



mealsonwheels

PICKENS COUNTY

Pickens County Meals on Wheels Newsletter/June 2024



Kim's Kerner

A Word From Your Executive Director

There's one thing we can all agree on: no one should ever go to bed hungry. Yet, for the countless homebound individuals in our community, that's the harsh reality they face each day. Pickens County Meals on Wheels (PCMOW) has been a ray of hope for those who struggle with food insecurity.

Sarah, while navigating the complexities of aging, found herself facing unforeseen challenges that threatened her sense of independence. Trying her best to maintain normalcy, Sarah found the daily task of preparing meals to be increasingly difficult. Limited mobility, chronic health issues, and the lack of family support left her feeling isolated and overwhelmed.

During a visit with her doctor, she was advised to reach out to Meals on Wheels for a daily hot meal. Fearing that accepting assistance would be a sign of weakness, Sarah was hesitant to reach out for help. However, from the moment of the first meal delivery, she knew she had made the right decision. Not only was she provided a hot nourishing meal, but also a friendly visitor arriving daily at her doorstep with a warm smile. This gave her a sense of connection and companionship that she had been lacking.

There are many more stories like Sarah's. It is a testament to the power of compassion, generosity, and human connection that PCMOW services provide to transform lives and deliver hope to those who need it most.

Our waitlist for home delivered meals continues to grow. Each day we are challenged to expand our services throughout the Pickens County community. Your support is vital to the continuation of these essential services. I challenge you to consider making a monthly donation or volunteer to help meet the growing need to assist more seniors like Sarah. Your support is needed. Every gift makes a difference in the lives of those we serve.

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

With warmest regards,

Kim



Reccuring Donation Challenge

Expanding our services requires your support

Help PCMOW increase our monthly pledges. When you donate financially, you provide the consistent financial support needed to sustain and improve the Meals on Wheels program and help our senior neighbors maintain their nutritional health and independence. Sign up online at pcmow.org/adopt-a-senior.



TODAY PLEASE CONSIDER GIVING:

\$14 A MONTH = PROVIDES 2 MEALS A MONTH

\$28 A MONTH = PROVIDES 4 MEALS A MONTH



\$42 A MONTH = PROVIDES 6 MEALS A MONTH



\$56 A MONTH = PROVIDES 8 MEALS A MONTH



\$77 A MONTH = PROVIDES 11 MEALS A MONTH



\$98 A MONTH = PROVIDES 14 MEALS A MONTH



\$119 A MONTH = PROVIDES 17 MEALS A MONTH



\$140 A MONTH = PROVIDES MEALS TO ONE SENIOR FOR ONE YEAR



A Continuum of Care: From the Young at Heart Center to Meals on Wheels Recipient

Charles, age 92, became an active member at our Young at Heart Center in 2017. He had recently moved back to South Carolina after his wife passed away. He was drawn to the senior center as a place of connection during a time of grief. While he missed his wife so much, the center gave him a connection with other individuals and a chance to develop new friendships. He enjoyed participating in the activities and having lunch with his center friends. Unfortunately, he began to experience health problems that caused a decrease in his participation at the center.

Then, about 2 years ago, Charles experienced a bad fall, breaking his collar bone and sustaining other serious injuries. This made it difficult to continue at the center. However, thanks to the continuum of care that Meals on Wheels provides, Charles receives a hot meal and friendly visit daily. "I'm always looking for someone to talk to," Charles states as he reflects on his experience with the home delivered meal program. Without the Meals on Wheels volunteers, Charles would not have the daily connections that he has.



Young at Heart Dining and Activity Centers

25 New Members and 75 Active Members



Maintaining a healthy lifestyle is important. The Young at Heart Activity Centers (Liberty and Central) provide the ideal setting for this to take place. The Young at Heart Centers have something for every senior age 55+. For David and Earl, it's a place to join friends for lunch. Jerry and Charles are here for a game of Five Crowns or shooting pool with the guys. For Joan, it's a place for much needed socialization and learning a new art skill. Sue and Evelyn come 5 days a week for exercise class. Did we mention Bingo? There's always an exciting and challenging game of bingo! There truly is something for every senior—all for an annual membership of \$25 for an individual or \$30 for a couple.

Health Promotion

500 Exercise Classes and 12 Nutrition Sessions

Certified instructor led exercise is offered daily at each Young At Heart Activity Center. Included are Arthritis, Geri-Fit, and Zumba Gold. Sessions last one hour and are designed to meet the pace and level of each participant. Exercises are done either standing or seated and incorporate a variety of weights, balls, and resistance bands.

