



The *Young at Heart* Dining and Activity Center at the McKissick Center provides its members with a variety of activities and programs including social circles, structured fitness and exercise classes, day trips and outings to local points of interest, educational programming, fun and games, computer classes, music and dance, arts and crafts. Activities calendars are available at www.pcmow.org.

HOURS

Monday through Friday
8:30 am – 2:30 pm

LOCATION

McKissick Center for Senior Wellness
349 Edgemont Ave.
Liberty, SC 29657
864.855.3770

MEMBERSHIP (55+)

Annual Membership Fees:

Individual: \$20

Couple: \$30

Meals are \$3 over 60 and \$5 under 60. Please make reservations in advance. Assistance is available for those unable to pay.



The McKissick Center
FOR SENIOR WELLNESS

Pickens County Meals on Wheels
349 Edgemont Ave.
Liberty, SC 29657

Phone: 864.855.3770

Fax: 864.855.3769

Email: info@pcmow.org

Website: www.pcmow.org

MISSION

Pickens County Meals on Wheels (PCMOW) exists to combat the effects of hunger, loneliness and isolation on senior citizens living in Pickens County, and to provide a lifeline through the use of caring volunteers.

Pickens County Meals on Wheels is a 501(c)3 non-profit charitable organization.

VISION

Our vision is to provide a continuum of care for active, aging and homebound individuals by providing daily meals; social, cultural and educational activities and connecting individuals and their families to the services to ensure they are a valued member of our community.



Maintaining a healthy lifestyle is important. The *Young at Heart* Dining and Activity Center provides the perfect place for active seniors to dine for lunch and participate in a variety of planned activities such as structured fitness; computer, music and dance classes as well as educational and nutritional programs.

GROUP DINING

The meals served are a standard diabetic meal which is low-salt, low-fat and provide 1/3 of the daily nutritional requirements for an adult. Special diets include: chopped, pureed and renal.

Meals are planned on a four week rotating menu and consist of a protein, starch, fruit, vegetable, whole grain bread and milk. We are unable to accommodate likes and dislikes.

Lunchtime meals are served (except for the holidays listed) Monday – Friday between 11:30 am and 12:30 pm.

- Members must reserve their meal by 2:30 pm the day before dining with us. Reservations can be made at the center or by calling 864-855-3770, ext. 5.

Evelyn has been attending the center since her husband passed away nearly twenty years ago. At first she was reluctant to go, but at the urging of her sister Elizabeth, she finally agreed. Now she rarely misses a day. "I thoroughly enjoy it. I like the activities, the food, the fellowship and helping serve some of the other seniors that attend who need a little extra help. I don't have enough to occupy myself at home. This gives me time away with positive people."



MEMBER CONTRIBUTIONS

Our members are the reason we exist and are the motivating factor in all that we do. Every day we strive to provide the most cost effective service to help individuals "age in place" while maintaining their health, independence and quality of life. And each year, it takes hundreds of volunteers and thousands of donors, of all levels, to make this happen.

Member contributions are important. Daily, weekly, or monthly contributions toward the cost of meals and activities allow us to continue providing meals to all who need them.

Services will not be denied to anyone who is unable to help with the cost of the meal; however, it is important that everyone give at a level they can afford. Our case managers work with each individual to determine a level of support that meets their budget. All contributions help us provide services to all that need them.

INCLEMENT WEATHER

We follow the Pickens County School District's schedule during bad weather.

- During a two hour delay, we will open at 10:30 am. Members are instructed to use extreme caution.
- During a school closure, we will not open.

HOLIDAYS AND CLOSURES

There are 10 days during the year when we do not operate the Center:

- New Year's Day
- MLK Day
- Good Friday
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day & the day after
- Christmas Eve & Christmas Day

MEMBER RIGHTS

Receive service without discrimination and be treated with consideration, respect, and recognition of your dignity and individuality by agency staff and volunteers.

Meals are available without regard to income, race, religion, national origin, sex or handicap.

Know that personal information you share with agency staff will be kept strictly confidential.

Receive all services for which you are eligible including all available information on referrals to other community resources.

Express opinions, complaints, or suggestions regarding agency service, and the right to refuse service.

MEMBER RESPONSIBILITIES

Report any changes in health, living situation, address, phone number or emergency contact information.

Participate in home visits, assessments to determine ongoing needs

Be present at the center to receive meals, or call in advance to cancel meals

Agree to receive services from any server who is assigned to the center, regardless of race, sex, creed, or national origin.

Agree to treat staff and volunteer with respect. This includes but is not limited to freedom from illegal activities or inappropriate behavior in and around the center.

The *Young at Heart* Dining and Activity Center reserves the right to terminate services at any time if the above conditions are not met.