

Kim's Korner

Pickens County Meals on Wheels (PCMOW) continues to grow and expand its reach to seniors throughout our county. Our board, staff and community leaders are eagerly awaiting the opening of PCMOW's third Young at Heart Senior Center.

We have been working with the YMCA of Easley in uplifting

a portion of the prior YMCA building at 201 Burns Road, Easley. We predict the opening to be mid-August. Additional opening details will be announced closer to the date.

The construction is 75% complete and moving forward with electrical, sheetrock and ceilings giving a true feeling of the actual space we will be occupying. I am starting to feel anxious and excited to promote the new center and expand our senior services to the Easley community. This particular site will be one of our largest locations. Once open, we will offer activities that will allow older adults to connect, thrive and enjoy a range of programs and services – from nutritious meals and fitness classes to social activities, educational workshops, and more.

Most importantly, our new Young at Heart senior center will be a place of friendship, support, and belonging. Franklin, who currently attends one of our centers, credits our senior program with turning his life around. He calls his new friends at the senior center his family and remarks about how everyone cares for him, making him feel so loved and valued. When we recently celebrated his birthday, he became emotional at the wishes given to him and stated that this was the first birthday party he had ever been given. He hardly misses a day attending the center activities.



Home Delivered Meals

Home delivered meals are crucial to helping seniors maintain their nutritional health, feel connected in the community, and continue living safely in their own homes. Each delivery provides a nutritious meal, a friendly visit and safety check. Eligibility: A person must be homebound, unable to prepare a nutritious meal, and not have anyone able to prepare a nutritious meal on a regular basis.

"the food keeps me going"

"the drivers are so kind to me"

"I love the food"

"thank you to the drivers and those who prepare the meal"

"thank you for being there for my mom"

"the service you provide to seniors is remarkable"

These are just a few quotes we receive throughout the year. Our mission is important to all involved. Our service gives our senior friends independence, dignity and a connection. For the volunteer, it's a simple act of kindness that makes a direct impact and in most cases the return is just as rewarding. For the family, it brings peace of mind and a reassurance that their loved one is not alone.

The power of Pickens County Meals on Wheels: nourishing the body, lifting the spirit, and weaving together a stronger, more compassionate community – one meal at a time.

A Word From Your Executive Director

Just as important, PCMOW's home delivered meal program faces the harsh reality of the increasing number of seniors reaching out for support. The overwhelming requests for meal delivery service, a friendly safety check and companionship are heartbreaking and troublesome. The reality is that so many seniors in our community are living alone, with limited income and no family nearby. Some of these folks have not had a visitor in days.

Others quietly go without meals. The demand for our home delivered meal services is growing each day.

When 84-year-old Mrs. Nealy lost her husband of 60 years, her world became painfully quiet. With limited mobility and no family nearby, simple things like grocery shopping or preparing a hot meal became overwhelming. "I used to sit at the window," she says, "watching the hours go by, wondering if anyone remembered I was still here." Then one day, there was a knock at her door. It was our PCMOW volunteer, smiling and holding a warm plate of food. "At first, I didn't know what to say," she recalls. "But they didn't just drop off the meal – they asked me how I was doing. They listened."

There are more senior neighbors like Mrs. Nealy waiting.

Whether you donate, volunteer, or simply share this message, you are bringing kindness to a neighbor's doorstep. That warm meal that is delivered says **"You matter. You are not forgotten."**

Together, we can make sure no senior in our community goes hungry or feels alone. On behalf of our board, staff and most importantly, those we serve, we thank you!!

Kim

HOW CAN YOU HELP:

Your DONATION of \$35 could provide a week's worth of meals and wellness checks.

Your TIME – one hour a week – could be the highlight of someone's day.

Scan the QR code to donate or volunteer.



Volunteers Needed to Expand Meal Delivery Service!

PCMOW is creating a NEW route in the Easley area near Hwy 153 and Saluda Damn Road. Delivering is EASY and takes approximately one hour to complete. We need 20 volunteers to cover this new route. Help us spread the word!! You are our biggest advocates!! Call our office for more information 864-855-3770.



Young at Heart

Maintaining a healthy lifestyle is important. The *Young at Heart Dining and Activity Center* provides the perfect place for active seniors to dine for lunch and participate in a variety of planned activities such as structured fitness and games, as well as educational and nutritional programs. Membership is \$25/individual and \$35/couple annually. Young at Heart Dining & Activity Centers locations:

- McKissick Center, 349 Edgemont Avenue, Liberty • Central Community Center, 120 Commons Way, Central
- Opening Soon: Young at Heart, 201 Burns Road, Easley

Transportation Bus

Since last July, PCMOW has hit the road with our very own transportation service for the *Young at Heart* senior centers!

