



Kim's Kerner

A Word From Your Executive Director

Greetings from Pickens County Meals on Wheels! This past year has been a time of renewal and reflection as we began to move back to some normalcy with our meal delivery and senior programs. In June of 2021, we reopened our two senior centers. With care and safety precautions set in place, we opened our doors wide and welcomed our senior friends. The fourteen months that we were closed took its toll on many of our senior friends. Some had their health decline and will not return. Several have continued to receive home delivered meals. Sadly, we have had several to pass away. Those who have returned expressed "you don't realize how much you miss a place until you are not able to attend". Reopening was like a special family reunion.

We are back in full swing with exercise and special activities to include bingo, cornhole, left, center, right and lunch around the table. Our focus now is to continue rebuilding our senior programs at both Young at Heart Centers in Liberty and Central. We have welcomed new members and have embraced the joy of having everyone together. Our senior members are thankful to be back and engaging in all the Young at Heart program offers.

Joann attended the Young at Heart center regularly prior to our COVID closure. When she returned last June, she was moving a bit slower and less steady. Yet, with a smile on her face, she was back, ready to exercise, be with her friends and have fun. Joann says often, she loves the Young at Heart center and is so happy to be able to attend again. These days Joann moves a bit more swiftly and steadily than when we first saw her at the reopening. You can see in her smile she feels better, both mentally and physically. It is a gift for her as well as for all the volunteers and staff involved.

PCMOW's home delivered meal program has continued to serve more seniors than ever before. It amazes me how many seniors in our county live alone, suffer from isolation, and need a hot meal. The needs of our local homebound seniors are greater than ever before.

Our staff and volunteers work tirelessly to provide those essential services to our local seniors. The growing demand for senior services is overwhelming, even as compounding issues of inflation, food costs and gas prices challenge our everyday service. Just like you and me, our local seniors are affected by these issues.

Mason lives alone and is on a fixed income. He began participating in our home delivered meal program during COVID. While delivering his meal, our volunteer driver noticed that Mason was unusually upset and did not answer the door with his smiling face. Concerned, the volunteer asked Mason if there was anything wrong or was there something they could do for him? Mason, hesitantly, broke down and admitted that he hadn't eaten since the last meal was delivered the day before. He did not want anyone to know that he did not have enough money for food. He had several unexpected expenses that had limited his ability to purchase groceries. Our driver called back to the office to make us aware of the situation. Our staff immediately went into rescue mode, packing a variety of frozen meals to deliver to Mason. He was so thankful when we arrived. We both shed a tear of happiness.

Our mission remains strong and more important than ever. Throughout the challenges of the pandemic and the economic concern, our course has not been altered. We continue with strength, dedication, and resolve to combat the effects of hunger, loneliness, and isolation of our senior neighbors.

The support of volunteers, donors, and community is vital to our mission. PCMOW is serving a record number of seniors with an everyday battle of rising cost of goods. Your support today matters more than ever. Help us continue to nourish the mind, body, and soul of our senior neighbors, one meal at a time.

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

With warmest regards,

Kim Valentin, Executive Director



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.

Our volunteers are a vital part of our mission.

Mr. Smith who received meals for 12 years recently passed. We received a card from a family member who wrote "Thank you all for the many meals that were brought to my father over the years. He cared for all the volunteers that delivered the meals, he looked forward to talking to his friends when they brought his meals. Thank you to all the staff and volunteers!"

