they will always be there. This pandemic taught me that though they may be there, it may be months, or more, before I can be with them. As a daughter, sister, mother of 4 and grandmother of 3, not seeing my family on a regular basis was extremely hard. In the past, I had not been one who would be described as overly affectionate, but I gained a much greater appreciation for hugs and kisses and for **letting my family and friends know how much I love and value them.**

Another change for me will be to try to **stop worrying so much.** In the lockdown, with all of its uncertainties and fears, I spent too much time focusing **on things I had no control over.** Because of that, many times I was less effective in dealing with the things I could. Life is filled with times that are more challenging than others. We don't have any control of that. The **only thing we can control is ourselves and our reactions.** I am learning to **focus more on my blessings** and not my burdens.

There are other things I have learned or am now learning as I move into my new normal. That's the funny thing about change, **many times we don't know it has happened until we get into a situation and realize we are handling it differently than before.** Take the time to think about what got you through and what may have changed for you during this difficult time and then cultivate those qualities that will help you grow into your new normal. Remember that growth is a process and it takes time. Focus on moving forward to see what the end result will be.

Sonya Browne is the Shelter Supervisor at Domestic Violence Services of Cumberland and Perry Counties. She previously served with the YWCA in Carlisle as the Mission Impact Director.

Able continued from page 01

Lolade Ibrahim Dairo is a caregiver born in Nigeria. His sister was born with Cerebral Palsy (CP). He was her caregiver for 19 years before she passed away at the age of 19. "I watched her in pain everyday struggling to communicate, move, eat and even use the bathroom. After her passing on April 6, 2014 I began searching for a job. A week into looking and trying my hand at different clients, I came across Russ Grow and his family who needed someone with experience, and could communicate through sign language and be a caring companion. I became Russ's caregiver."

Imagine waking up every day unable to speak, hear, or do the simple things to prepare yourself for the day. Bathing, dressing, preparing your breakfast, searching for your keys, driving to your destination and so many other accepted parts of navigating the space of life would be beyond your ability. That's the norm every day for Russ. "CP is a neuromuscular disorder that affects movement, balance, and posture. Only 20% of those with CP have a chance of making it to the age of 30, yet Russ defied the odds and is at Project SHARE at the age of 68", explained Loladee. "Yet, after 23 years of working with CP patients Russ stands out."



Russ cannot speak, hear or walk. Communication was his biggest challenge growing up so Russ went to sign language school for most of his teenage years.

His family learned sign language as well. Family was a big part of Russ's life but as Russ aged his CP got worse and eventually Mom and Dad needed help. Russ's sister moved in. Russ's mother had been his lifelong caregiver before she passed away of a heart attack over a year ago.

A week after getting familiar with Russ and introducing myself, I discovered that despite his CP he was hard working, very independent and did not like to rely on other people. He gets enjoyment out of the little things in life such as going to Project SHARE to volunteer his time, bagging produce, going for an assisted walk or making a new friend. Each day he goes to Project SHARE it fills him and others who meet him with joy and his assistance.

Many others, in similar challenging circumstances, are welcomed at Project SHARE. We are blessed with their presence and their worthy, good and dedicated able works!

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."

Born in Long Island, New York, raised in Dover, Delaware Gus is now married and living in Shippensburg. Gus is excited to join the Carlisle community and Project SHARE to offer his many years of customer service.

As a father of two sons and a grandfather, Gus brings his guest service experience from real estate agent to business owner and managing restaurants for many years.

With excitement and enthusiasm, Gus is eager to join Project SHARE and bring his compassion and personality to the Farmstand while reaching out to all in the Farmstand and Project SHARE community.



Deb Brownawell never left and hasn't just joined but she now has become the "Office Manager".

Following her service as Warehouse Coordinator, Deb has moved into this new position with grace and enthusiasm. As Deb says, "It's exciting to serve in a new way...interacting more with Volunteers, Staff and Clients is this new aspect that I am experiencing. I look forward to each day with its many interactions." In addition the office layout was revised and Deb feels that will only add to her ability to serve the needs of others.

together. "What better way for her to see love and compassion than by engaging with Clients and distributing food at Project SHARE."

A few years ago, Debbie was asked if she would be interested in helping with Homebound Deliveries. As a Homebound Delivery Volunteer, Debbie goes into the homes of people unable to physically come to SHARE.

