

place he chooses to come. The activities at the center not only provide a fun activity and socialization for Dan and Linda but are also beneficial for Dan's mental stimulation. Friendships have been formed and connections have been made. Linda acknowledges the support and kindness of the senior members and their encouragement of Dan.

The Young at Heart center provides Linda with a bit of a break from having to constantly be on watch while at home, as Dan tends to roam. Coming to the center helps her to relax and makes the day shorter. "I don't know what we would do if we didn't have this center to come to. It's a Godsend!", Linda shares.

Dan sums it up when asked if he likes coming to the center, "Absolutely! Good things going on here!"

Aging is not for the faint of heart. When it comes to serving seniors — those Young at Heart, the sick and frail and/or those who find their lives turned upside down by surgery, illness, cancer, or dementia — there's no better place to turn than PCMOW. We have a proven recipe for keeping our senior neighbors healthy, safe and where they want to be most, in their own homes.

Mrs. Holcombe has lived in the same house for over six decades — a home filled with a lifetime of memories. Surviving her husband and with her remaining family miles away, she feels isolated and lonely. She relies on PCMOW's daily meal and, most importantly, a bit of human connection.

One cold morning, the PCMOW volunteer arrived at Mrs. Holcombe's doorstep and noticed something different. The windows were fogged up and there was no response when the volunteer knocked. Worried, our volunteer let himself in and found Mrs. Holcombe lying on the floor, unable to get up. She had slipped and fallen while trying to make her way to the kitchen. Our volunteer called emergency services and comforted Mrs. Holcombe as they waited for help to arrive. The outcome for Mrs. Holcombe could have been very different had she not been a part of our home delivered meal program.

Our volunteers and staff go above and beyond, delivering not only nourishing meals but also a sense of connection and care that is often lacking in the lives of those we serve. Throughout the years, we have witnessed the profound impact of PCMOW and our Young at Heart senior program. The smiles, gratitude, and relief on the faces of recipients when they receive their meal or attend our centers, are a testament to the positive change we bring to our senior community.

Our mission relies solely on your support, whether it be financial or by volunteering. Today we ask you to help PCMOW sustain the growth of those vital services we provide to our senior community. On behalf of our board, staff and most importantly, those we serve, we thank you for your support!

Sincerely,

Kari

