



Meals on Wheels is more than a meal, and today, your support matters.

Meals on Wheels is best known for its work to end senior hunger, but our work goes much further than the handoff of a hot meal. It's a valuable connection and human contact for many lonely and homebound senior adults.

Pickens County Meals on Wheels (PCMOW) programs have proven repeatedly how impactful the moments of contact between our volunteers/staff and senior adults can be. Our home delivered meal program is a vital safety net and a valuable moment of human connection. For many seniors, the volunteer who delivers their meal is the only person they will see that day.

Paul is one of our home-delivered meal recipients. He recently called our office to express how much he appreciates the wonderful meals and how thankful he is for the volunteers who deliver his meals and the time they take to check on him. He recalls each volunteers' name and how much they mean to him. Paul recently celebrated his birthday and thanked us for remembering his special day with a card.

Harriett is also on our home delivered meal program. She calls frequently, to let

each volunteer that visits with her. She ends her conversation each time with "Meals on Wheels is the reason I am able to stay in my own home".

Our Young at Heart senior program is equally as important as the home delivered meal program. PCMOW has two Young at Heart senior center sites, one in Liberty at the McKissick Center and the second is in Central at the Central Community Center. Each weekday we see an average of 50-60 seniors attending for exercise, socialization, and congregate dining. PCMOW will be opening a third Young at Heart senior center in Easley in 2024.

Harold is a new member of our Young at Heart program. Harold recently lost his wife of 45 years. Prior to attending the center, he spent most days at home alone, depressed, and frequently lacking the desire to eat or to take care of himself like he used to. He heard of the Young at Heart program from a friend and called to inquire. A few days later he dropped by the center and stayed for a short time. Our senior members were more than welcoming and inviting him to return. Each day thereafter, Harold has continued to attend the center. He is first



PCMOW is much more than a meal. Our home delivered meal drivers act as a lifeline for our senior neighbors, and just the same, our Young at Heart programs provide seniors with the daily social circle of friends. Both programs offer the priceless moments of human connection that is seen in the smiles, heard in the laughter, and felt in the hearts of those we serve each day.

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 those we serve, thank you for making these programs possible.

Sincerely,

Kari

