



349 Edgemont
Liberty, SC 29657
pcmow.org



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Permit # 1431

5K GLOW RUN

Get ready to light up the night at the Pickens County Meals on Wheels 5K Glow Run on **Saturday, October 10** at the McKissick Center in Liberty!

The evening begins with a Glow Attire Contest at 7:00 p.m., followed by the 5K race at 7:30 p.m. After crossing the finish line, enjoy snacks, music, and a fun post-race celebration.

Whether you run, walk, or cheer on participants, every registration helps support Pickens County Meals on Wheels and the seniors we serve.

Scan the QR code to register today!



A NOTE FROM THE EXECUTIVE DIRECTOR

We know these are uncertain times. Rising costs have affected every household, and many families are making difficult financial decisions. At Pickens County Meals on Wheels, we understand those challenges because we see them every day in the lives of the seniors we serve.

Recently, one of our volunteers delivered a meal to a homebound senior who smiled through tears and said, "I don't know what I would do without you. Some days, you're the only person who knocks on my door." In that simple moment, we were reminded that what we deliver is so much more than a meal. We deliver hope, compassion, and the reassurance that no one has been forgotten.

Your generosity makes those moments possible. Even during challenging economic times, your support ensures that homebound seniors receive nutritious meals, friendly visits, and the dignity of remaining safely in their own homes.

Every gift—large or small—helps us continue this vital mission. Thank you for standing with us and for helping ensure that no senior in our community feels hungry or alone.

On behalf of our board, staff and most especially, those we serve, thank you for your support.

Kim

Kim Valentin, Executive Director

A SMALL GIFT. A BIG IMPACT.

A simple contribution can help ensure a senior receives the nutritious meals and meaningful connections they need to remain independent at home.

\$35

provides meals for a senior for a week

\$140

provides meals for a senior for a month

\$1680

provides meals for a senior for a year

Scan the QR code to
donate today.





GET INVOLVED



Become a Volunteer

A few hours can make a life-changing difference. Our volunteers deliver meals, and provide the human connection seniors look forward to each day. With flexible routes available, there's a place for everyone to help.



Donate to our Programs

Every donation helps provide nutritious meals, support our programs, and ensure seniors throughout Pickens County receive the care and connection they deserve.



Partner with us as a Sponsor

Businesses and organizations can make a lasting difference through sponsorship opportunities. Whether supporting a day of meals, or a special event, your partnership helps strengthen our community.



Host Your Event

Rent the McKissick Center for your next meeting, celebration, or special event and make a difference while you gather. Our welcoming venue offers flexible event space, and every rental helps support our mission.



PLATING A PROMISE

For \$3,000, your business can sponsor one full day of meal delivery, helping provide 400+ meals to our senior friends in Pickens County.

As a Plating a Promise partner, your organization will receive:

- Recognition on every meal delivered that day
- A team volunteer opportunity with photos
- Features on our website, social media, and newsletters

It's more than a sponsorship—it's a meaningful way to engage your employees, strengthen your community impact, and help ensure seniors receive the meals and connections they depend on.

Scan the QR code to schedule your Plating a Promise Day.



THE NEED

34,551

Seniors age 60 and older call Pickens County home.

10%

of seniors in Pickens County struggle to live at or below the poverty level.

31%

of seniors in Pickens County live alone, increasing their risk of isolation.

10%

of seniors in Pickens County don't always know where their next nutritious meal will come from.

THE IMPACT

102,000

Meals will be delivered to seniors in Pickens County this year.

900

Seniors are served each year through our home-delivered meals and senior dining programs

175

Volunteers serve each week, helping ensure no senior is forgotten.

75%

Of every dollar goes directly to senior programming, ensuring your support has a meaningful impact where it's needed most.