At least 6 times a year, nutrition sessions are offered that focus on healthy living. Each participant receives a Healthy Living newsletter that gives nutritional updates, cooking tips, a recipe, and a nutritional word game.

Sue moved to South Carolina 4 years ago with her husband, settling in Pickens County. The move and transition was not an easy one, creating some blue and lonely feelings. While walking in her neighborhood last summer, Sue met one of the Young at Heart exercise instructors. Not long after that she began attending the exercise classes at the Liberty center. According to Sue, this made all the difference in the world in both her mental outlook and her physical health. In addition to feeling better, mentally and physically, she has made wonderful friends, not only at the center, but also in the Liberty community. And to top it all, she has recently become a Meals on Wheels volunteer to deliver meals in the Liberty and Norris areas.



Home Delivered Meals

375 Meals Served per Day

Home delivered meals are crucial to helping people maintain their nutritional health, feel connected in the community, and continue living safely in their own homes. Each delivery provides a nutritious meal, a friendly visit, and safety check. Eligibility: A person must be home bound, unable to prepare a nutritious meal, and not have anyone else able to provide a nutritious meal on a regular basis.

Meet Joseph (age 82), whose life circumstances changed very quickly in 2020. Joesph was active and independent while enjoying his retirement in South Carolina. A health concern that started with a sore on his foot, led to a leg amputation months later. As a result, Joseph found it difficult to prepare his own meals. A recipient of home-delivered meals since 2021, Joseph looks forward to the daily visit from the Meals on Wheels volunteers and enjoys nutritious meals. He says that with his health conditions, it would be very difficult for him to be able to prepare a meal like what he receives from Meals on Wheels.



Ways To Give To Pickens County Meals On Wheels

1

Mail a check to:
Meals on Wheels,
349 Edgemont,
Liberty, SC 29657

2

Donate online at
www.pcmow.org

3

Recognize a
loved one with
an honorarium or
memorial

4

Make a gift of
appreciated stock
or include MOW in
your estate planning

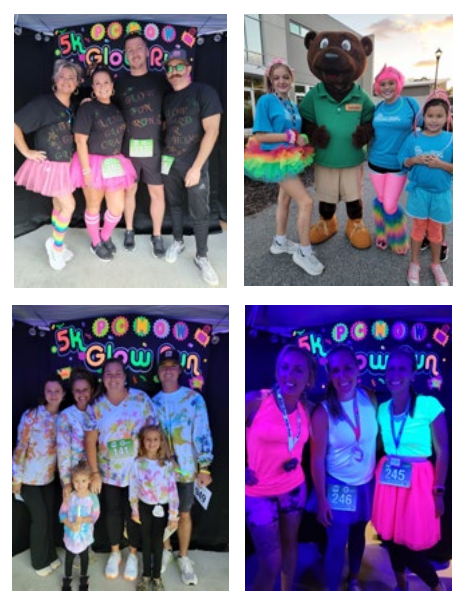
5

Support the
PCMOW's
Endowment
Account

6

Donate copy
paper, stamps,
Ingles gas gift
cards

Events



2023 Glow Run

2023 5K Glow Run was a success!! Our race had 213 registered participants. With our profits, we were able to provide 2500 nutritious meals to our homebound citizens in Pickens County. Thank you to our sponsors and to all who participated!



Pancake Breakfast

What better way to start a Saturday than with hot pancakes and scrumptious bacon!! We served 180 pancake plates and sold 25+ Savor Your Thyme casseroles. Thanks to all who joined us and our sponsors! This event enables us to provide 1500 meals to our homebound friends.



TNT

Phenomenal turn out for our TNT fundraiser. Thanks to DJ Trivia and The Bennett Brothers Band for providing us with excellent entertainment. With the proceeds, PCMOW will provide 1600 meals to our homebound friends in Pickens County. Thank you to our sponsors and all those who joined us for a FUN night!



John Willis Car Show

Unfortunately, this year we were forced to cancel the car show due to inclement weather. We realize that those participating would not want their show cars to be exposed to inclement weather. We did not schedule a rain date. We hope next year's event will be even better with sunny skies! Thanks to our sponsors we are able to provide 1250 meals to our senior friends.



Dining to Donate

Each year, PCMOW partners with local restaurants in the month of April to help raise funds for our organization. We want to thank those who participated this year and hope to add additional restaurants next year.



