



meals on wheels

PICKENS COUNTY

Pickens County Meals on Wheels Newsletter/November 2019

Kim's Korner



A Word From Your Executive Director

Is it just me, or does time fly by these days? Believe it or not, the hustle and bustle of the holiday season is upon us. For many of our senior homebound friends these days are long and lonely. Each day is a waiting game of wondering who's delivering the meal today – whose smiling, friendly face will I see? I can't imagine what that must feel like. Can you?

What doesn't move fast at Meals on Wheels is the waiting list for service. The waitlist is like working a giant jigsaw puzzle. All the pieces must fit. Who needs the service most? Which routes have space? Will current drivers be willing to drive an extra 15 minutes? Will new volunteers step up? Is the funding available?

Jacqueline is a piece of that puzzle. Jacqueline was recently added to our home delivered meal program. She had been waiting for our home delivery service for over two months. She is faced with many challenges. She has a prosthetic which makes it hard to stand to prepare food. She has no refrigerator. She does not drive. She does not have family in the area. During her assessment, when asked about isolation, she began to cry. We have added Jacqueline to the program. She now says the volunteers who deliver her meal every day is a gift.

Looking ahead, there's a strong sense of urgency. Keeping pace with the increased need of volunteers and funding can be a challenge. The impact of our program goes well beyond the dollars attached to a meal. The priceless moments of human connection are seen in the smiles, heard in the laughter and felt in the hearts of those we serve each day.

No one plans to need the services offered by Pickens County Meals on Wheels, but the effects of aging, illness, isolation and/or diminishing resources does not discriminate. The confidence our community places in our program is astounding. It is because of caring people like you that we can carry out our mission every day. This holiday season, I challenge you to reach deep in your heart and become a solution to our puzzle. Consider making a gift to Meals on Wheels today, increase your annual donation or become a volunteer.

On behalf of our board, staff and most especially, those we serve, thank you for your support. We wish you the happiest holiday season.

With warmest regards,

Kim Valentin
Executive Director



National Ice Cream Day – July

I scream, you scream, we all scream for ice cream. Jenn Pagano and her crew at the Scoop Ice Cream Shop heard us all the way in Six Mile and brought ice cream to our two centers in celebration of National Ice Cream Day. Thanks Jenn and team

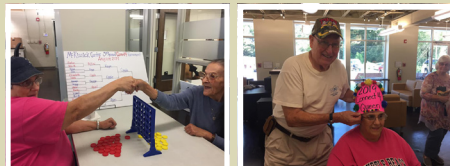


July 4th Celebration

Always proud to wear our red, white and blue at the Young at Heart centers.

Field Trip to Hamricks – July

Hamricks didn't know what hit them when 20 members from the Central and Liberty Young at Heart Centers entered their doors on July 30.



Connect 4 Tournament – August

The 2019 Connect 4 Tournament was held in August with 16 contestants vying for the coveted crown. Viann came out victorious and was crowned the 2019 Connect 4 Champion!

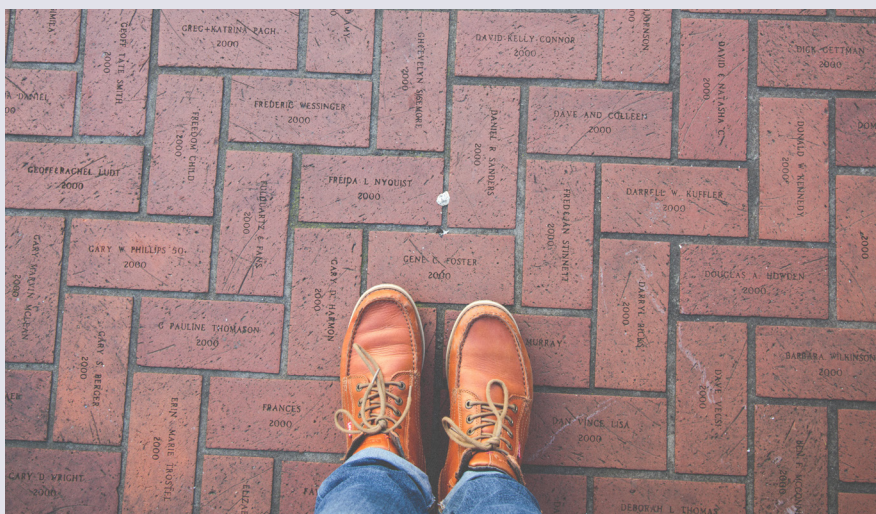
Field Trip to Dillard House – October

The field trip to the Dillard House in Georgia was a blast. Forty-eight seniors and "chaperones" Marsha and Stacey travelled on the big bus. Driver Paul got us there and back, safe and sound.