New Volunteers

January 2021 - April 2022

- | | | |
|------------------------------|--------------------------|----------------------------|
| Charles and Anita Arms | Velma Guyton | Mike and Beth Nickerson |
| Henny Au-Yeung | Mecia Hartis | Brianna Parnell |
| Micheal Barrett | James and Lee Heery | Cheryl Parris |
| Mary Beelow | Sarah Herron | Dave and Abby Posner |
| Linda Bell | Dan and Sandra Hinton | Cindy Ramey |
| Tommy Blankenship | Kelly Hodges | Bill and Allison Ranson |
| Steve and Ophelia Brewer | Tommy Holcombe | Edward and Tracey Santulli |
| Fred Burton | Ann Hooker | Tim Scott |
| Stephanie Caldwell | Brenda Horne | Stefanie Smith |
| Shannon Calhoun | Melanie Irwin | Jeremy Stone |
| Jill Cameron | Gordon and Marie Johnson | Ali Stout |
| David Chamlee | Kimberly King | Martha Summers |
| Richard Cimino | Karen Kurkcu | Herman and Gail Towles |
| Robbie and Mary Beth Clanton | Kristy Levi | Paul Turner |
| Rachel Coon | GINNA LISTER | Amanda Vassey |
| Jim DeLoache | Phil and Kathy Lyles | Balihar Virk |
| Pam Dillon | Alleta McKeon | Mike Watson |
| Robert Dye | Danny McMullen | Melissa Wilbanks |
| Anica Owen | Ann Miller | Paul and Pam Williams |
| Scott Grant | Richard Mintz | Gerald Wilson |
| Franklin and Cindy Gravely | Mac Moore | Shirley Worden |
| Tammy Gregg | Cindy Morgan | Doreen and John Zanolenti |
| | James and Shery Nelms | |

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 pcmow.org/donate	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 or gift cards for office supplies
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2022 PCMOW Board

Melanie Branham, Chair
Community Leader & Volunteer

Andy Sevic, Vice Chair
Finance Manager, Easley Combined Utility

Lynn Martin, Treasurer
Lecturer, Clemson University

Cheryl Dye, Secretary
Director, Clemson Institute for Engaged Aging

Meg Robertson
Community Leader & Volunteer

BJ Skelton
Community Leader & Volunteer

Lucas Durham
Landscape Contractor, Landscape Perceptions

Alan Ballew
President/Owner, RealiTrust

Chris Mann
Product Specialist
Southeast Region, Hydradyne, LLC

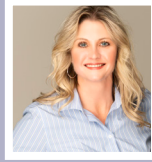
Dan Crosby
President Metrocon, Inc.

Elizabeth Edwards-Martin
Government & Community Relations
Blue Ridge Electric

Tommy Holcombe
City of Easley Finance & Business Manager

Eydie Clement
Retired, BellSouth Finance & Accounting

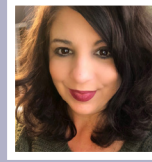
PCMOW Staff



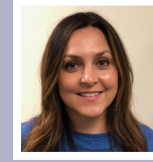
Kim Valentin
Executive Director



Marsha Robertson
Program Coordinator



Stacey Brodie
Site Coordinator, Central



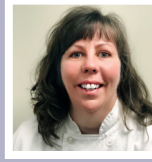
Shannon Swanson
Admin & Fundraising Coordinator



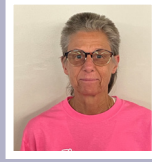
Jenn Mealy
Volunteer Coordinator



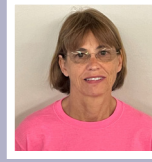
Scott McClain
Kitchen Manager



Donna Granger
Lead Cook



Melinda Thrower
Kitchen Assistant



Heidi Beal
Kitchen Assistant



Josh Villeda
Transporter

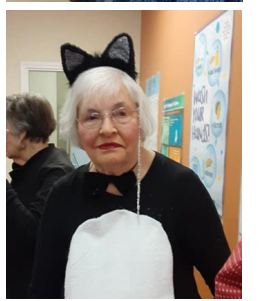


Jill McCollum
Kitchen Aide/Janitorial



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.



Institute for Engaged Aging Brain Health Club

IEA Brain Health Club (IEA BHC) meets the social and emotional needs of adults with dementia and their caregivers. It provides activities and socialization opportunities outside the home in a safe and caring setting for older adults with early to mid-stage Alzheimer's disease and related dementias. IEA BHC offers care partners personal time away during the day to rest and take care of personal concerns. IEA Brain Health Club will operate weekly on Monday and Wednesday afternoons, 1-3:30 PM, and is currently accepting applicants. For more information contact Stacey Brodie 864-507-2254 or stacey@pcmow.org.

Community Partners

1) Local breweries support PCMOW

In March, Kite Hill Brewing Company participated in an inaugural collaborative brew, "Allies in Ales", with other Upstate breweries. A portion of the proceeds from this beer was donated to PCMOW! Cheers and thank you!!

In April, Silos Brewing Company in Easley held a cornhole competition and donated the proceeds to PCMOW! Thank you, Silos Brewing Company and to all those who participated!!