March for Meals

This year Meals on Wheels America and thousands of Meals on Wheels organizations held a SAVE LUNCH campaign in March to address senior hunger and isolation. Our goal was to bring awareness to the number of seniors that are homebound, hungry, and isolated. March for Meals is a time to invite government officials and community leaders to volunteer by either packaging meals, delivering, or assisting within the senior center. Our senior programs are vital to Pickens County. The SAVE LUNCH campaign is to say we can't do it alone – it takes all of us to save lunch for our seniors.



2024 Board & Staff

Board

Lucas Durham, Board Chair
Landscape Perceptions
Lynn Martin, Vice Chair
Retired Lecturer, Clemson University
Alan Ballew, Treasurer
President/Owner, RealtiTrust
Elizabeth Edwards-Martin, Secretary
Government Affairs Director,
Greater Greenville Association of REALTORS
BJ Skelton
Community Leader & Volunteer
Dan Crosby
President, Metrocon, Inc.
Eydie Clements
Retired, BellSouth Finance & Accounting
Laura Patterson
Community Leader & Volunteer
Kimberly Newton
Attorney, Newton Law Firm
Drake Curry
CPA, Curry P.A.
Jody Cartee
Realtor, EXP Realty

Staff

Kim Valentin
Executive Director
Marsha Robertson
Program Coordinator
Stacey Brodie
Site Coordinator, Central
Shannon Swanson
Admin & Fundraising Coordinator
Melissa Parker
Volunteer Coordinator
Haley Massingill
Senior Service Coordinator
Scott McClain
Kitchen Manager
Melinda Thrower
Kitchen Assistant
Heidi Beal
Kitchen Assistant
Jessica Holder
Kitchen Production Cook
Monique Arce
Meal Transporter
Piper Hitch
Spring Intern



Community Partners

SC Farmers’ Market Nutrition Program

PCMOW is in partnership with the SC Farmers’ Market voucher program for seniors. During the entire month of June our staff distributes \$50 vouchers to seniors that live in Pickens County, and are age 60+ with and income that meets 185% of the Federal Poverty Guideline. These vouchers can be redeemed for fresh, local produce from authorized farmers.



Girl Scouts of SC Mountain to Midlands

Thank you for donating cookies!! Our volunteers loved treating their senior friends to some sweet treats.



Clemson University

Thank you to Clemson University Nursing students who held a lunch and learn on Aging with Wellness at the McKissick Center. Seniors were presented with tips on fall prevention, nutrition, simple exercises, and hydration.

Liberty High School Interact Club

These students were a great help during their Fall Community Service Trip. They packed shelf stable meals and hot meals for delivery, assisted with food preparation for the next day’s meal, did yard work, wrote birthday cards, and anything else we asked! Thank you to this great group of students!



Food Share - Feed & Seed Greenville

PCMOW is now a distribution site for Foodshare. It’s available twice a month. Each box contains fresh, whole fruits and vegetables with a recipe card that anyone can purchase. Boxes must be pre-ordered and pre-paid prior to pick up. Boxes are \$20 each with credit/debit or \$5 each for SNAP/ EBT. Visit their website feedandseedsc.com/foodshare/ for more information.



Community Foundation of Greater Clemson

PCMOW always appreciates the opportunity to apply for grants through various foundations. This year we were pleased to be chosen by the Community Foundation of Greater Clemson for funding.



Dabo’s All In Foundation

Thank you to this foundation that supports PCMOW along with many other great organizations within our community.



SeaLevel

Thank you for choosing PCMOW for your team building project. We appreciate your willingness to pack and deliver meals!



Subaru

Each year Subaru gives back to Meals on Wheels organizations. If you purchase or lease a Subaru between November & January, Subaru will donate a minimum of \$300 to our charity! Thank you, Subaru!

Clemson Paw Partners

Thank you to Clemson Paw Partners for delivering meals and supplying our seniors with much needed pet food.



Wayward Acres

This awesome farm keeps us in supply of eggs. Thank you for your generosity!



The Reserve at Lake Keowee Foundation

PCMOW is very fortunate to have a community partner with this fabulous group!! Not only do they support us financially, but they have 30+ members that deliver meals on a regular basis. We cannot thank this group enough!

Central Mafia

Each year the Central Mafia group has a Christmas tree in the First Citizens Bank in Clemson with gift tags for the public to help purchase gifts for our senior clients. Thanks to this group, over 200 of our homebound friends received gift bags filled with goodies. Thank you!!



