

# TOGETHER WE DELIVER

## Dear Friends,

Sally, age 83, was the one who took care of everything in the household. As her health and that of her husband, Joe, began to decline, she was unable to prepare their meals. As with many, this is when Pickens County Meals on Wheels (PCMOW) enters the picture. Sally and Joe began receiving weekday meals. Sally suddenly passed away earlier this year. Joe, now, all alone and lonely, continues to receive meals and a friendly visit from a PCMOW volunteer. This, according to his son, keeps his spirits up even in the midst of his grief and loneliness. The safety check each day and calls to his son when Joe doesn't answer the door is a comfort to his son, knowing that his dad has that contact each week day.

This is a familiar and similar story of the 340 seniors who receive meals each weekday and the 50 + seniors who attend PCMOW's Young at Heart senior centers. The combination of a nutritious meal, safety check and friendly smile from a PCMOW volunteer is what helps so many homebound seniors cope with issues of health, hunger, and loneliness. It's the Young at Heart centers offering active seniors a safe place to come for exercise, activities and lunch that keeps them engaged and living meaningful and healthy lives.

This is the mission of Pickens County Meals on Wheels - to keep our seniors connected and safe in their homes, where they want to be most. This mission is achieved with the support of dedicated community volunteers and generous donors.

2020-2021 has been a hard year for all of us. Our senior friends, like so many of us, have lost family and friends, increasing the loneliness and isolation. We have been reminded during this time of the pandemic that life is precious and each day a blessing. We have seen what it means to be a community who holds each other a little closer by reaching out a hand to those who need us.

It takes hundreds of volunteers and thousands of donors, of all levels, to meet the needs of our senior neighbors. We encourage you to get involved. We welcome you to become a part of our growing family. Maybe as a volunteer. Maybe as a donor. Maybe as a member of our Young at Heart senior center. Maybe as the family of a senior needing home delivered meals. Whatever your situation is, we invite you to join us in making a difference in the lives of our senior friends.



With a grateful heart,

*Kim*

Kim Valentin



**72,614**

Meals served to date

**632**

Seniors served to date

**\$363k**

Meals served to date

## 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](http://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.

### 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.



349 Edgemont Avenue  
Liberty, SC 29657  
864.855.3770 • [pcmow.org](http://pcmow.org)