2) Central Mafia

Santa hit PCMOW again with his Central Mafia members and Clemson Paw Partners. Each year they work very hard purchasing gifts and recruiting locals to purchase gifts for our senior friends. Thank you to all who help make Christmas special for our seniors!

3) Youth Groups

Thank you to Easley Presbyterian Church Youth & Missions for sponsoring PCMOW capital project of replacing our entry doors with automatic slide doors.

Youth groups from Easley First Baptist Church and Easley Presbyterian Church volunteered during summer break to help keep our wheels rolling.

Easley Presbyterian Youth made Valentine's Day gifts for our homebound! Thank you!

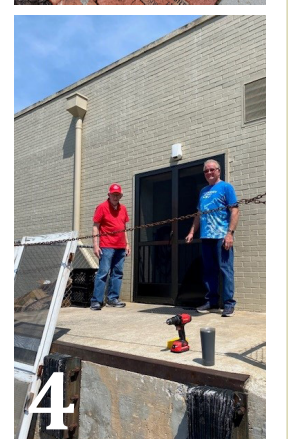
4) Improvements

Thank you to Rock Springs Baptist Church Men in Action and Dixie Lumber!!

These guys laid our engraved bricks in the patio area and installed new screen doors donated by Dixie Lumber!

5) Snow Days

Thank you to Pickens County employees who cleaned off the snow and ice so our seniors could return the following day!



2022 Events

March for Meals 50 Years

In March, we celebrated with thousands of other Meals on Wheels programs across the county to reach out to their communities and build the support that will enable them to serve America's seniors all year long.

During **Community of Champions**, we invite local, state, and federal officials, and other prominent community figures to deliver and/or pack meals, speak out for seniors and raise awareness for the power of Meals on Wheels. This is a great opportunity to engage powerful figures in our community to help raise awareness for nutritional and social needs of our senior neighbors. This year we had a record number of community leaders that participated in our Community of Champions. Thank you to each one who took the time to volunteer.

During March for Meals, we held our **7th annual Pancake Breakfast** at Easley First Baptist Church. Thank you EFBC for allowing us to utilize your kitchen and awesome drive through area. We sold just over 100 pancake plates. They were hot and yummy!!

Pancake Breakfast Sponsors: Town of Norris, Town of Six Mile, City of Easley, City of Pickens, City of Liberty, Town of Central, Pickens County, and Pickens County Fire Chiefs Association. Profit of \$7500.00



Dining to Donate

Our first ever Dining to Donate fundraiser! Thank you to the restaurants that participated in our Dining to Donate. A percentage of sales from each restaurant was donated to PCMOW. Thank you to all who Dined Out for PCMOW!!



Trivia, Notes & Tacos

In January, folks were excited to attend our Trivia Notes & Tacos event. We had fantastic music by Matt Phillips, challenging trivia and delicious tacos! **Profit of \$6,000.00**

Thank you to our sponsors: The Hendricks Firm, LLC, Blue Cross Blue Shield, K&M Tool and Die, and First Citizens.



5k Glow Run

SAVE THE DATE!

PICKENS COUNTY MEALS ON WHEELS

OCTOBER 8 • 7:30 PM

MCKISSICK CENTER IN LIBERTY

2021 Events

PICKENS COUNTY MEALS ON WHEELS

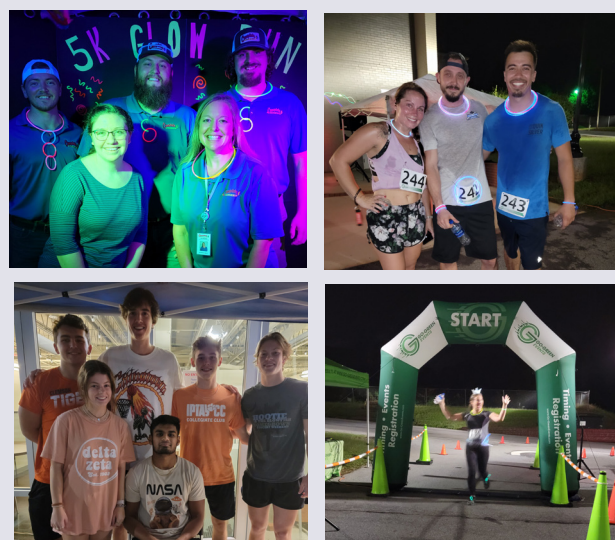
BID TO GIVE

VIRTUAL AUCTION

OCTOBER 29-NOVEMBER 6

Bid to Give

In November, we held a BID TO GIVE online auction. Thank you to our sponsors: Anchor Pools, Sea Level, Blue Ridge Electric Coop, Edward Jones – David Mitchell Edward Jones, King Asphalt, Keymark, The Rushton Agency, Robinson Funeral Home, Priority One Security, and K&S Steel Erectors. We had over 100 bidders. Thanks to all of our donors and sponsors, PCMOW profited \$20,000.



