



EMBRACING A NEW CHAPTER IN MEAL DELIVERY

Change can bring questions, especially when it affects one of our most important initiatives in Berks County- Meals on Wheels for our homebound senior population. As Berks County Meals on Wheels transitions from delivering hot meals five days a week to delivering nutritious frozen meals twice a week, we want to reassure everyone that our commitment to health and wellness remains a priority.

The new delivery model offers several important benefits. The frozen meals are carefully prepared by our friends at Helping Harvest Community Kitchen to provide freshness and nutrition, giving our consumers a variety of balanced meals to choose as they wish and enjoy these meals at a time that works best for their routines. Funding is provided by the Berks County Area Agency on Aging to both Helping Harvest and Berks Encore in a public/private partnership. This partnership has been a staple of the meals on wheels program in Berks County and we are proud to be a part of this initiative.

Receiving meals twice a week also allows food to be available during bad weather, holidays or unexpected situations when travel is difficult. Having meals on hand provides peace of mind to both our consumer and loved ones.

Consumers will have more choices, allowing them to pick meals that best fit their tastes each day. Meal choice empowers MOW consumers, reinforcing their independence and respecting their individual preferences.

Transitions take time, and we understand that trying something new may feel a bit intimidating at first. Please remember that we are here to assist you with every step of the way. Our goal is to make this change as smooth as possible and adjust where necessary.

Thank you for your continued support and trust. Together, we continue to build a program that is focused on serving our senior populations for years to come.

WELCOME ABOARD!!!

We are thrilled to welcome our new volunteers who joined us from April until June to serve our people throughout Berks County:

Ashlee Simmons	Maria Hollenbach
Linda Bonkoski	Jeffrey Merkel
Evena Dasnez	Thomas Owens
Judilyn Arena	Tammy Phillips
Sherri Heckman	Michele Pearson
Erin Adamow	Caryn Swanson
Darlene Qualio	

MARK YOUR CALENDAR

Holiday Closure Dates:

Monday, September 7th - Labor Day

berksencore
delivers



BABY IT'S HOT OUT THERE!

As the summer heat waves roll in, let's keep our amazing volunteers in mind. Your dedication is appreciated every day—but your safety comes first!

Stay safe and hydrated by remembering to:

- Drink plenty of water
- Wear lightweight, light-colored clothing and a hat or sunglasses when possible.
- Apply sunscreen if you'll be spending time outdoors.
- Keep a bottle of water in your vehicle and try to park in shaded areas when available.
- Take a few extra moments to cool down if you're feeling overheated.
- Watch for signs of heat exhaustion, such as dizziness, headache, nausea, excessive sweating, or weakness. If you experience these symptoms, stop, cool down, and seek assistance if needed.
- Check in on yourself as well as the clients you serve—summer heat can affect everyone.

Thank you for all you do to support our community. Stay cool stay hydrated!

VOLUNTEER APPRECIATION PICNIC!!!

Be on the lookout for more information coming in August about our upcoming Volunteer Appreciation Picnic! We can't wait to celebrate **YOU** and thank you for the incredible time, compassion, and dedication you give to our seniors throughout the year.

UPCOMING EVENTS!

Berks Encore 2nd Annual Roper Romp

Saturday, August 1st 2026

Starts at 11:00am at SlyFox Brewing Company

Visit www.BerksEncore.org/RoperRomp for more details

Morning Game at the Reading Fightin' Phils

Tuesday, August 25th 2026

Plaza opens at 9:00am | Game start 11:30am

Free tickets available closer to date

Senior Expo

Tuesday, September 29th 2026

10:00am - 2:00pm at the FirstEnergy Stadium



MAKING EVERY WELCOME COUNT! INTRODUCING AUDREY OWENS

Since 2019, Audrey Owens has been the friendly face welcoming everyone who walks through the doors at our Reading Center as the front desk volunteer. Her warm smile, kindness and genuine care for others make every member and visitor feel valued and appreciated. Whether she is answering questions or phone calls, performing clerical duties or simply sharing friendly conversation, Audrey helps create the welcoming atmosphere that makes Berks Encore feel like home.

After retiring, Audrey found a renewed sense of purpose through volunteering. Giving back to older adults in our community has allowed her to continue serving others in a meaningful way, leaving a lasting impact on both our members and staff.

Outside of Berks Encore, Audrey is a proud mother of three children, whom she considers one of her greatest blessings and accomplishments. She is also deeply involved in her church, where she serves as a greeter and faithfully checks on those who are sick or homebound. Audrey says her greatest accomplishments are raising her children and living her life as a Christian. She wants everyone to know that she has been blessed with a wonderful life and is thankful for all God's blessings.

HELPFUL TIPS & REMINDERS



NO ICE PACKS/BOTTLES – NO DELIVERY!

This is so important for the safety of each consumer. Give the meals to the next consumer on the route.



PLEASE REPORT ANY BEHAVIORS THAT SEEM UNUSUAL WITH THE CONSUMER OR ANYTHING OUT OF THE ORDINARY DURING DELIVERIES, SUCH AS, AN ABUNDANCE OF NEWSPAPERS OR MAIL.

610-374-3195 ext. 220



ALL MEALS MUST BE DIRECTLY DELIVERED TO THE CONSUMER! DO NOT LEAVE MEALS UNLESS THERE ARE NOTES IN THE TABLET INDICATING COOLERS ARE IN USE. ICE PACKS ARE A MUST INSIDE THE COOLER!!