

## IN THIS EDITION

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# Manna Works

UPLIFTING NEWS ABOUT A CARING COMMUNITY | SPRING/SUMMER 2016

## MANNA ON THE MOVE!



#MannaontheMove #StillonMainStreet

## “Manna made us feel like we are not alone.”

**K**aren and her three school-aged children came to the United States in 2013 with the hope of having a better life after escaping a marriage wrought with violence. Thankfully, Karen's sister gave her a bedroom in her home so that Karen and her children had a place to stay until Karen got back on her feet. To help make ends meet, Karen's sister introduced her to Manna. Karen began shopping in Manna's food pantry to help feed her children and when possible, ate in the soup kitchen while working a part time job. After about a year, Karen was able to save enough money to move her family into her own small apartment.

Sadly, Karen shared that her children were having difficulty at school and her middle child was experiencing medical problems. Karen, who has a Masters degree, said through tears and broken English, "I have to be there for my children at this time and can only do so much. But in 2 to 3 years, I will be in better shape and will be

in a position to have a better job." Karen was eligible to receive direct financial assistance at Manna to get her through crises due to her children's medical conditions. And this past holiday season, to help her children feel the spirit of Christmas, Karen gratefully participated in the holiday gift-card program and holiday meal opportunities including

the Thanksgiving meal and Christmas gift basket distribution program.

Karen expressed she is so grateful for Manna. "Manna made us feel like we are not alone. It would be impossible without you. You've been there for me at each step – like when I moved to my apartment, and when I got my car. I tell my children we need to

remember this difficult time so that we give back when we are in better shape. Thank you so much for being there for my family." 🙏



**Through your care and generosity, Manna is able to help thousands of other struggling individuals going through crises like Karen. Please make a financial donation today in the enclosed remittance envelope so that "everyone might be fed".**



## North Penn Commons

As we get closer to the finished construction, look for Muddy Shoe Tour opportunities to check out Manna's future home. In the meantime, visit [northpenncommons.org](http://northpenncommons.org) to check out the construction progress.



## Our Volunteers are the Best!

Our deepest thanks to the many volunteers who helped facilitate the food pantry survey in February! With your support, we collected more than 250 responses, helping us better understand and serve our neighbors in need. **Thank you!**



**manna**  
on main street

Ending Hunger, Building Community, Transforming Lives

Manna on Main Street is committed to ending hunger in the North Penn region by providing food, fulfilling social service and education needs, and conducting community outreach. Through a food pantry and soup kitchen, emergency financial aid, counseling and referrals, and education opportunities, we serve those in need with the hope "that everyone might be fed."

713 West Main Street, Lansdale, PA 19446 • 215.855.5454

#MannaontheMove  
#StillonMainStreet



## Dates to Remember

**Saturday, April 9**

**Join Manna at the Thomas' Walk Against Hunger** at Philadelphia Museum of Art. You can register to walk with Manna! Or create your own walking Team! Or simply donate to Manna! For more information, go to [www.hungercoalition.org/hungerwalk](http://www.hungercoalition.org/hungerwalk) or email Maureen at [devasst@mannaonmain.org](mailto:devasst@mannaonmain.org).

**Thursday, April 28  
8am - 9am**

**Annual Florence Nightingale Challenge Awards Celebration Breakfast for 2015-16 Participants:**

Location: Manna on Main Street Dining Room, 713 W Main Street, 713 W Main Street, RSVP to Maureen at [devasst@mannaonmain.org](mailto:devasst@mannaonmain.org) by April 25.



**Tuesday, May 10**

**Manna Volunteer Appreciation Night** at the Lansdale Family Area YMCA (plus muddy shoe tour of NPC). Details coming soon!



**Saturday, May 14**

**Post Office "Stamp Out Hunger" Food Drive:**

Please help Manna stamp out hunger! Leave food on your porch for our wonderful letter carriers who will collect your bags of

food and bring them to Manna and area pantries. Thank you!



