



meals on wheels

PICKENS COUNTY

Pickens County Meals on Wheels Newsletter/September 2020

Happy 40th Anniversary PCMOW!

Pickens County Meals on Wheels home delivery program began in 1980 with 1 route, 10 clients, and 10 volunteers. Today, PCMOW includes home delivered meal service to 377 clients, through 28 routes and 450 volunteers and 2 senior adult activity centers serving 100 members.

Although we aren't able to celebrate 40 years as we would like, a pandemic hasn't altered our focus to serve our Pickens County senior friends. Our mission has been strengthened by the support of the wonderful citizens of Pickens County. With this community support, PCMOW exists to combat the effects of hunger, loneliness, and isolation on those living in Pickens County, and to provide a lifeline through the use of caring volunteers.

Thank you to all for a wonderful 40 years!



Kim's Kerner

What a year 2020 has been and to think, we are just over the halfway mark. I, like most of you, feel tired and wish we were back to normal. But, we, just like others, adjusted and made changes to ensure that our senior citizens were safe and fed. On March 16, we closed both our Young at Heart senior activity centers in Liberty and Central. We scaled back our home meal service to a three-day delivery, limiting the exposure to our homebound seniors. Volunteers began delivering a hot meal and one frozen meal every Monday and Wednesday. On Fridays, our clients receive a hot meal and two frozen meals for the weekend. On Tuesday and Thursday, our staff calls each home delivery client to ensure their safety and to verify they have their meal for that day. In addition, calls are made to the Young at Heart members.

During this pandemic, PCMOW has worked diligently to serve as many seniors as possible resulting in 140 new home deliveries and elimination of the waiting list. In addition, many of our Young at Heart members, who previously ate lunch at the centers, began to receive home delivered meals or drove by and picked up their lunch in the center parking lot. Four new delivery routes were created to serve new clients, bringing the total of meal routes to 28. With the increase of clients and the addition of weekend meals, our meal production has increased from 4200 meals a month to 9520 monthly meals.

One of our new recipients, Ms. Harrison, who lives alone called our office and confided in our client service coordinator that even though she does have children in the area, they are not able to help provide food for her. She does not drive and is unable to provide for herself. She could not remember when she last had a hot meal, surviving only with crackers and water. We immediately took meals to Ms. Harrison and worked swiftly to add her to a route. Ms. Harrison now says she is very appreciative of the meals and the friendly folks who come to see her.

The Pickens County community rose to the pandemic challenge. As closures began in March, we began getting calls from the Pickens County community asking how they could help. We had schoolteachers, churches, county employees, other non-profit organizations and business owners step up to deliver meals and provide supplies and other resources to help get meals prepared and delivered. We saw firsthand how a community comes together to serve.

Volunteers are the positive force that keeps our wheels moving and our mission strong. Yes, Meals on Wheels delivers meals, but more importantly, our drivers act as a lifeline for our senior neighbors. Each meal delivered provides security, comfort, dignity and most of all – knowledge that someone cares.

While delivering meals, one of our volunteers was unsuccessful in getting the client to the door. While peering through the front window, the volunteer could see through the house and into the back yard, where the client was lying on the ground. The client had fallen early that morning and could not manage to get up. He had been lying in the yard for over 4 hours. Luckily, our volunteer discovered him uninjured and assisted him safely back into his home.

Our mission has not changed, even though a pandemic has altered our course. We continue with strengthened resolve and dedication to provide a hot meal, safety check and a friendly smile to our senior friends.

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.

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

With warmest regards,

Kim Valentin
Executive Director

Ways to Give to Pickens County Meals on Wheels



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.



Paving the Way

Over the past forty 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 PCMOW 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.



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!

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.



Volunteers are ALWAYS needed!

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

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 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 call 864-855-3770.

We received this letter recently from a volunteer:

I truly believe in your (and my) organization!! My husband, Hugh, and I have delivered meals here in Pickens for about eight (8) years. I am particularly proud of the way PCMOW can provide quality meals to those most in need in our county while keeping the overhead as low as possible.

We also have the opportunity to interact with our clients every day. Their safety and well-being is most important to us. My grandson had the opportunity to rescue one of our clients who had gone out on his second-story deck to have coffee after breakfast. Unfortunately, he locked himself out of the house. It was the middle of summer, and the morning was heating up. If Ian and I had not come by with his lunch, there was no telling how long he would have been stuck outside in 90 degree weather. So, we serve more than just lunch.