The Cliffs at Keowee Vineyards

Thank you to this great group that has continued supporting our homebound friends with large shelf stable filled boxes each January!

Paw Prints Animal Hospital & Peach State Federal Credit Union

Thank you to these two businesses that sponsored our newly ordered insulated totes. We give each new volunteer one new tote to use while delivering.



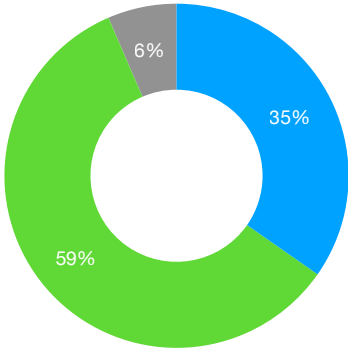
Clemson Downs

Thank you to the Clemson Downs employees who donate funds to a non-profit each year through their Good Neighbor Fund. We appreciate you selecting PCMOW!

Duke Energy Foundation

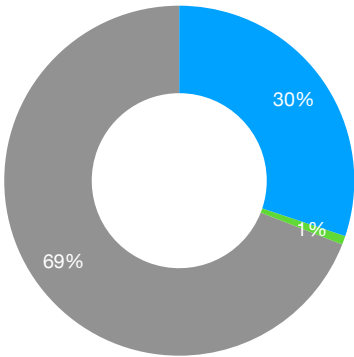
Giving Tuesday is a great opportunity to support local organizations that provide vital services to our area. Thank you, Duke Energy Foundation, for always helping us with our shelf stable food distribution.

PCMOW Stats



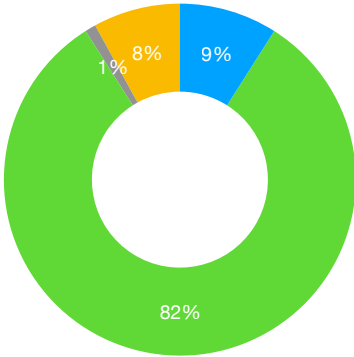
Support & Revenue

- Contributions:** \$353,500
- Grants:** \$599,000
- Fundraising:** \$66,000.00
- Total Revenue** \$1,018,500



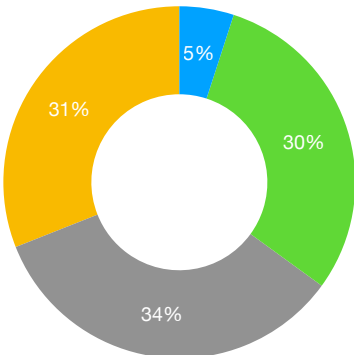
Expenses

- General Administrative:** \$297,000
- Fundraising:** \$8,000
- Program Services:** \$680,900
- Total Expense:** \$985,900



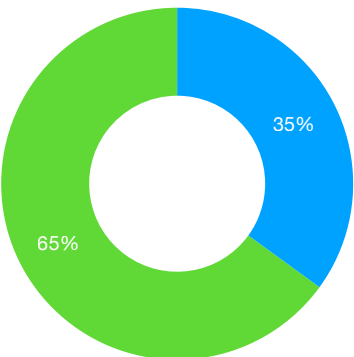
Race

- African American:** 9%
- White:** 82%
- Other:** 1%
- Unknown:** 8%



Age Range

- Under Age 60:** 5%
- Ages 60-74:** 30%
- Ages 75-84:** 34%
- Ages 85+:** 31%



Gender

- Male:** 35%
- Female:** 65%

Volunteers are ALWAYS needed!

Now is the time to step up and make a difference in your community. Volunteer to deliver meals to our seniors in Pickens County. Schedules and availability changes, and we are always in need of volunteers. You can deliver once a week, twice a month or once a month; all are appreciated and help drive our program forward. You can apply online at pcmow.org or call 864-855-3770.

