

Meals on Wheels of the Greater Lehigh Valley: More Than Just a Meal

By Dawn Stillwagen / Director of Volunteer Services

LEHIGH VALLEY - Meals on Wheels of the Greater Lehigh Valley offers home-delivered meals, grocery shopping, and other services to homebound senior citizens and adults with disabilities. The leading provider of healthy, medically-tailored meals in the region, the program serves nearly 2,000 clients every weekday. Meals are prepared in the agency's kitchen and include hot and cold meal options as well as frozen weekend packs.

Meals on Wheels trucks leave from the main location in east Allentown each morning, distributing meals to eight pickup locations throughout the service area of Lehigh, Northampton and southern Carbon County. In addition to the cities of Allentown, Bethlehem, and Easton, pickup sites include Bangor, Bowmanstown, Cherryville, and Nazareth. The Bangor site is located in the Senior Center at the Blue Valley Farm Show building and its six routes deliver to Martins Creek, Mount Bethel, Pen Argyl, Portland, Roseto, Tatamy and Wind Gap.

Volunteers are essential to making sure meals are delivered and clients are checked on. Over 100 volunteers are needed each weekday, arriving around 10 a.m. at pickup sites and taking 60 to 90 minutes to complete deliveries. Other volunteers

help clients by delivering Senior Food Boxes, assist with food pantry pickups or participate in Market on Wheels, the agency's grocery shopping service. Volunteering for Meals on Wheels is a great way to give back to your community while helping combat social isolation and food insecurity. For more information about volunteering opportunities with Meals on Wheels of the Greater Lehigh Valley, please contact Dawn Stillwagen, Director of Volunteer Services, at dawns@mowglv.org or 610-841-7011 or fill out a Volunteer Interest Form on the website, mowglv.org.



PROPOSED ALLENTOWN YOUTH CENTER

COMMUNITY ACTION LEHIGH VALLEY

WHY?

During interviews and public meetings with Allentown residents and community leaders, major concerns were expressed regarding the lack of public spaces for youth to spend their time, especially after school, on weekends, and over summer.

Specifically, community members highlighted the need for a brick-and-mortar youth center.

Existing youth centers are available, but they are located outside of Allentown's Center City area and have a primarily recreational, sports-driven focus. They do not offer the varied programming that residents feel is missing from their community, and are not integrated into the Allentown School District. Additionally, community members noted the lack of arts and music programming, academic support, and vocational training currently available to Allentown youths.

OPPORTUNITY

Community Action hopes to provide these crucial opportunities through the proposed Allentown Youth Center. The complex issues and challenges afflicting youth in Allentown can be addressed by providing a brick-and-mortar community space where youth can feel safe, build trust and self-esteem, and realize their skills, talents and abilities.

THE PROPOSED ALLENTOWN YOUTH CENTER WILL BE A COMPREHENSIVE COMMUNITY SAFE HAVEN THAT HAS THE POTENTIAL TO PROVIDE:



SPORTS FACILITIES
fields for soccer and football,
courts for basketball and volleyball



CLASSROOMS
for homework
and mentoring



RECORDING STUDIO
for students to create/
record their own music



TRADE WORKSHOPS
to introduce students to a
variety of vocational trades;



THEATRE SPACE
to engage students in
theatric productions



STUDIO SPACE
for dance classes that includes
ballet, jazz, hip-hop, etc.



TECHNOLOGY SPACE
for video and
multimedia projects



STUDENT LOUNGE
with games
and snacks



COMMUNITY SPACE
with satellite offices for
other nonprofits and agencies

Community Action is well-positioned to complete a project of this size and ambition, as evidenced by our dedicated history of improving both Center City Allentown and the Lehigh Valley as a whole. We are able to rely on a wide network of partnerships including the City of Allentown, the Lehigh Valley Chamber of Commerce, the Lehigh Valley Economic Development Corporation, our local elected officials, and more.

FOR MORE INFO, CONTACT DAWN GODSHALL AT
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