We love our clients very much. We get attached in more ways than one.
Pat Webb



Our Newest Volunteers

Adrienne Bolding	Chris Clark	Jennifer Watts	Leigh Ann White	Shaun Sapp
Al Baker	Christy Coffee	Jessica Varney	Lewella Woodbury	Shawn Woodbury
Alex Gettys	Chuck Decarbo	John Hill	Lydia Pratt	Sid Collins
Allison Fleming	Cindy Hester	John McCain	Macy Allison	Sissy Roberts
Amy Gantt	Cyndee Hammett	John Ray	Marie Thompson	Skeeter Clardy
Andrew Sentell	Cynthia Ogle	Jonathan Baker	Mary Clardy	Steve Durham
Angela Sadler	David Cox	Joy Ellenburg	Matthew Krumins	Steve Pace
Anne Marie Parrot	Deborah Bracken	Karen Sneed	Meagan Bradford	Steven Goodson
Anni Hallock	Denni Cox	Kari Jennings	Melissa Rice	Suzanne Flaughner
Ashley Rhom	Diane Porter	Kathy Beck	Meredith Glynn	Tammy Jones
Autumn Conner	Dorothy Steben	Kathy Campbell	Michael Hayes	Tiffany Mullinax
Ben Barrett	Elizabeth Switzer	Kathy Panther	Michele Evanski	Tommy Thompson
Benji Merritt	Ensley Feemster	Katie Yacu	Michelle Harris	Trish Barrett
Betty Roe	Gabby Childers	Kellie Clement	Molli Garifo	Tyler Merck
Brad Rhodes	Gary Machlis	Ken Roper	Patti Ries	Tyra Balcombe
Briggs Hamilton	Hampton Roper	Kenneth Russ	Patty Looper	Vicki Tucker
Caleb Conner	Hayes Ells	Kristi Mills	Rebecca Adams	Virginia Berger
Carla Whitmer	Heather O'Sullivan	Kyle Panther	Rene McCurdy	
Caroline Sentell	Jamaica Hardaway	Laura Heffington	Robert Simon	
Charlie Pratt	Jean McKendry	Leebo Keels	Shan McCollum	

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
Community Leader & Volunteer

Debbie Baughman
Retired CIO, Allegran, Inc.

Alan Ballew
President/Owner
RealtyTrust

Lucas Durham
Landscape Contractor
Landscape Perceptions

Cheryl Dye
Director, Clemson Institute for
Engaged Aging

Tim Hiott
Retired, Assistant Director
Pickens County Career & Technology
Center

Chris Mann
Product Specialist
Southeast Region, Hydradyne, LLC

Lynn Martin
Co-Owner, MST Concrete
Lecturer, Clemson University

BJ Skelton
Community Leader & Volunteer

PCMOW Staff

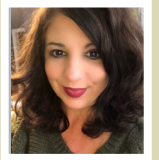
We would like to welcome our new kitchen staff members: Scott McClain, Susan Graham, and Rebecca Starkweather.



Kim Valentin
Executive Director



Marsha Robertson
Program Coordinator



Stacey Brodie
Site Coordinator
Central



Shannon Swanson
Admin &
Fundraising
Coordinator



Sally Hancock
Volunteer
Coordinator



Miky Towry
Client Service
Coordinator



Scott McClain
Kitchen Manager



Donna Granger
Lead Cook



Susan Graham
Kitchen Assistant



Rebecca Starkweather
Kitchen Assistant



Calvin Rogers
Transporter

Fundraising Events

- Meals on Wheels America & Subaru**
SUBARU Share the Love event was a success! Thanks to all who purchased or leased a Subaru during the Share the Love. Subaru donated \$3046.08 to PCMOW!
- Tacos, Notes & Trivia (TNT)**
A great night was had by all during our TNT event! Thank you to all who attended and to our sponsors Hendricks Law Firm, Vulcan Materials and Daniel Crosby State Farm Insurance. We profited \$4200.00!!
- March for Meals Pancake Breakfast**
Early in March, pancakes and bacon were enjoyed by all as the Corona virus was headed our way. We weren't sure who would attend and what the event results would be. Thanks to those who attended and supported the event, we raised \$6100.00. A special thank you goes to our sponsors - City of Easley, City of Liberty, City of Pickens, City of Central, Town of Six Mile, Town of Norris and Pickens County!!
- Luke Deuce Music**
Our first, ever, virtual fundraiser was organized and held by 15-year-old Luke Brazinski, of Luke Duece Music. Luke and his family performed a live Facebook stream concert from the Pickens County Performing Arts Center. Thanks to Luke sharing his talent, \$1452.00 was raised for PCMOW.
- Bleu Voodoo**
In May, Bleu Voodoo of Easley held a Cinco De Mayo parking lot celebration with proceeds benefiting PCMOW. Those tacos were soooo tasty. Thanks to all who attended and donated, \$1300.00 was raised for PCMOW!



