

TOGETHER WE DELIVER



NOVEMBER 2019

Dear Friends,

Like Dorothy, we know there's no place like home. But sometimes, for our senior population, home can be a place of loneliness, isolation and hunger. We pass their homes everyday as we hurry here and there. Our days are busy; their days can be long and lonely. No one plans to need the services offered by Meals on Wheels, but the effects of aging, illness, isolation and diminishing resources do not discriminate. Our seniors are the motivation for all we do.

Pickens County Meals on Wheels has a proven solution to combatting the isolation and loneliness of our senior citizens which allows them to be where they want to be – at home.

For those who are homebound, Pickens County Meals on Wheels delivers a nutritious, hot meal every weekday to over 550 seniors annually. It's not only a meal, but a friendly hello and safety check from a compassionate and caring Meals on Wheels volunteer.

For those seniors who are more mobile and independent, Pickens County Meals on Wheels offers two activity centers (Young at Heart program) for seniors to gather, exercise, play games and dine together for lunch. It's an opportunity to get out for a few hours, make friends and socialize.



Meet a few of our Meals on Wheels family.

Rebecca, eighty-seven, has lived in Pickens County all her life. Her family is busy with work during the day and she only gets out for necessary appointments. Her knees are bad. She can only stand for a short time. She looks forward to seeing our Meals on Wheels volunteer who brings her a hot lunch and checks to be sure she's ok.

Evelyn attends the Young at Heart Senior Center in Liberty. In her late eighties, Evelyn was reluctant to come to the center at first, but at the urging of her sister, she finally agreed. Now she rarely misses a day. "I thoroughly enjoy it. I like the activities, exercise, food and fellowship. I don't have enough to occupy myself at home. The center gives me time away with positive people".

Roy, an eleven-year dedicated volunteer, looks forward to greeting the seniors every Monday on his meal-delivery route. Roy feels he has been very blessed in life and has a responsibility to give back. The seniors he delivers to enjoy the fellowship and the time spent with each person adds a break in their day. Delivering Meals on Wheels gives Roy a sense of pride and our seniors love seeing him.

Meals on Wheels is a powerful movement of everyday people standing up to isolation, hunger and loneliness and helping our senior neighbors stay healthy and live independently in their own homes.

Each year, we rely on hundreds of volunteers and thousands of donors, of all levels, to provide the services and meet the needs of our senior neighbors in Pickens County. It takes over \$1,200 to support each one of our seniors annually. **Your donations provide security, comfort, dignity and most of all – the knowledge that someone cares.**

Meals on Wheels is more than a meal, and today, your support matters. Every gift helps us nourish the mind, body and soul of our senior neighbors, one meal at a time.

Sincerely,

Kim Valentin
Executive Director



349 Edgemont Avenue • Liberty, SC 29657
864.855.3770 • pcmow.org

WILL YOU GIVE

Please consider these ways to give.

CHARITABLE ROLLOVERS

Ask your fund administrator about making a onetime distribution to PCMOW's brokerage account from your donor-advised fund to help support our organization.

DONOR-ADVISED FUNDS

Taxpayers age 70½ or older who are required to take a minimum distribution from their retirement account can have their plan administrator contact us to make a direct distribution through our brokerage account.

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
using PayPal 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 Donate copy
paper, stamps, Get
Well cards, Blank
greeting cards.