## Manna's Fresh Kids Program is Cool!

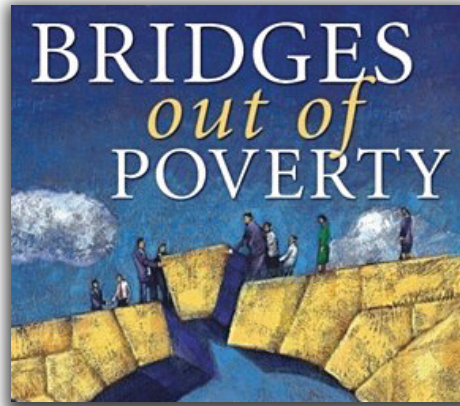
"Our kids are having a blast with the program. They are really enjoying the books you send us, and always like the healthy snacks. It has forced them to consider their health and think about why it is important to eat healthy and practice other healthy lifestyle choices."

- Lansdale Boys & Girls Club



# Manna Launches Bridges out of Poverty Workshops

**M**anna is committed to helping the community work together to prevent,



alleviate, and eliminate poverty. The first step toward fulfilling our mission is to understand what causes and perpetuates poverty. This discussion-based training is offered once a month and is open to the entire community. All are welcome to attend! Be sure to register for our next workshop:

**Date:** May 7

**Time:** 10 am - 1pm

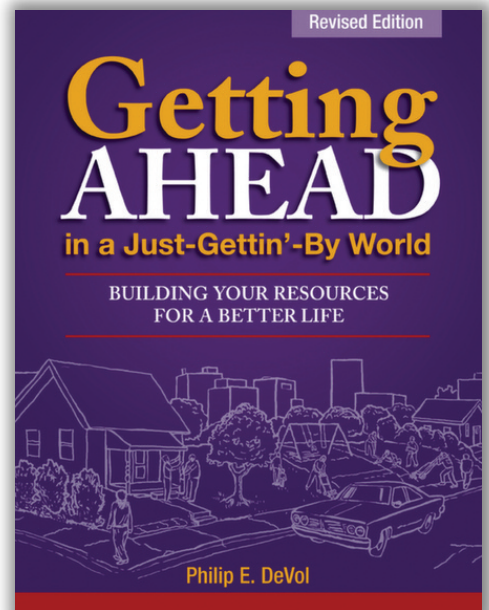
**To Register:**

Email Nadja at

[nadja@mannaonmain.org](mailto:nadja@mannaonmain.org)

## 'Getting Ahead in a Just Gettin'-By World'

**E**qually important to our goals of alleviating poverty is bringing those who live in poverty to the problem-solving table. Why? Because they are the experts! The 16-week, Getting Ahead in a Just Gettin'-By World program works together with Bridges out of Poverty to help all stakeholders speak the same language by helping them understand the different economic classes and their motivations. Getting Ahead helps participants examine their own barriers and bad habits as well as understand how poverty is systemically perpetuated. For example, in one recent class, the cohort investigated predatory lending practices. Sadly, individuals living in poverty feel their only options are to use these loans which can have interest rates of 100% or higher, and charge excessive penalties for missed payments. The participants share their experiences and insights with one another and



thereby encourage and support each other. To find out more about what Manna is learning from the participants, you can attend a Bridges Training session or contact Nadja Mummery, Manna's Client Services Manager and Getting Ahead Facilitator at [nadja@mannaonmain.org](mailto:nadja@mannaonmain.org)




# 10th Annual Florence Nightingale Challenge

What better way is there for local businesses to give back to the community that helped them succeed than through Manna's Florence Nightingale Challenge? The Challenge is a way for local businesses to make a difference in their back yard to end hunger in the North Penn region. The Reporter, Manna's media sponsor, will launch the 2016-17

Challenge with a kick-off article in May, 2016 and list all participating companies. The Reporter will also help promote the fundraising events as they are scheduled to help local businesses gain publicity for their support of Manna. In the spirit of Florence Nightingale, a celebrated social reformer, we invite community businesses to make an impact for the most vulnerable among us.



Whether you raise \$10 or \$10,000, your support and service makes a difference in the lives of those who go hungry in our community. To participate in the Challenge, contact Paige at [paige@mannaonmain.org](mailto:paige@mannaonmain.org). 

## Manna Moments

*Enjoy! Thank you for everything!*



- Manna is low on supplies, and out of the blue, a truck arrives with an unexpected food drive.
- The weather turns cold, and we receive a donation of space heaters for neighbors in need.
- Manna staff experiences a tough week, and a client walks through the door with cookies she'd baked to say "thanks" to Manna.

