



## Kim's Kerner



### A Word From Your Executive Director

Spring is a season of renewal and growth, and at Pickens County Meals on Wheels, that spirit is evident in everything we do. As the days grow longer, so does our reach — serving more individuals than ever who rely on us not only for meals, but for connection, care, and the reassurance they are not alone.

This growth is reflected in the increasing number of home-delivered meal applications, each representing a neighbor in need. Our Young at Heart senior centers are also thriving, with more older adults participating in meals, activities, and fellowship—highlighting both the rising need and the strong sense of community we provide.

Here is just one powerful example of why our programs matter so much. Recently, one of our drivers arrived at a client's home and noticed the smell of gas. Acting quickly, she urged the client to call the gas company. The client, who had been feeling ill for weeks, soon learned there was a dangerous gas leak in her home. The technician later shared that this quick action likely saved her life.

Moments like this remind us that Meals on Wheels is about more than delivering food—it's about safety, compassion, and human connection. Our volunteers are often the only consistent point of contact for many clients, and their care truly makes a difference.

As demand continues to grow, so does our need for volunteers to pack meals and deliver routes, as well as financial support to sustain and expand our services. This spring, as our community flourishes, we invite you to join us in ensuring that no neighbor is forgotten and every person we serve feels cared for.

With gratitude,

Kim Valentin  
Executive Director



## Volunteers are Super Heroes!

A heartfelt thank you to all of our volunteers who generously give their time and compassion to help fulfill our mission. Your dedication makes a difference every day, and we truly appreciate all that you do!

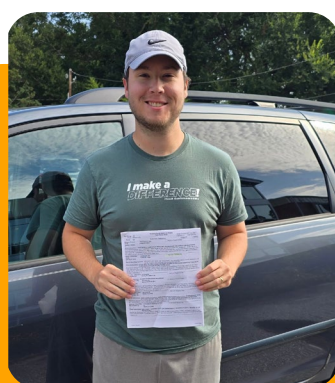
**Volunteers are the backbone of Pickens County Meals on Wheels. Every day, they deliver more than just a meal – they deliver compassion, connection, and a lifeline to those who need it most.**

Volunteers like Shirley L. are at the heart of what makes Pickens County Meals on Wheels so special. She came to serve after experiencing firsthand the impact the program had on her own father while she was living in Florida. Her family depended on Meals on Wheels to provide him with meals, companionship, and daily check-ins when he was homebound.

One day, she received a call that her father hadn't answered the door—a moment that showed her just how vital those check-ins are. He was fine, but the reassurance that someone was looking out for him meant everything. Now back in this community, Shirley volunteers to give others the same comfort and care her family once received.

**We challenge you to become a volunteer driver. Once a week, every other week, 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!!**

Scan the QR code or visit [pcmow.org](http://pcmow.org) to sign up as a volunteer.



### Calling All Teachers!

Make a difference this summer by delivering meals to homebound seniors in Pickens County. We currently need volunteers to help deliver meals on routes in Pickens, Six Mile, and Easley.

Volunteering is flexible and can fit your summer schedule. Even a small commitment can make a big impact for seniors who depend on a hot meal and a friendly face.

Join us this summer and help serve your community!

# Our Community of Support

## MISSION SUPPORTERS



### Sealevel Systems, Inc.

Sealevel Systems, Inc. selected PCMOW as their Team Compassion Project by delivering pre-selected food items to help lower meal production costs and assisting with the prep and packing of 380 home-delivered meals.



### Order of the Eastern Star

The Order of the Eastern Star came throughout the year to help prep and package home-delivered meals.



### Classical Conversations Homeschool Group

The Classical Conversations Homeschool Group rolled up their sleeves and delivered meals to our neighborhood friends.



### Central Mafia

Central Mafia organized the Angel tree at Ollie at CU and First Citizens Bank in Clemson – thank you to those who purchased gift bags for our 260 homebound friends.



### Clemson University President's Leadership Institute

The Clemson University President's Leadership Institute packed 450 shelf-stable meal packages and delivered 10 home-delivered meal routes throughout Pickens County. **Go Tigers!**



### Daniel Crosby State Farm Insurance

Daniel Crosby State Farm Insurance spent the morning packing and delivering meals while bringing smiles to our senior friends.