Due to COVID-19, the PCMOW Board of Directors has decided that all remaining fundraising events for 2020 will be cancelled.

Thank you to our 2019 Event Sponsors:



Community Partners

During the pandemic, meal deliveries to our homebound seniors continued and the Pickens County community stepped up to help, demonstrating how important the Meals on Wheels mission is to Pickens County.

Pickens County

Pickens County offered the help of county employees to fill the gap wherever needed at PCMOW. These folks helped in the kitchen, drove routes, and assisted with daily cleaning of our meal delivery pick up area.



Salvation Army of Pickens County

Community partners like Salvation Army have been beneficial to our seniors this summer. They have provided window air conditioning units to those seniors in need. Thank you!!



Pickens County YMCA

We love our YMCA partners!! During COVID closures, 15 "Y" employees volunteered to drive 3 different routes each week. These folks continue to deliver, and we thank you!

Easley Police Department & Duke Energy Foundation

COVID-19 Relief Funds from Duke Energy Foundation were used to purchase emergency shelf stable meals. Thanks to Easley Police Department for driving to Lexington to pick up and deliver those meals to PCMOW. Yay Community Partners!!



New Spring Church, Powdersville

Andrew Sentell, Connections Director at New Spring Powdersville, organized a team of church staff and volunteers to assist with meal delivery during the pandemic. Andrew and his New Spring team transport meals three times a week to Six Mile and deliver meals to clients in the Liberty area. Thank you New Spring partners!



Clemson Community Care

A special treat from our friends at Clemson Community Care. They had an abundance of bread during the pandemic so they shared their bounty with Meals on Wheels. Our volunteers delivered loaves to our homebound seniors! Thank you CCC!

Farm Bureau Insurance Company

PCMOW was selected as a recipient of \$9000.00 from the Farm Bureau Insurance Company to help feed seniors in Pickens County. We are very grateful!!!



Community Foundation of Greater Clemson

Thank you for your donation of \$3,912.00! This money was used to purchase the trays our meals are packed in each day. With the increase of meal production this donation was perfect!!



United Way of Pickens County

The United Way of Pickens County has been a huge help in supporting PCMOW during the pandemic. UWPC funding of \$11,000 gave us the opportunity to purchase meal trays and supplies to provide our clients additional weekend meals. The United Way also helped fund a much-needed freezer for PCMOW. Sheriff Rick Clark joined the teamwork by picking up the freezer and delivering it to our Liberty facility. Thank you to UWPC & Sheriff Clark!!



Special Thanks

Girl Scout

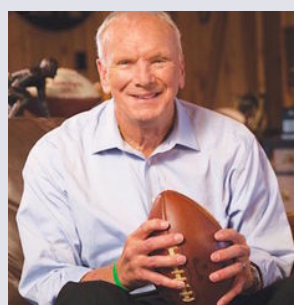
Lydia Branham, a local Girl Scout from Easley Troop 2831, adopted the seniors at the McKissick Center's Young at Heart program for her project for the Girl Scout Gold Award, the highest award in Girl Scouts for girls. Lydia was made aware of a need for craft activities for the seniors to keep them engaged and active. Lydia began her project by surveying the seniors to learn of their areas of interest and then researched craft related arts that would be appropriate for the age group. She selected 10 different craft projects and posted an Amazon wish list on Facebook to ask family and friends to help her with purchasing the supplies. Within 24 hours, all the items were bought, and boxes began showing up the next day! For the final step of her project, Lydia organized all the supplies and created grab and go packets for the seniors to use each day when they come to the Young at Heart program. Lydia completed her project and was awarded the Gold Award this past spring. Lydia is currently a sophomore at Easley High School and has been involved in the Girl Scouts since kindergarten. Thank you, Lydia, for choosing the Young at Heart program and congratulations on completion of the Girl Scout Gold Award.



Martin Luther King Day

PCMOW closes in January in observance of MLK Day. Our staff takes the opportunity, on that day, to thoroughly clean and organize our facilities, including files and supplies. Thanks to Clemson University's Leadership and Community Engagement Group for volunteering to help us clean on MLK Day 2020!