Those moments happen so regularly that they could be taken for granted. But instead, it is what keeps us going. It is humbling to witness such generosity. When each of us gives and pauses to remember others in need, a Manna Moment occurs, and we're all lifted up together! From all of us, thank you for your incredible compassion and care for the hungry among us. You are truly inspiring! - The Manna Team

## Manna is in Compliance with the Child Protection Services Law

If you have been volunteering at Manna, you are probably well aware of the state mandated Child Protection Services Law (CPSL) clearance that is required of all volunteers. With your help, Manna will be in full compliance with the law to ensure the safety and welfare of all who walk through our doors, especially our youngest community members.

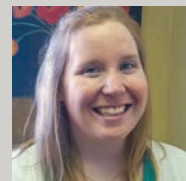
When the Commonwealth of Pennsylvania amended its Child Protection Services Law ([keepkidssafe.pa.gov](http://keepkidssafe.pa.gov)) on August 25, 2015, requiring clearances from all adult staff and volunteers who are in regular, direct or routine contact with children under 18, Manna created an internal policy to adhere to PA Act 153 to solidify our commitment to protecting all young people at Manna and Manna-sponsored events.

Thank you for helping us ensure the safety of every child at Manna with your timely submissions.

**Got questions?** Visit Manna's website at [mannaonmain.org/give-time/how-to-volunteer/](http://mannaonmain.org/give-time/how-to-volunteer/). You can also email Sue at [clearances@mannaonmain.org](mailto:clearances@mannaonmain.org). If you have forms to submit, give to the Manna receptionist or ask for Sue. Fax: (215) 855-8241.



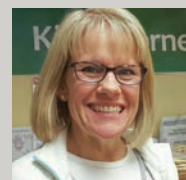
## Welcome New Staff!



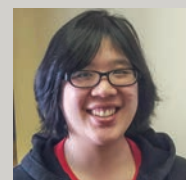
Maureen Plover,  
Community  
Engagement  
Assistant



Jim McMaster,  
Building  
Assistant



Susan O'Neil,  
Food Pantry  
Coordinator



Melissa Santoso,  
Donor Perfect  
Specialist





**manna**  
on main street

**Ending Hunger**  
**Building Community**  
**Transforming Lives**

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PERMIT 367  
LANSDALE, PA

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215-855-5454  
www.MannaOnMain.org  
Manna@MannaOnMain.org



**MANNA ON THE MOVE!**  
**#MannaontheMove #StillonMainStreet**

On behalf of people we serve,  
we thank you, Pennbrook Middle  
School volunteers! You are awesome!

Dear Manna People,  
Thank you for giving us the  
privilege of feeding the  
needy and helping your  
staff. It was a great  
and enjoyable experience.  
Garrett Roberts, Anthony Andreas  
Danny Cooper, Connor Chonko, Trey Thompson,  
Jacob Franackal, Brian Durkin, Devon Irvin, Aubryn

from Pennbrook MS



REMEMBER MANNA ON  
**amazon**smile  
You shop. Amazon gives.

### In Short Supply

At Manna's Food Pantry, these food items are moving fast! We sure need your help with these items:  
**Cleaning products, pasta, cereal, rice, canned meat and canned fruit.**  
Thank you for your care and generosity!



Spring 2016

Dear Trusted Friend,

The countdown has begun! By fall 2016, Manna will be in its new home in **North Penn Commons**. Being built adjacent to and linked by a common lobby to the Lansdale Y, **North Penn Commons** will be home to not only Manna but also the Y, The PEAK Senior Center and 60 units of Advanced Living affordable senior apartments.

Still on Main Street, Manna will continue to offer its four core programs – Soup Kitchen, Food Pantry, Emergency Financial Aid, and Education Program – to help our most vulnerable neighbors. But, we will do so in an innovative space that will offer far more than what we are able to offer at our current location at 713 W. Main Street.

The four founding organizations of **North Penn Commons** are planning a new community service model that provides multiple services on 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 apartment homes needing assistance with food will be able to shop in Manna's food pantry; seniors eating in Manna's soup kitchen will have access to senior specific programming at the PEAK Center; and all will have use of a lobby with free Wi-Fi, comfortable seating areas and a café operated by Manna.

