

Normally, it's the healthiest thing you can do. Pickens County Meals on Wheels (PCMOW) has been a ray of hope for those who struggle with food insecurity.

Sarah, while navigating the complexities of aging, found herself facing unforeseen challenges that threatened her sense of independence. Trying her best to maintain normalcy, Sarah found the daily task of preparing meals to be increasingly difficult. Limited mobility, chronic health issues, and the lack of family support left her feeling isolated and overwhelmed.

During a visit with her doctor, she was advised to reach out to Meals on Wheels for a daily hot meal. Fearing that accepting assistance would be a sign of weakness, Sarah was hesitant to reach out for help. However, from the moment of the first meal delivery, she knew she had made the right decision. Not only was she provided a hot nourishing meal, but also a friendly visitor arriving daily at her doorstep with a warm smile. This gave her a sense of connection and companionship that she had been lacking.

There are many more stories like Sarah's. It is a testament to the power of compassion, generosity, and human connection that PCMOW services provide to transform lives and deliver hope to those who need it most.

Our waitlist for home delivered meals continues to grow. Each day we are challenged to expand our services throughout the Pickens County community. Your support is vital to the continuation of these essential services. I challenge you to consider making a monthly donation or volunteer to help meet the growing need to assist more seniors like Sarah. Your support is needed. Every gift makes a difference in the lives of those we serve.

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

Kim



\$14 A MONTH – PROVIDES 2 MEALS A MONTH

**\$28 A MONTH =
PROVIDES 4 MEALS A MONTH**



**\$42 A MONTH =
PROVIDES 6 MEALS A MONTH**



**\$56 A MONTH =
PROVIDES 8 MEALS A MONTH**



**\$77 A MONTH =
PROVIDES 11 MEALS A MONTH**



**\$98 A MONTH =
PROVIDES 14 MEALS A MONTH**



**\$119 A MONTH =
PROVIDES 17 MEALS A MONTH**



**\$140 A MONTH =
PROVIDES MEALS TO ONE SENIOR FOR ONE YEAR**



A Continuum of Care: From the Young at Heart Center to Meals on Wheels Recipient

Charles, age 92, became an active member at our Young at Heart Center in 2017. He had recently moved back to South Carolina after his wife passed away. He was drawn to the senior center as a place of connection during a time of grief. While he missed his wife so much, the center gave him a connection with other individuals and a chance to develop new friendships. He enjoyed participating in the activities and having lunch with his center friends. Unfortunately, he began to experience health problems that caused a decrease in his participation at the center.

Then, about 2 years ago, Charles experienced a bad fall, breaking his collar bone and sustaining other serious injuries. This made it difficult to continue at the center. However, thanks to the continuum of care that Meals on Wheels provides, Charles receives a hot meal and friendly visit daily. "I'm always looking for someone to talk to," Charles states as he reflects on his experience with the home delivered meal program. Without the Meals on Wheels volunteers, Charles would not have the daily connections that he has.



Young at Heart Dining and Activity Centers

25 New Members and 75 Active Members



Health Promotion

500 Exercise Classes and 12 Nutrition Sessions

Certified instructor led exercise is offered daily at each Young at Heart Activity Center. Included are Arthritis, Gen-Fit, and Zumba Gold. Sessions last one hour and are designed to meet the pace and level of each participant. Exercises are done either standing or seated and incorporate a variety of weights, balls, and resistance bands.



Home Delivered Meals

375 Meals Served per Day

Home delivered meals are crucial to helping people maintain their nutritional health, feel connected in the community, and continue living safely in their own homes. Each delivery provides a nutritious meal,