Halloween – October

It was a frightening sight at the Young at Heart Centers on Halloween, but we had a lot of fun. In addition, our Young at Heart members in Central made Halloween Treat Bags for the Central-Clemson After School program.



Paving the Way

Over the past thirty-nine years, Meals on Wheels has touched the lives of thousands of donors, volunteers, clients and their families. Today, the reach and impact continues to expand throughout Pickens County. Through the Pickens County Meals on Wheels' Paving the Way Program, we are inviting the community to help us build for the future and provide hope for our disabled, elderly and homebound neighbors.

For just \$100 you can choose a message to be engraved on one of the 4x8 bricks paving the courtyard of the McKissick Center for Senior Wellness. Recognize a person in your life. Honor someone special. Cherish the memory of a loved one. Celebrate an occasion. Order forms can be found online at pcmow.org or by emailing Shannon@pcmow.org.



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.

2019 PCMOW Board

Craig Ragsdale, Chair
Vice President, Martin Printing

Melanie Branham, Vice Chair
Community Leader and Volunteer

Andy Sevic, Treasurer
Finance Manager, Easley
Combined Utility

Meg Robertson, Secretary
Senior Relationship Development
Leader, Your Marketing Co.

Debbie Baughman
Retired CIO, Allegran, Inc.

Cheryl Dye
Director, Clemson Institute for
Engaged Aging

Anna Goodwin
Community Leader and Volunteer

Tim Hiott
Assistant Director, Pickens County
Career and Technology Center

Tripp Martin
Vice President, South State Bank

Les Hendricks
Attorney, Hendricks Law Firm

BJ Skelton
Community Leader and Volunteer

Lucas Durham
Landscape Contractor,
Landscape Perceptions

Drake Curry,
Principal, Curry P.A.

A Special Thank You



M.I.A. (Men In Action)

Rock Springs M.I.A. who installed much needed shelving in two of our storage rooms!! Thank you Men In Action!



Hendrick Honda

Thank you to Hendrick Honda of Easley for taking a day to give back by delivering meals to our homebound friends!

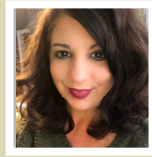
PCMOW Staff



Kim Valentin
Executive Director



Marsha Robertson
Program Coordinator



Stacey Brodie
Site Coordinator
Assistant



Sally Hancock
Volunteer
Coordinator



Miky Towry
Client Service
Coordinator



Shannon Swanson
Administrative



Donna Granger
Lead Cook



Libby Rogers
Sous Chef



Kim Boughman
Kitchen Staff



Calvin Rogers
Kitchen Aide &
Transporter



Dynamic Merchant Systems

Thank you to Danny McMullen for collecting Meals on Wheels donations at Easley's Friday Night Block Parties during the summer! To those who gave WE THANK YOU!!



American Legion Post 52

Thank you to our American Legion Post 52 for dropping by TWICE with donations to help provide meals for our homebound Veterans! You guys are GREAT!

SAVE THE DATE FOR THESE 2020 EVENTS!

TRIVIA NOTES TACOS

SATURDAY JAN 25

BENEFITS PICKENS COUNTY MEALS ON WHEELS

Pancake Breakfast

SATURDAY, MARCH 14
8:00-11:00 AM
MCKISSICK CENTER

GREATER CLEMSON MUSIC

SATURDAY APRIL 4 7:00PM

WINGS & WHEELS

MEALS ON WHEELS

SATURDAY, APRIL 25 • 10 AM - 3 PM
PICKENS COUNTY AIRPORT

TO BENEFIT PICKENS COUNTY MEALS ON WHEELS
WWW.PCMOW.ORG



Volunteers are ALWAYS needed!

Do you have an hour or two to make a difference?

Would you like to brighten someone's day? If the answer is yes, we would love to have you volunteer with Meals on Wheels. Volunteering is easy and so very rewarding!