We also provide essential shopping trips once a week. The bus has been like a road to connection offering a gateway to wellness and independence for our senior neighbors who want to get out and attend our *Young at Heart* centers.



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
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

Support the
PCMOW's
Endowment
Account

6

Donate copy
paper, stamps,
Ingles gas gift
cards

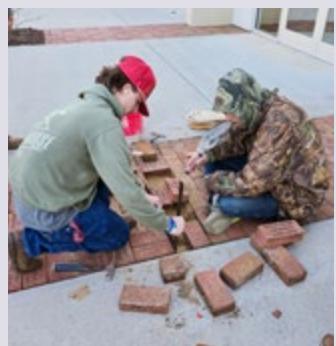
Our Community of Support

Mission Supporters

Mission supporters are those groups or individuals that step in and use their skills and talents to accomplish our mission. We greatly appreciate all of these folks!



The **Cliffs at Keowee Vineyards** members organized large shelf stable filled boxes for distribution to our homebound clients each February.



Youth Leadership Academy students packed a second round of shelf stable meals for our homebound friends.



Liberty High School Interact Club jumped in at the last minute to pack shelf stable items for Hurricane Helene relief & they chose PCMOW as their Service Project Day.



Central Mafia members organized and delivered the senior gift tag tree at First Citizens Bank in Clemson.



Rock Springs Men in Action replaced our ramp at the McKissick Center.

Career & Technology Center brick mason students installed our engraved bricks.

Pickens County Fort Prince George DAR Chapter made Veterans Day cards for our homebound Veterans.

2025 Board & Staff

Board

Lynn Martin, Chair
Retired Lecturer, Clemson University

Laura Patterson, Vice-Chair
Community Leader & Volunteer

Elizabeth Edwards-Martin, Treasurer
Government Affairs Director,
Greater Greenville Association of REALTORS

Kimberly Newton, Secretary
Attorney, Newton Law Firm

Ashley Durham, Landscape Perceptions

Alan Ballew, President/Owner, RealiTrust

Eydie Clements
Retired, BellSouth Finance & Accounting

Drake Curry, CPA, Curry P.A.

Jody Cartee, Realtor, EXP Realty

Tom Couch
City of Easley Administrator & Volunteer

Alan Rampey, Retired

Andy Sevic, ECU CEO, MOW Volunteer

Tim Scott, Consultant, Elevate PMO Consulting

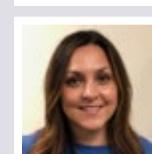
Staff



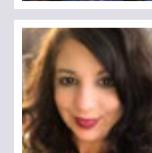
Kim Valentin
Executive Director



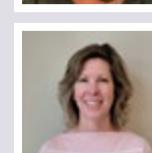
Marsha Robertson
Program Coordinator



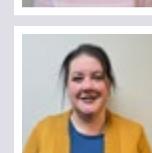
Shannon Swanson
Admin & Fundraising Coordinator



Stacey Brodie
Site Coordinator, Central



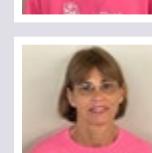
Melissa Parker
Volunteer Coordinator



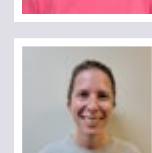
Tina LaFoy
Senior Service Coordinator



Melinda Thrower
Lead Cook



Heidi Beal
Kitchen Assistant



Jessica Holder
Kitchen Production Cook



Monique Arce
Meal Transporter



Sharon Neme
Meal Transporter

Community Meal Sponsors

Pickens County Meals on Wheels offers an opportunity to collaborate with local businesses through meal sponsorship and employee team building day. Local businesses sponsor the meal for that day and in return the business name is displayed on the meal. Each business is given the opportunity for their employees to pack meals for delivery that day, and if time allows, they are welcome to deliver the meals to our homebound recipients.

We would like to thank the following organizations for participating in our Community Meal Sponsor Program:

- Anchor Pools
- Carolina Handling
- US Waffle

To learn how your business can sponsor meals for a day, contact Shannon at 864-507-2381 or Shannon@pcmow.org.



We Put the Fun in Fundraising!

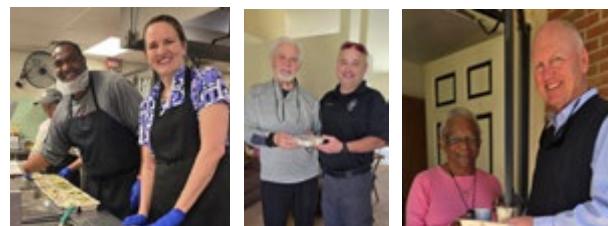
Thank you to all our sponsors!!