In addition, Duke Energy and the American Red Cross of Pickens County observed MLK day by putting together safety kits that were handed out to our homebound seniors. We at PCMOW and our homebound seniors thank you!



In Loving Memory

Sam Wyche (January 5, 1945-January 2, 2020) was a dear friend of Pickens County Meals on Wheels – volunteering to deliver meals, serving on the Board of Directors, leading fundraising campaigns, and sharing his resources. He was the best cheerleader an organization would want on their team. Even in the midst of health issues, Sam was asking what was needed and what could he do. All of Pickens County lost a special friend in January of this year, but, the evidence and imprint of Sam Wyche's life lives on through the many lives and organizations he touched.

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 our website pcmow.org/shop. You can also contact Shannon Swanson at 864-507-2381 or shannon@pcmow.org to place your order.



- **Baked Spaghetti** – contains ground beef, onions, garlic, tomato sauce and cheese. Small \$15.00 | Large \$25.00
- **Homemade Cheesy Meat Lasagna** – made to perfection. Small \$15.00 | Large \$25.00
- **Chicken & Rice Casserole** – contains boneless chicken with rice, celery, onion, water chestnuts in a cream base with a variety of spices. Small \$15.00 | Large \$25.00
- **King Ranch Casserole** – This Tex-Mex dish will have you craving for more! It's filled with spicy, cheesy chicken, tomatoes, onions and tortillas. One size (large) \$25.00
- **Cheesy Scalloped Potatoes with Ham** – Slice potatoes in a creamy sauce with ham and English peas, topped with panko breadcrumbs and cheddar cheese. Small size only \$15.00.
- **Chicken & Broccoli Alfredo** – Delicious, creamy alfredo sauce over pasta, chicken, and broccoli topped with parmesan cheese. Small \$15.00 | Large \$25.00
- **Chicken Pot Pie** – made with roasted chicken breast, carrots, peas, dried herbs in a flakey pastry. Small \$15.00 | Large \$25.00
- **Turkey Tetrazzini** – made with Turkey Breast, Linguine, Milk, Flour, Chicken Broth, White Wine, Mushrooms, Peas & Carrots, Thyme, Parmesan Cheese, and Panko topping. Small size only \$15.00.
- **BBQ Pork** - the Upstate's Best slow cooked BBQ prepared by St. Michael's Episcopal Men's Group from Easley. These guys know how to cook BBQ and you don't even need any sauce! This is 2lbs of mouth-watering BBQ frozen in our blast freezer. To thaw refrigerate overnight and it's ready to heat and serve. (6-8 servings) \$20.00
- **Chicken Corn Chowder** – One quart serves 4 contains boneless chicken, corn, bacon, onions, celery, potatoes in a heavy cream base with special spices. \$13.00
- **Vegetable Beef Soup** – One quart serves 4 contains beef chunks, okra, tomatoes, succotash, green beans, corn, carrots, onion, potatoes and spices. \$13.00



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A Year in Review



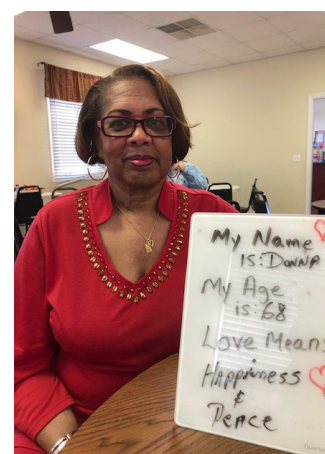
When our Young at Heart Centers (YAH) closed mid March, we reached out to our members to offer options for them to continue to have a lunchtime meal. Many of our YAH members are currently having meals delivered to their home as a part of our regular home delivered meal program. Others are participating in a drive through meal pick up at both our Liberty and Central locations. We miss our YAH friends but are glad they are able to continue to get meals if needed.



Mardi Gras 2020—We are always ready to celebrate at the Senior Center



We love our Clemson Tigers at the Young at Heart Senior Center. Cheering the Tigers on to victory!



Love and friendship is in the air for Valentine's Day 2020.



Christmas is always a festive and fun time at the Young at Heart Senior Centers. Christmas 2019 was filled with cookie and ginger house decorating, games and gift exchanges, and fun games.



We are thankful for friendships and fun times. Our two Young at Heart Senior Centers gathered for a joint Thanksgiving luncheon.