Helping in the kitchen does not require any food service experience. With your time donation of 1-2 hours, you will help package over 250 meals for our daily delivery. If delivering meals is your interest, you can be one of the 25 drivers needed on a daily basis to provide a hot meal and a friendly safety check to our homebound friends. You can deliver once a month, once a week, or a few days a month; all are appreciated and help drive our program forward. You can apply online at pcmow.org or contact Sally Hancock at sally@pcmow.org or 864-855-3770.

Currently we have 8 routes in the Easley area and 4 routes in the Liberty/Central area that have various open days for delivery.

Our Newest Volunteers

Danny Adams	Georgia Beasley
Patricia Mogridge	Jim Abbot
Marlene Conger	Brenda Duncan
Jennifer Stewart	Lee Hancock
Marie Miller	Haley Fulmer
Sam Miller	Peggy Riley
Linda Rogers	Melina Finley
Kendyl Black	Greg Gostanian
Alex Saitta	Kathy Gostanian



Adopt-a-Senior Network

Monthly Donations for Everyday Meals

When you donate financially, you provide the consistent financial support needed to sustain and improve the Meals on Wheels program and help our clients maintain their nutritional health and independence. It costs approximately \$1,200 to provide weekday meals and companionship for one person for an entire year, and these monthly pledges, drafted from a bank account or credit card, supply these necessary resources.

Members of the Adopt-A-Senior Network are recognized at their annual giving level. Meals on Wheels will also send each member a statement of their annual gift at the end of the year. Contact Shannon Swanson at 864-507-2381 or email Shannon@pcmow.org to learn more about this simple and easy way donate.

Special Events

Easley Community Band

Easley Community Band is a group of 60 members who perform free four times a year. Donations are accepted at each concert to benefit local charities. Thank you for choosing PCMOW as your charity in October!



PCMOW Community Partners

In addition to gaining valuable exposure and strengthening ties to the local community, our Community Partners are recognized at their total annual giving levels, whether in financial gifts or volunteer hours. One hour of volunteer time is valued at \$21 (independentsector.org)

- Abbott
- Baptist Easley Hospital – Prisma Health
- City of Easley
- Easley Fire Department
- Easley First Baptist Church
- Easley First United Methodist Church
- Easley First United Methodist Church Circle 7
- Easley Police Department
- Easley Rotary Club
- Easley Union Missionary
- Fort Hill Natural Gas
- Grace Church
- Grace United Methodist Church – Artie Gravely Group
- Kudzu Staffing
- Land Planning Associates
- Liberty High School
- Martin Printing
- Ortec, Inc.
- Pickens County Personnel
- PC Board of Disabilities and Special Needs
- Pickens Rotary Club
- Ridgeland Drive Baptist Church
- St. Andrew United Methodist Church
- Sulzer Process Pumps
- The Cliffs Vineyards
- The Reserve at Lake Keowee
- Thompson Income Tax

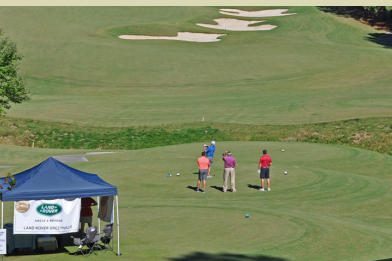


Cornerstone Music Festival

Cornerstone Christian & Music Supply held their annual Music Festival on October 5th with great music, food, and raffles. They raised over \$8000 and split the profits between PCMOW and Hope Women's Center. Thank you to everyone to helped make this possible!!

Spittoono Festival picture

Thank you to the Road 18 Charities who host Spittoon each year. We love participating in this great music event that welcomes Clemson students back to school! Thank you for all you give to PCMOW.



The Reserve at Lake Keowee Foundation

The Reserve at Lake Keowee Foundation holds two huge fundraisers benefiting several charities in the Upstate including PCMOW. We loved volunteering at these two successful events – a beautiful two-day golf tournament and Swine & Dine, a hilarious live and silent auction held at The Reserve.

Glow Run

On October 5th, we held our 3rd Annual Glow Run with over 100 runners/walkers. Thank you to all who participated in this fantastic evening. This year, with special thanks to our sponsors, we were able to profit \$5500.



Share the Love this Holiday Season!

Pickens County Meals on Wheels is proud to participate in the SUBARU share the love® EVENT to help raise critical funds needed to support our homebound seniors so that they can continue to live nourished and independent lives.