Homebound delivery is more than just dropping off food to Client's homes. Sometimes they are the only face these Clients see in a month, especially during the COVID pandemic. "We chat for a bit, check on their health and see if there is any other assistance we can provide for which they are so grateful. I am humbled, realizing I may be the only face they have seen in a while. I love to help. I am glad to spend time with them and to assist in little ways." The pandemic changed this interaction to a quicker visit as lingering in their homes was not going to happen for everyone's safety.

During COVID, the normal distribution process also changed to food being boxed/bagged ahead of time. Clients now pull up outside Project SHARE in a lane, open their trunks and food is placed in the trunk by volunteers without the clients having to exit their vehicles. Although necessary to protect both staff and clients, it saddened staff/volunteers that these interactions had to be minimized.

However, a positive during 2020 was that Project Share never stopped servicing the community. This is important given that during COVID there has been an increase in the number of people requesting food assistance. "Many of our clients are like family. Although due to the pandemic, things have changed in how we do it, our reasons haven't changed for why we do it, including the generosity of food donors which never wavered." At Project SHARE Debbie says that she "...couldn't find a nicer group of people to work with and that includes Volunteers, Clients and Staff. "Often I am working with Clients who also volunteer their time."

Debbie states that her faith tradition has always pointed her towards the examples of Jesus and how she can give back that agape love she has experienced, "...in practical and thoughtful ways by sharing with our community." She also quotes the words of Bishop



Robert Barron of Los Angeles who speaks strongly to how volunteering makes one feel: "...when you serve others, you are accessing the power of God and seeking the honor of God."

Debbie Montepara is a retired RN who has served on the Children's Ministry team at Saint Patrick Church and various roles at Project SHARE. She is married for 32 years, has 3 adult children and lives in Boiling Springs.

Note

You can be a solution by

[returning the Newsletter envelope today](#)

or go to projectSHAREpa.org/donation-newsletter

"Nourish Our Community..." while "Awakening Hope!"

Thank You Match Madness Donors



Contributions from more than 300 donors when combined with matching funds from the Partnership for Better Health, M&T Bank and the Josiah W. and Bessie Kline Foundations, totaled \$84,880 through the Match Madness Campaign held during the month of March. These funds significantly and directly impact the nutritional wellness of food insecure families served by Project SHARE's healthy food distributions and nutrition education programs. Thanks to the Partnership for Better Health for this wonderful opportunity!

"I didn't want normal until I didn't have it anymore"

—Maggie Stiefvater



Many thanks to firms, businesses, foundations and other organizations who, as part of our community donate funds or in-kind gifts received between March 01—May 31. 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!"

AAA	KPMG Bergen County United Way
Burnt Mill Veterinary Center	KS&R
Carlisle Area School District	Leaf Project
Carlisle Kiwanis Club Foundation	Lifeguide Financial Advisors,
Carlisle Rotary Club Foundation	Nationwide
Central Pennsylvania Food Bank	Nicely Done Sites
Colyott & Watson Insurance	Operation Warm Hearts
Community Cares	PADept Environmental Protection
Community Aid, Inc.	Partnership For Better Health
Cumberland Valley Cleaning	Ratchet Rake LLC
Dickinson-Alpha Chi Rho-Phi Beta	Schwab Charitable
Dickinson-Kappa Sigma Beta-Pi Alumni	Donald B. & Dorothy L. Stabler Foundation
Dickinson Men's Soccer	The Forum on Educational
GBU Financial Life	The Foundation - TFEC
Giant Food Stores, LLC	United Way-Carlisle & Cumberland
GlaxoSmithKline GSK	UnitedWay-GreaterPhiladelphia SNJ
Good Keeper Farm	United Way-Capital Region
Jacquelyn L Powell & Associates	Walmart Spark Fund for Charities
JB Hunt	Wegman's
Karns Foods	Weis Markets
Keswick Creamery	Wenger's Meat & Ice
Knights of Columbus Coun 13100	Women Moose Chapter 235



Support SHARE's Community Aid Bins. Locations on our website at projectSHAREpa.org



Volunteer Corner

Meagan Smith, Volunteer Coordinator

istered service event.

Due to COVID restrictions, the numbers of volunteers required to complete an event is lower than past averages. However, **being able to rely on volunteers registered for events is crucial for our organization to operate effectively.** With summer events starting, we have two programs kicking off in June.

- **Summer Feeding begins June 11th; Project SHARE is in need of your help!** Volunteers can contribute by prepacking food and assist with the drive thru, loading food into client's trunks.
- **Gleaning also begins on June 21st.** Other volunteer needs include Farm-stand, Distribution, packing/sorting food and other tasks to 'Nourish Our Community and Awaken Hope'.