While Manna is on the move, we will continue to be animated by the same spirit that in 1981 led a group of volunteers, guided by Rev. John Touchberry, to start a simple soup kitchen in the basement of St. John's United Church of Christ. Over the years this spirit of caring has been kept alive by thousands of generous community donors and engaged volunteers like you. We trust that in our new home we can continue to rely on your support to provide the resources our dedicated staff needs to deliver our proven programs and take full advantage of new possibilities to serve the neediest amongst us.

As the countdown continues, we invite you to take part by visiting [www.northpenncommons.org](http://www.northpenncommons.org), following Manna on social media using the hashtags [#MannaontheMove](#) and [#StillonMainStreet](#), and by taking a muddy shoe tour as we get closer to the finished construction. We welcome your thoughts and ideas and know that there will be many questions. Please read the back of this letter for Q&A and feel free to contact me at [execdir@mannaonmain.org](mailto:execdir@mannaonmain.org) or 215-855-5454.



With deep gratitude for your generosity,



Suzan Neiger Gould  
Executive Director



## Manna on the Move to North Penn Commons

### Q&A

#### What is the North Penn Commons (NPC)?

It is the future home to 4 highly respected non-profit agencies – Manna on Main Street, the North Penn YMCA, The PEAK Center and Advanced Living Communities. This vibrant public center is a symbol of a new vision for our community that will offer all an opportunity to thrive. NPC will offer shared resources and easy access to programs, services and facilities on one shared campus.

#### Where are you moving to?

We are really excited to be moving to our new home (still on Main Street) at the site of the Lansdale Area Family YMCA, on East Main Street, just 1.3 miles from our current location at 713 West Main Street in Lansdale and 5 minutes from the Lansdale train station.

#### When are you moving?

We expect construction to be completed by the end of July and we hope to be fully moved in by early September. Manna will keep you updated on our move-in date. In the meantime, check out the [live construction cam](#) at <https://www.workzonecam.com/projects/mcdonald/northpenn/workzonecam>

#### Why are you moving?

We are eager to share with our clients that North Penn Commons is a one-of-a-kind service model that offers a unique opportunity for Manna clients. They will have greater access to resources on a shared campus. In addition to the nutritious, delicious meals prepared by our awesome chef, Manna clients will have access to health and wellness programs, and multi-generational social interactions enabling common bonds to be formed through quality, community programs, critical services and fun! This vibrant, public center benefits every generation and will be a welcoming place for all. How awesome is that!

#### How will it affect clients?

At NPC, Manna clients will enjoy improved access to greater community resources with 3 other highly respected non-profit agencies - the North Penn YMCA, The PEAK Center and Advanced Living Communities. Manna clients will have access to improved pantry and soup kitchen programs serving a diverse population living with financial and health challenges. Individuals will have greater classroom options with state-of-the-art technology for Manna's education program and wider access to community resources, all conveniently located under one roof! For example, a Manna senior can participate in recreational activities sponsored by The Peak Center, and everyone, including clients will enjoy participating in events held in the community lobby equipped with WIFI.

#### How will it affect volunteers?

Volunteers can choose where to serve from among four highly respected non-profit organizations located on one community campus. North Penn Commons volunteers will have the opportunity to impact individuals across generational lines to promote healthier lives in a healthy community.

#### How will it affect donors?

Donors can continue to give directly to Manna, and in addition to their Manna gift, make a special *One-Four-All* donation for North Penn Commons (NPC). NPC is a symbol of a new vision for our community and our donors are important partners in this one-of-a-kind service model. Our donors have an opportunity to be part of this pioneering effort and join the community of supporters who have already contributed to this project.

- [Give to Manna](#): During this transition time, we trust that our donors will continue to support Manna. We are so very grateful for the generosity of our supporters. We sincerely couldn't do it without you!
- [Give to One Four All Campaign for North Penn Commons](#): Your gift to NPC can help build one facility that benefits four worthy nonprofits and thousands of vulnerable, community residents. To learn more about donating to the *One Four All* Campaign for North Penn Commons, please visit <http://www.northpenncommons.org/one-four-all-campaign/donate/>.

(Go to [www.mannaonmain.org](http://www.mannaonmain.org) for updated information on Manna on the Move! (#MannaontheMove, #StillonMainStreet))