Annual Glow Run

Our 4th Annual Glow Run was a success! This is always a super fun event. This year we had 144 registered runners to participate. Thank you to our sponsors: Prisma Health, Jock White Collision, Complete Heat and Air, Metrocon, Liberty Mortuary, and Holtzclaw Custom Memorials. Thank you to all who participated and attended. PCMOW profited \$7300.00.



Volunteer Luncheon

On November 16, 2021, volunteers gathered at the McKissick Center for the annual PCMOW Volunteer Luncheon. More than 100 volunteers enjoyed a delicious meal, fellowship around the table, and entertainment by Greenville County guitarist, Jacob Johnson.

Thank You to our 2021 Event Sponsors





349 Edgemont • Liberty, SC 29657
 ph.864-855-3770 • www.pcmow.org

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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. All purchases will ensure our senior neighbors can live the nourished lives they deserve.

Our team uses only the finest ingredients to prepare every soup and casserole. Filled with passion and love, these recipes are perfect for busy families, church socials, new moms, gifts or any occasion.

Our shop is available through [facebook.com/savoryourthyme](https://www.facebook.com/savoryourthyme). Contact Shannon with any questions 864-507-2381

King Ranch Casserole – \$15/serves 4-5

Lasagna – \$15/serves 4-5 & \$25/serves 9-10

Cheesy Scalloped Potatoes with Ham – \$15/serves 4-5

Chicken & Broccoli Alfredo – \$15/serves 4-5 & \$25/serves 9-10

Turkey Pot Pie – \$15/serves 4-5 & \$25/serves 9-10

Hot Tamale Pie – \$15/serves 4-5 & \$25/serves 9-10

Taco Soup – \$10/Quart serves 4

Orders may be picked up at Pickens County Meals on Wheels
 349 Edgemont Ave. Liberty
 Monday – Friday from 9 am – 4 pm

Ways to Support Pickens County Meals on Wheels



PCMOW Endowment

In 2021, PCMOW's finance committee worked diligently to help establish an endowment account.

The PCMOW's Endowment Account holds and invests donations given to preserve the gift's original value and grow the contribution over time. PCMOW's Endowment Account aims to provide long-term sustainability and expand the Meals on Wheels footprint to reach all areas of Pickens County. In addition, this account provides an opportunity to accept large tax-deductible donations to establish

an investment account whose annual interest income can expand PCMOW services throughout the county.

When you give to the endowment account, your tax-deductible gift becomes a permanent source of capital, helping PCMOW accomplish our mission.

Besides the impact on the senior community, your gifts to PCMOW's Endowment Account offer numerous benefits, including perpetuity, tax advantages, flexibility, and professional management.

Ways to support the endowment:

- Gifts of Cash
- Real Estate & Property Donation
- Insurance Policy Beneficiary
- Stocks, Bonds & Securities
- Appreciated Securities
- Bequests

For more information on PCMOW Endowment Account, contact Kim at 864-606-3745 or Kim@pcmow.org.

Adopt-A-Senior: Monthly Donations for Everyday Meals

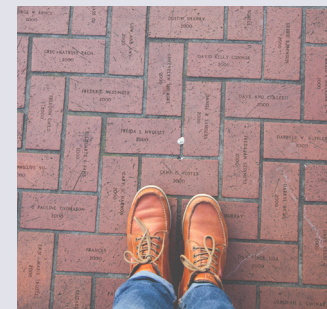
When you donate financially, you provide the consistent financial support needed to sustain and improve the Meals on Wheels program and help our clients maintain their nutritional health and independence. It costs approximately \$1,200 to provide weekday meals and companionship for one person for an 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 40 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's 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!



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