Though no one truly knows how long we will be operating under COVID restrictions, behind the mask, we find peace in serving our community. Thank you to all the volunteers that have served, are serving and will serve in the future!

If you are interested in serving with Project SHARE, visit www.projectsharepa.org and click Volunteering.

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 received March 01—May 31. Thanks to all of you and your congregants who remember to nourish our community throughout the year.

Bethel Assembly of God	Otterbein United Methodist
Carlisle Baptist Church	Plainfield First Church of God
Carlisle Barracks Chapel	St. John Evangelical Lutheran
Carlisle Evangelical Free Church (CEFC)	St. John's Episcopal Church
Carlisle Quaker Meeting	St. Luke's Episcopal Church
Carlisle Seventh Day Adventist	Second Presbyterian Church
Carlisle United Methodist	St. Matthews Evangelical Lutheran
Dickinson Presbyterian Church	St. Matthew's United Church of Christ
Faith Chapel of Carlisle	St. Matthias Lutheran Church
First Evangelical Lutheran	St. Patrick Catholic Church
First Presbyterian Church	St. Paul Evangelical Lutheran
First United Church of Christ	St. Stephen Lutheran Church
Green Spring First Church of God	The Meeting House
Lighthouse Church of God	Trinity United Methodist
Mt Zion Evangelical Lutheran	Waggoner's United Methodist Church
Mt. Rock United Methodist	Wesleyan Church of the Cross
Opossum Hill Union Church	Young's United Methodist



projectSHAREpa.org/gleaning. “Gus” is our new field coordinator, having been hired on staff as Steve’s replacement. We understand Steve may also be making occasional appearances, as a Volunteer in the fields this season.

Throughout 2020/2021 Volunteer Glenn Franklin has been repurposing the hundreds of wooden pallets that come with product to



Project SHARE. Glenn has repaired them and trucked them out to our participating farmers for their needs. This collaboration is a way of giving back to our farmers for their generosity. It is only due to Volunteers, like Glenn, that our mission is made more complete. Glenn is known as our “Ambassador to the Farmers”. Glenn recruits local farmers to

allow us to glean their fields. He also gleans for Shippensburg Produce Outreach and the Newville Food Pantry as well.

The origins of Glenn’s passion to help those in need of greater food security comes from his days in Vietnam where, during his 1970-71 service, he was awarded the Bronze Star.



“Soldiers would take trash out to bury in a hole. People in the village would wait for them to toss and they would eat from the garbage. It really affected me and I never wanted that to happen to others back home.” When there’s reusable food in the field, he has a compelling desire to get food to our community.

Gleaning season has begun! Every Monday from June 21st through September 20th we assemble at SHARE HQ at 5:30pm before heading out. From October 2nd to the 29th orchard season continues as we assemble at 8:30am Saturdays. Directions will be sent after registration.

The Mind & Body—Summer Feeding



Behind the masks are David Howell, Joe Bedard, Janet Kacsur and Joe Kloza.

The Carlisle Regional Literacy Council (CRLC) has provided children’s books to Project SHARE for many years. Our latest visit brought well over 700 books for our Client families this summer. They will be distributed, along with **breakfasts and lunch preparations to feed children for 7 days every Friday from June 11th to August 13th. Books will be distributed on alternate weeks beginning June 11th.**

Books from CRLC are gathered as a result of the efforts of their CEO, Joe Bedard. Books are purchased directly from publishers where they inspire kids and families to build in-home libraries to promote reading. “Kindergarten readiness is paramount for children in poverty. They average two years behind kids raised in a professional home entering Kindergarten.”

Joe reminds us that eighty percent of brain development happens by age three. There are more brain neurons created at the age of two than any time in our lives. Joe compares the child’s brain to a computer stating that “...the bigger the child’s ‘hard drive’ is built early, the more apps they will be able to add on throughout life.”

Joe described his relationship and passion for what Project SHARE is doing, in collaboration with CRLC “...SHARE touches these families, where the message of encouraging the enjoyment of reading and learning, along with **providing free books, can assist the children to thrive in school and life.** Education and strong communication skills provide the platform for a child to evolve into the fullness of their potential.”



For kids K-12th & HeadStart 4 & 5 Year Olds

AUGUST 12 • 2-6PM

Carlisle Expo Center, 100 K Street, Carlisle

Children must be present to receive supplies.
Registration required by Friday, August 6, 2021.
Only those registered will receive supplies.

Register: www.projectsharepa.org/carlisle-4-kids/

Passionate about his mission, Joe sorts treasures to donate to children, throughout the region, from CRLC’s “International HQ” in his garage.



