



Together, We Keep the Wheels Turning

As we approach the end of another year, we're reflecting on the **countless moments of kindness, connection, and care** that have filled our community – **and the challenges still before us.**

Every day, your support helps **Pickens County Meals on Wheels (PCMOW)** provide more than **just a hot meal and a friendly place for seniors to gather.** You help deliver **hope, comfort, and dignity** to older adults who might otherwise go hungry or feel alone.

The growth of our **home delivered meal program** has presented these additional challenges:

- More seniors are requesting home-delivered meals than ever before
- Rising costs have made it harder to keep up with food, fuel, and staffing
- As we add more home delivered meal clients, the need for volunteers increases

Our home delivered meal program is especially important to those like Sarah, who lives alone after the passing of her husband. Sarah's health has prohibited her from standing for long periods of time as well as having the ability to do the **small things we all take for granted.**

Sarah relied on her husband for transportation to the stores and he was the one who prepared each meal. Mealtimes once filled with conversation and companionship had become a reminder of her loneliness. After a visit from her home health nurse, Sarah agreed to try Meals on Wheels service.

Now each weekday, Sarah receives a **hot nutritious meal delivered by a friendly volunteer** that takes a moment to chat – asking how she's feeling, does she need anything, and sharing a laugh or two. Sarah is thankful for the food but also for the **kindness that is delivered each visit.**

Our **Young at Heart (YAH) senior centers** face challenges that directly impact the seniors we serve:

- Our newly opened YAH senior center in Easley has had an overwhelming number of seniors to join while we adapt and adjust to accommodate larger attendance
- Our Central Young at Heart senior center is lacking on space for continued growth
- Growing numbers of attendance results in **more seniors who need transportation**

Our YAH senior dining and activity centers offer programs that appeal to folks like Don, who remind us why these centers matter so deeply.

When Don lost his wife a few years ago, the days felt unbearably quiet. He stopped cooking, stopped socializing, and slowly withdrew from the world around him. A neighbor encouraged him to visit the YAH center "just once". That single visit **changed everything.**

Now, Don rarely misses a day. He joins friends for coffee, plays cards after lunch and teaches others the game of cornhole. Don says, **"Coming here gave me my life back – I laugh again, and now, I belong somewhere".**

Despite all the challenges, we at PCMOW are committed to meeting the growing demand, but we can't do it alone.

Today, **you can make a real difference by making a donation or signing up to volunteer.** With your help, we can continue to **expand our reach, strengthen our programs, and ensuring that our wheels keep turning – bringing meals, smiles and peace of mind to hundreds of seniors.**

With gratitude,

Kiri Valentin



WAYS TO SUPPORT US



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Liberty, SC 29657



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