2024 5K Glow Run

With over 200 participants, the Glow Run is always a great event. **Mark your calendar for the next Glow Run on October 11, 2025.**

Sponsors: Prisma Health; Lynn & Ed, LLC; U.S. Waffle; Jock White; Complete Heat & Air; Clearview Animal Hospital; Knowles; SeaLevel; Stephen Jewell Plumbing Inc.; Little Bistro; Liberty Mortuary; Holtzclaw Custom Memorials; Palmetto Plating; Park National Bank; Easley Combined Utilities; Easley Police; Easley Fire Department; Walmart



March for Meals

We appreciate all community leaders and elected officials who took time out to prep, pack, or deliver meals to our homebound. Our campaign this year focused on the meal applicant waitlist. The FACT that our meal applicant waitlist is over 190 is heartbreaking. **If you have an hour to spare consider volunteering – if not, consider donating!!**



2025 Trivia Notes & Tacos

Who doesn't like TACOS with a little live MUSIC & TRIVIA!! We served over 125 taco plates and had a lot of brain teasing fun!

Sponsors: AnMed Cannon; King Asphalt; Robinson Funeral Home; Vulcan Materials Company; Lynn & Ed, LLC



2024 Swinging Soiree

Dressing up in 20s attire for a great cause! We filled the space and raised funds to support Easley's new senior center.

Sponsors: Edward Jones, David Mitchell, CFP®; Lynn & Ed, LLC; Carolina Handling; Anchor Pools; Landscape Perceptions; Patterson Tax Service; Titos; Connipoint; Mersoleil; Bonanza; Sea Sun



2025 Pancake Breakfast

Who doesn't like pancakes??? We served over 100 pancake plates! Thank you to all who attended and sponsored!

Sponsors: City of Easley; City of Pickens; City of Liberty; City of Clemson; Town of Central; Town of Norris; Town of Six Mile; Pickens County Fire Chiefs Association



2025 John Willis Car Show

The rain held off and we had over 75 cars to participate in the car show at Easley at the Old Market Square. We had a variety of classic car enthusiasts, jeep club fans, families and neighbors to come out to support our mission. Thanks to all of our community partners who made this a success.

Sponsors: Daniel Crosby Agency, State Farm; City of Easley; Mike Holcombe's; Lynn & Ed, LLC; Stop-a-Minit; Hawks Motorsports; Michelin

Volunteers are the Heart of Meals on Wheels

Volunteers are the backbone of Pickens County Meals on Wheels. Every day, they deliver more than just a meal – they deliver compassion, connection, and a lifeline to those who need it most.

Right now, there are neighbors in our community – seniors and individuals with disabilities – who need a hot, nutritious meal and a friendly safety check, but they are on a waitlist. Why? Because we don't have enough volunteers to meet the growing demand.

Volunteers are the lifeblood of our mission. With more volunteers, we can clear the waitlist, expand our routes, and reach those who need us. Each delivery takes just an hour – but the impact lasts far longer.

I challenge you to become a volunteer driver. Once a week, twice a month or once a month, you too can make a difference in the lives of those we serve. Give us a try and you will soon agree, the reward is much bigger for the volunteers!!

If you operate a business, consider having your employees deliver a route. We make it EASY!!

Give us a call to discuss being a **CORPORATE ROUTE PARTNER!** Thank you to those who are already participating in this program:

1st Community Bank Easley
Advanced Prosthetics
Central Police Department
Clemson Paw Partners
Easley Baptist Hospital
Easley City Hall

Easley Fire Department
Easley Police Department
Easley Recreation Department
Fort Hill Natural Gas
Land Planning

Martin Printing
Pickens County
Administrative Offices
Pickens County Sheriff's Department
Robinson Funeral Home

Easley & Central Abbott
South State Bank
State Farm Crosby Agency
Sulzer Process Pumps



We're Growing—and We Need Your Help!

PCMOW is adding a **NEW** home-delivered meal route in the Easley area near Hwy 153 and Saluda Dam Road. Delivering meals is quick, easy, and takes about an hour—and we need **20 volunteers** to make it happen!

Scan the QR code to sign up or call 864-855-3770 for more info.



New Volunteers: June 2024–April 2025

Natalie Anders	Harrison	Altredo Sanchez
Michael	Brian Herbst	Michelle
Armstrong	Angela Hester	Schrone
Sarah Balas	Logan Hill	Joyce
Adam Ballew	Carrie Howland	Schwertfager
Shannon Ballew	Kyleen Jackson	Tim Scott
Addison Ballew	Ashley Keyes	Vangie Smith
Jackie Bate	Youssef Kobach	Kelly Stover
Kristian	Patricia Koontz	Joyce Stover
Blackstone	Mary Ann	Dakota Swaney
Donna Brazeal	Kremer	Meredith Teske
Ralph Callahan	Johnathan Land	Nicole Thomas
Jody Cartee	Ronald Long	Scott Tickner
Tom Couch	Autumn	Allen Toole
Chloe Dunaway	McAdams	Cindy Willis
Ashley Durham	Deana	Ray Wilson
Shannon	McAnulty	Community
Ellenburg	Phil Miller	Partner
Sharon Ellis	Linda Moore	Volunteers
Brian English	Ernie Moore	Advanced
Julie English	Kimberly	Prosthetics
Peter Ferris	Newton	Pickens County
Jim Goodman	Meredith Oh	Sheriff Office
Susan Goodwin	Bill Polkinhorn	
Jeremy Hare	Stephanie	
David Harned	Powell	
Michelle	Amanda Riley	