Books from **CRLC and Barnes & Noble, Camp Hill** will be freely distributed during Summer Feeding for Kids in 3 locations, on alternate weeks beginning June 11th until August 13th. For more details go to: projectsharepa.org/summer-feeding-for-youth or go to project-SHAREpa.org and click the slide for Summer Feeding Fridays at the top.



Support our quarterly Newsletter appeal by returning the envelope with a donation appropriate to your circumstances.

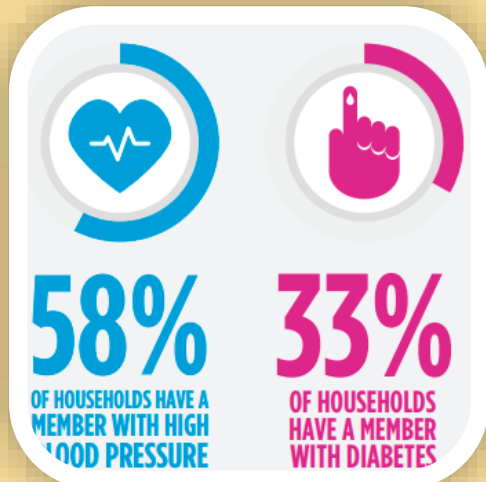
"If you are always trying to be normal you will never know how amazing you can be." - Maya Angelou



Here at Project SHARE, we believe that food has the ability to nourish our body, mind and soul. This belief is one of the driving forces behind our vision "Nourishing Our Community...Awakening Hope."

One way in which we intentionally pursue this vision is by focusing on the quality-not just quantity-of the food we distribute. **We place a high value on providing healthy, nutritious foods to our clients through our Monthly Distributions and Farm Stand.** Each month, we make available lean proteins, low fat milk and fresh eggs, fruits and vegetables (mostly farm fresh during the summer and fall months), whole wheat bread, and more. Additionally, over the years, the Project SHARE team has made conscientious swaps to decrease the quantity of unhealthy items we distribute.

This emphasis on healthy, nutritious food is intentional because we recognize the impact food can have on health. In 2014 a study was conducted called "Hunger in America." To date, it is the most comprehensive study looking at the association between health and individuals who receive food from food pantries. **The study found that 58% of households who receive food from food pantries have at least one member in the family with high blood pressure and 33% of households have at least one member in the family with diabetes.**¹



Compared to national averages, households receiving food from food pantries are disproportionately affected by chronic diseases.

While managing these conditions is multifaceted, **diet plays an integral role in prevention and management** of these conditions. Realizing that living with a chronic disease is a reality for many of our community members, **Project SHARE aims to emphasize the distribution of healthy, nutritious foods** so that we can empower our clients toward better health.

In an effort to best serve our client families, Project SHARE recently developed a donation list of "Most Wanted Items." These items are low sodium, low added sugar and low saturated fat-all important nutrients to manage chronic diseases. **If you feel compelled to donate food to Project SHARE,** we kindly ask you to consider donating the following items to help keep our pantry stocked with healthy, nutritious foods for our community.

We place a high value on providing healthy, nutritious foods ...

These Most Wanted Items are...

- Low sodium canned beans
- Low sodium canned vegetables
- Canned fruit in 100% juice
- Pantry Staples- like cooking oils, vinegars and spices
- Canned meats- like tuna, chicken and salmon
- Canned soup with less than 600mg sodium
- Peanut butter
- Whole grains – like brown rice, oatmeal, whole wheat pasta, etc.
- Healthier snack foods- like nuts, popcorn, whole wheat crackers, etc



Discouraged donations: Candy; Baking Mixes; High Sugar Cereals; High Sodium Soups; and Pre-Packaged Boxed Meals.

If you have any questions, comments or suggestions regarding this list, please reach out to Emma Witwer, Nutrition Coordinator by email at ewitwer@projectsharepa.org or my phone, 717-249-7773 ext 231.

1-<https://www.feedingamerica.org/research/hunger-in-america>



Returning in September!





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 Website: projectSHAREpa.org
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Please join us

SUNDAY, SEPT. 19
2:30—7:00 PM

THE MEETING HOUSE

- **FOOD TRUCKS:** Farm Show Milkshakes, Bricker's Famous Fries, Banana Leaf Indian Cuisine, Italian Job, Uncle Moe's Soul Food, Say Cheese, B&L Dogz, PB Southern Smoke BBQ ... and more to explore!
- **KIDS ACTIVITIES**
- **LOCAL MUSICIANS**

1155 Walnut Bottom Rd, Carlisle

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