For every new Subaru purchased or leased between November 14, 2019 through January 2, 2020, Subaru donates \$250 to a host of charitable partners – including Meals on Wheels America! When you choose Meal on Wheels American as the recipient, Pickens County Meals on Wheels benefits.

To learn more about the SUBARU share the love® EVENT, visit mealsonwheelsamerica.org/sharethelove



Shop at smile.amazon.com and choose 'Pickens County Meals on Wheels, Inc.' AmazonSmile donates a portion of the price of your eligible AmazonSmile purchase to PCMOW!

Thank you to our 2019 Gold Level Event Sponsors:





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ph.864-855-3770 • www.pcmow.org

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PROFIT
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Permit # 1431

The McKissick Center

"A Venue With A Mission"

The McKissick Center in Liberty is the home of Pickens County Meals on Wheels and the Young at Heart Senior program. The overarching vision is to use this location to provide direct programs and services to our senior neighbors across Pickens County as well as operate the venue as a social enterprise that will support our mission all year long. Book your next event here to ensure hundreds of seniors can live the nourished lives they deserve.

Contact Shannon Swanson at 864-616-8437 or shannon@pcmow.org to book your event today. Learn more at mckissickcenter.com.

SAVOR YOUR THYME

Looking for something easy, nutritious and affordable that answers the never-ending question, "What's for Dinner?" Then look no further!

Savor Your Thyme is a social-enterprise that supports the mission of Pickens County Meals on Wheels all year long.

Our shop is available through [facebook.com/savoryourthyme](https://www.facebook.com/savoryourthyme). You can also contact Shannon Swanson at 864-616-8437 or shannon@pcmow.org to place your order.



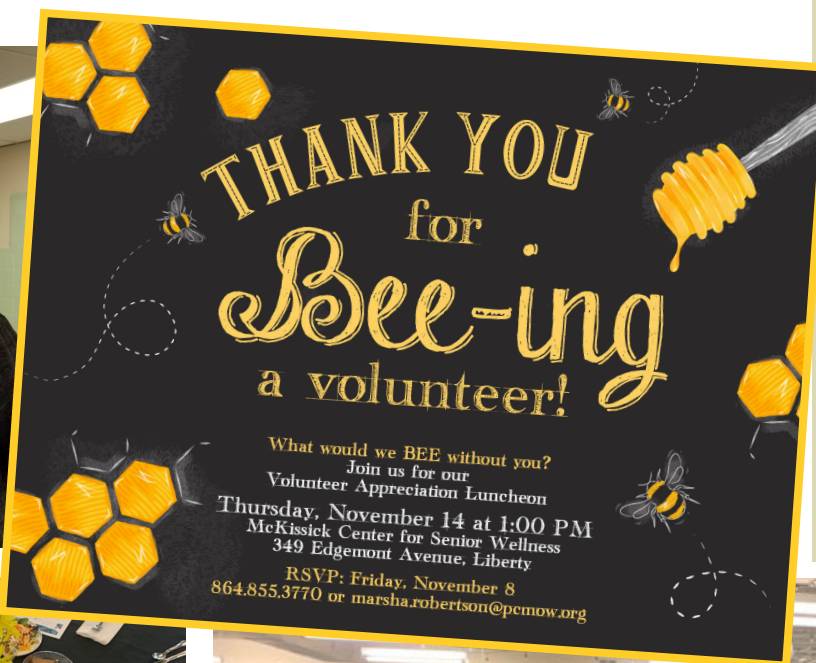
Volunteer Luncheon

On November 14th we held our annual volunteer luncheon. Thank you for Bee-ing a volunteer this year! Volunteers enjoyed a delicious lunch and entertainment from local musician Marvin Evatt. The event ended with great door prizes from local businesses. Thank you to all who keep our wheels rolling at PCMOW!



Special thanks to all the businesses that donated to make our event a success!

- Bee Well Honey of Pickens
- Capris of Easley
- Fiesta Grill of Liberty
- Joe's Pizza of Clemson
- Little Bistro of Liberty
- Musician Marvin Evatt
- Palmetto Pizza of Central
- Poor Richard's Bookstore of Easley
- Something Special of Easley
- TC Bearies Hallmark of Easley
- That's Karma of Easley
- Under the Carolina Moon of Easley
- Valentin Occasions of Easley
- Wrapsodies of Easley



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