Are you a member of a local church and does your church volunteer with us? This is a great opportunity for outreach. Look who's already a **CHURCH DELIVERY PARTNER:**

Grace Church and Grace Mosaic Inspire
Easley First Baptist-Fresh Spirit Sunday School

One Church
Ridgeland Drive Baptist

Thank you to the teachers who help to fulfill our mission! Did you know that we work with Pickens County School District to recruit teachers who would like to volunteer over the summer? Summer is always challenging due to vacations and outings.

Volunteer Appreciation

We celebrate and recognize our volunteers each year by providing a nice lunch, entertainment and a raffle for prizes. It's always good to see those folks who give so much by "Holding It All Together" for PCMOW.

During Volunteer Appreciation Week we recognized our volunteers because we all think "You're Kind Of A Big Dill"!





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Permit # 1431

Senior Farmers' Market Nutrition Program Offers \$50 in Fresh Produce Coupons to Eligible Seniors

Pickens County seniors, don't miss this opportunity! If you are 60 years of age or older and meet income requirements, you may qualify to receive \$50 in coupons to use at authorized farmers' markets this summer. These coupons can be used to purchase fresh, unprocessed fruits and vegetables grown by local farmers.

This benefit is offered through the Senior Farmers' Market Nutrition Program (SFMNP)—a seasonal USDA-funded program that supports senior health and local agriculture.

To be eligible, applicants must be at least 60 years old at the time of application, meet low-income guidelines, live in Pickens County, and present proof of identity when picking up their vouchers. Participants must apply each year to receive benefits.

Applications will be accepted June 2 through June 30, Monday through Friday, between the hours of 9:30 a.m. and 2:30 p.m. at the McKissick Center for Senior Wellness, located at 349 Edgemont Avenue in Liberty.

If you're unable to visit the McKissick Center, there are also several pop-up voucher distribution events scheduled throughout the county:

- **Wednesday, June 4, from 9:00 a.m. to 2:00 p.m.** at The Storehouse at 5 Point Church, 1021 S Pendleton Street, Easley.
- **Thursday, June 5, from 9:00 a.m. to 1:00 p.m.** at Clemson Community Care, 105 Anderson Highway, Clemson.
- **Monday, June 9, from 8:30 a.m. to 12:30 p.m.** at the Senior Center at Hagood Community Center, 129 Schoolhouse Road, Pickens.

Don't miss this chance to eat fresh, stay healthy, and support local farmers. For more information, please visit pcmow.org.



The McKissick Center

A Venue With A Mission

The overarching vision is to use the venue to provide direct programs and services to our senior neighbors across Pickens County as well as operate a social-enterprise that will support our mission all year long. Book your event here to ensure hundreds of seniors can live the nourished lives they deserve.

Our Venue

The McKissick Center offers a grand entrance tower, open dining hall, downstairs lounge, and patio that are sure to inspire. Featuring over 15,000 square feet of event space, a great list of approved vendors, catering from Pickens County Meals on Wheels staff, the McKissick Center is the perfect location for your wedding, corporate event, fundraiser, holiday festivities or private party. Centrally located in Pickens County, the McKissick Center provides endless opportunities to create the event of your dreams.

Learn more at mckissickcenter.com or contact Shannon @ 864-507-2381 or Shannon@pcmow.org to book your event today.

Savor Your Thyme

Savor Your Thyme is a social enterprise that supports the mission of Pickens County Meals on Wheels throughout the year. Every purchase helps ensure our senior neighbors can live the nourished lives they deserve.

Our team uses only the finest ingredients to prepare each casserole with care. Filled with passion and love, these time-tested recipes are perfect for busy families, church gatherings, new moms, thoughtful gifts, or any special occasion.

Curious about our casseroles or ready to place an order? Simply scan the QR code for details and to view our current inventory.

- Small casseroles are \$15.00 and serve approximately 4 people.
- Large casseroles are \$25.00 and serve 8-10 people.

Our shop is available through pcmow.org/shop. For questions, please contact Shannon at 864-507-2381 or Shannon@pcmow.org.

**SAVOR
YOUR THYME**