### Easley First Baptist Church Youth Group

The Easley First Baptist Church Youth Group tackled a rainy day during school break to deliver five meal routes.



### Hunter Farms

Hunter Farms donated 70 gallons of fresh strawberries for our senior neighbors to enjoy.



### Leadership Youth Academy and L&L Feed & Garden Center

Volunteers Joseph from Leadership Youth Academy and Chad from L&L Feed & Garden Center helped beautify our courtyard by planting tomato and pepper plants.



### Liberty High School Interact

Liberty High School Interact helped pack shelf-stable meals and returned in the spring to spread mulch around our facility.



### Pickens County Career & Technology Center

The Pickens County Career & Technology Center students returned once again to install our Paving the Way bricks to support our mission.

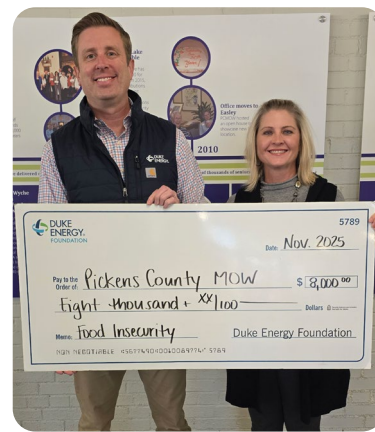


Scan the QR code or visit [pcmow.org](http://pcmow.org) to learn how you or your group can become a Mission Supporter and help make a difference for homebound seniors in Pickens County.

## COMMUNITY PARTNERS

Thank you to each of our supporters from the community who help keep our wheels rolling!

- Upstate Senior Network
- Reserve at Lake Keowee Foundation
- Duke Energy
- Bates Masonic Lodge #189



## 2026 Board of Directors

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Dining Operations, Young at Heart - Central

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Katie Boone  
Program Coordinator, Young at Heart - Easley

Monique Arce  
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Don Hayes  
Transportation Driver, Young at Heart



## Young at Heart Senior Dining & Activity Centers

Maintaining a healthy lifestyle is important at every age. The Young at Heart Dining and Activity centers offer active seniors a welcoming place to enjoy lunch, stay connected, and participate in a variety of engaging activities. From structured fitness classes and games to educational and nutrition programs, there is something for everyone to enjoy. Annual membership is available to adults 55+ for \$25 an individual and \$35 a couple.

### Locations:

- **McKissick Center**  
349 Edgemont Avenue, Liberty
- **Central Community Center**  
120 Commons Way, Central
- **Easley Young at Heart**  
250 Burns Road, Easley



### NEW EASLEY LOCATION

It was an exciting year with the opening of our 3rd senior center at 250 Burns Road, Easley. The Easley Young at Heart Center has over 400 members, offering 2 exercise classes each week day, socialization, games, and group dining. The opening of this center is clearly meeting a need in the Easley Community!



### 10 YEAR CELEBRATION

Young at Heart McKissick Center in Liberty recently celebrated its 10-year anniversary with a special luncheon honoring some of the incredible individuals who helped launch our very first senior center.



### YAH CHRISTMAS

All of our senior centers celebrate big when it comes to Santa, games, and surprise visits from Gingys running from the Pickens Police Chief!



### SENIOR PROM

The western theme was a hit, and they all danced their boots off!

## HOW YOU CAN HELP

# Fuel the Mission

Every meal delivered through Pickens County Meals on Wheels is made possible by the generosity of individuals, businesses, and community partners who believe no senior should face hunger or isolation alone. Whether through monthly giving, sponsorship opportunities, purchasing from our programs, or honoring loved ones through meaningful gifts, there are many ways to support our mission and make a lasting impact in the lives of homebound seniors across Pickens County. Scan the QR codes to learn more about each opportunity.



## Adopt a Senior

Recurring monthly donations provide dependable funding to sustain and strengthen the Meals on Wheels program. Just \$35 a week helps provide weekday meals and companionship for one senior.



## Plating a Promise

An opportunity for organizations or businesses to sponsor a full day of meal delivery through a financial gift. Includes an opportunity for your team to be a part of the experience to see the firsthand difference your group is making.



## Amazon Wish List

Support Pickens County Meals on Wheels by purchasing needed items from our Amazon Wish List. Donations help provide supplies for our Young at Heart Senior Centers, office operations, and programs that serve seniors throughout Pickens County.