New Volunteers

- | | |
|------------------|------------------|
| Ken Acker | Kathryn Dean |
| Judy Acker | Shannon Deck |
| Melrose Aikens | Lena DeVore |
| Margaret Black | Craig Diem |
| Lynn Boiter | Lori Diem |
| Jimmy Bracken | Rayleen Dugas |
| Brenda Brooks | Jamie Everett |
| Trevor Buchanan | Allison Gantt |
| Bill Childress | Tasha Gilstrap |
| Stephen Cook | Rick Hacko |
| Gayle Croom | Leslie Hamby |
| Steve Crowe | Danielle Hess |
| Alton Cumbie III | Brandon Holcombe |
| Bob Dastou | Ashley Holcombe |

- | |
|------------------|
| Melissa Hyde |
| Samantha Jones |
| Kurt Kasischke |
| Larry King |
| Traci Kjeaar |
| Rachel Knoblauch |
| Lisa Maly |
| Susan Masley |
| Michelle Mast |
| Patti McCormick |
| Steve McCormick |
| Don Myer |
| Ruth Myers |
| Jim Nichols |

- | |
|------------------|
| Tracy Nolan |
| Carl Owens |
| Meghan Porter |
| Shanita Rankin |
| Nancy Regina |
| Gregory Rice |
| Anna Robinson |
| Christman Short |
| Hunter Stokes |
| Ellen Stork |
| Donalee Tingley |
| Allen Toole |
| Mary Beth Weaver |
| Donna White |

- | |
|-----------------------|
| Kendra Williams |
| Jimmy Wilson |
| Wilton Miles |
| Meghan Wolfram-Coomes |

Community Partner Volunteers

- | |
|------------------------------|
| Central Police Department |
| Easley Recreation Department |
| First Community Bank |
| Grace Mosaic Inspire |
| Robinson Funeral Home |



The McKissick Center

A Venue With A Mission

The overarching vision is to use the venue to provide direct programs and services to our senior neighbors across Pickens County as well as operate a social-enterprise that will support our mission all year long. Book your event here to ensure hundreds of seniors can live the nourished lives they deserve.

Our Venue

The McKissick Center offers a grand entrance tower, open dining hall, downstairs lounge, and patio that are sure to inspire. Featuring over 15,000 square feet of event space, a great list of approved vendors, catering from Pickens County Meals on Wheels staff, the McKissick Center is the perfect location for your wedding, corporate event, fundraiser, holiday festivities or private party. Centrally located in Pickens County, the McKissick Center provides endless opportunities to create the event of your dreams.

Contact Shannon @ 864-507-2381 or Shannon@pcmow.org to book your event today.

Mckissickcenter.com



SAVOR YOUR THYME



Scan the QR Code to see the menu and to place your order.

Savor Your Thyme is a social enterprise that supports the mission of Pickens County Meals on Wheels all year long. All purchases will ensure our senior neighbors can live the nourished lives they deserve. Our team uses only the finest ingredients to prepare every casserole. Filled with passion and love, these tried-and-true recipes are perfect for busy families, church socials, new mom's, gifts, and any occasion. Our shop is available through pcmow.org/shop/ or by calling Shannon at 864-507-2381.



Sweet Summertime Nutrition

Sweet Summertime is on its way and it's important for seniors to prepare for this fun season! While you are enjoying the weather outside, remember to take frequent breaks and cool off in the shade.

Top 8 Superfoods for those over the age of 50:

1. Berries are a "one-stop nutrition" for the over 50 crowd. They are high in fiber, vitamin C and anti-inflammatory, antioxidant flavonoids.
2. Dark green leafy vegetables like kale, arugula, broccoli, and spinach are full of calcium that our bones need as we grow older.
3. Seafood such as salmon, cod, tuna, and trout are lean sources of protein which helps maintain or regain muscle.
4. Nuts and seeds like almonds, cashews, peanuts, and pecans contain high amounts of protein and fiber.
5. Cottage cheese is a great source of whey protein and is high in calcium and vitamin D.
6. Beans and Legumes are loaded with fiber and protein as well as iron, potassium, and magnesium.
7. Avocados are not only tasty but eating at least two servings a week will lower your risk of cardiovascular disease.
8. Water – HYDRATION – as we get older, we don't have as good a thirst mechanism. We all must keep an eye on our water intake especially when it's hot and humid and we are sweating. Often, we think we are hungry when actually we are thirsty. Try drinking at least 8 cups (8oz each) of water every day.

This summer season try eating more fresh fruits and vegetables that will help you stay nourished and hydrated. Fuel your body with bright-colored vegetables such as summer squash and carrots. Cool down while snacking on juicy fruits to add extra hydration to your diet such as melons and berries. **Stay safe and healthy this summer!**



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Young at Heart All Year Long

Maintaining a healthy lifestyle is important. The Young At Heart Program provides the perfect place for active seniors to dine for lunch and participate in a variety of planned activities.