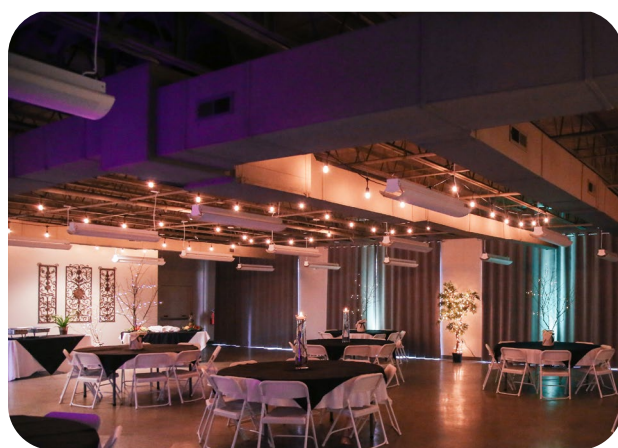
## Paving the Way

For \$125 you can choose a message to be engraved on one of the 4x8 bricks paving the courtyard of the McKissick Center, home of Pickens County Meals on Wheels. Recognize a person in your life. Honor someone special. Cherish the memory of a loved one. Celebrate an occasion.



## Savor Your Thyme

Enjoy one of our delicious, homemade casseroles prepared by our team with quality ingredients and time-tested recipes. Perfect for busy families, church gatherings, new moms, thoughtful gifts, or any special occasion. Small casseroles are \$15 (serves 4-5) and large casseroles are \$25 (serves 8-10).



## McKissick Center Rental

PCMOW uses our venue, The McKissick Center, to provide direct programs and services to our senior neighbors across Pickens County and to support our mission all year long by offering rental of our space. Book your event here to ensure hundreds of seniors can live the nourished lives they deserve.



## WAYS TO GIVE

1

Mail a check to:  
Meals on Wheels,  
349 Edgemont,  
Liberty, SC 29657

2

Donate online at  
[www.pcmow.org](http://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 Endowment Account

# FUNraising Events



## Trivia Notes & Tacos

What a fun event!! We had great food, great music and challenging trivia. Thank you to all who participated and those who sponsored the event. Keep your eyes peeled for 2027 TNT date!

## 5K Glow Run

Runners and walkers lit up the course with glowing gear, bright smiles, and plenty of community spirit. Thank you to all of our participants, sponsors, and volunteers who made this event such a glowing success. We can't wait to light up the night again on October 10!



## Pancake Breakfast

We had the whole town smelling like bacon! Pancakes were fluffy and the homemade syrups were delicious. Thank you to all of our sponsors and those who attended!



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## EVENT SPONSORS

Thank you to all of our sponsors that have helped make our fundraisers a success!



## Fresh Produce is Back in Season

Pickens County seniors have the opportunity to enjoy fresh, locally grown fruits and vegetables this summer through the Senior Farmers' Market Nutrition Program (SFMNP). Eligible seniors may receive \$50 in farmers' market vouchers to use at authorized farmers' markets throughout South Carolina.

Funded by the USDA, this seasonal program supports both senior nutrition and local farmers. To qualify, applicants must be age 60 or older, meet income guidelines, live in Pickens County, and present a valid ID when picking up vouchers. Applications must be completed each year.

**Voucher applications will be accepted June 1–19, Monday through Friday from 9:00 a.m. to 2:00 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 3, from 8:00 a.m. to 2:00 p.m.** at The Storehouse of Pickens County, 1021 S Pendleton Street, Easley.
- **Wednesday, June 10, from 9:00 a.m. to 1:00 p.m.** at Clemson Community Care, 105 Anderson Highway, Clemson.

Pickens County Meals on Wheels will also host two community farmers market events featuring **Hanks Produce**, where seniors can use their vouchers to purchase fresh, locally grown produce.

- **Tuesday, July 21, from 8:30–11:30 a.m.** at the McKissick Center for Senior Wellness in Liberty
- **Tuesday, July 28, from 8:30–11:30 a.m.** at the Young at Heart Senior Dining and Activity Center in Easley

Scan the QR code or visit [pcmow.org](http://pcmow.org) for more information.

