



MEALS ON WHEELS OF CHESTER COUNTY

MORE THAN A MEAL®



Our Newsletter Has A New Name

The MOWCC Newsletter has been called “Food for Thought” for many years.

We are changing it to a common phrase that we frequently say...

More Than A Meal. And, that is what we are. MOWCC volunteers check on the safety and wellness of our aging neighbors. They become friends and can provide suggestions for help beyond providing meals.

Meals on Wheels of Chester County

404 Willowbrook Lane
West Chester, PA 19382
610-430-8500

Email: meals@mowcc.org
Website: www.mowcc.org

NOTE: We do **NOT** deliver on these 6 holidays:

1. New Year's Day
2. Memorial Day
3. July 4th
4. Labor Day
5. Thanksgiving Day

No Meal Delivery

From First Delivery in 1954 to Millions Served Today: Meals on Wheels Celebrates Philadelphia Roots as America Marks 250 Years



As the nation prepares to celebrate America's 250th birthday, Philadelphia is once again in the spotlight as a city of historic firsts. Among its profoundly impactful innovations: ***the very first Meals on Wheels delivery in the United States.***

In 1954, a small group of dedicated Philadelphians came together with a simple but powerful idea—to deliver nutritious meals to homebound seniors who could not shop or cook for themselves. That first delivery, organized through local community efforts, launched what would become one of the most effective and enduring social service movements in the country.

Meals on Wheels of Chester County became incorporated as a nonprofit in 1991 and now serves 21 different areas spanning Chester County via 35 routes. From July 1, 2024 to June 30, 2025, over 105,000 meals were served in Chester County alone.

“What began as a local act of kindness in Philadelphia has grown into a movement that defines how we care for our aging neighbors,” said Jeani Purcell, Director of Meals on Wheels of Chester County. “As we celebrate 250 years of American history, we’re proud to honor a Philadelphia-born idea that continues to strengthen communities every single day.”

From those humble beginnings—serving just a handful of residents—Meals on Wheels has grown into a nationwide network of more than 5,000 community-based programs, now delivering approximately 244 million meals annually to over 2.6 million seniors across America.

SUMMER 2026

With Gratitude for the Life & Legacy of Mike Hancock Jr.



On December 28, Mike Hancock Jr., longtime MOWCC volunteer, passed away. Mike was a beloved veteran, teacher, mentor, coach, husband, father and friend. Donations in Mike's memory have exceeded \$3,500. All of these funds go to the purchase of nutritious meals for those in need.

To the thousands of former students and athletes who knew him, Mike was a towering presence in their lives. To his friends, he was a lifelong Nittany Lions football fan, always looking forward to tailgating with his old fraternity brothers at Penn State games. To his family, Mike was a loving patriarch and a devoted partner to Barbara, the love of his life, for 58 years. Mike will be missed dearly and his legacy will live on. Our heartfelt condolences to his family and anyone lucky enough to have known him.

A VERY IMPORTANT SAFETY REMINDER TO VOLUNTEERS

When leaving a meal for a client in a cooler or thermal bag, if there is a meal from the day before, PLEASE dispose of the old meal before leaving the new one and call the office.

THANK YOU!

Welcome a new face in the office ... Cathy Cox



We are delighted to announce that Cathy Cox recently joined our office team as Office Coordinator (replacing Donna Little who retired in January).

Cathy brings with her a wealth of knowledge from a tenured career at Vanguard, as well as a heart of service as she is an existing volunteer in the Phoenixville chapter and a committed contributor to Trellis for Tomorrow, her Greek Orthodox Church, as well as a scout leader for her son's troop. She's been a great addition to our small but mighty part-time staff and look forward to leveraging her knowledge across multiple roles in the office.

MEALS ON WHEELS of Chester County



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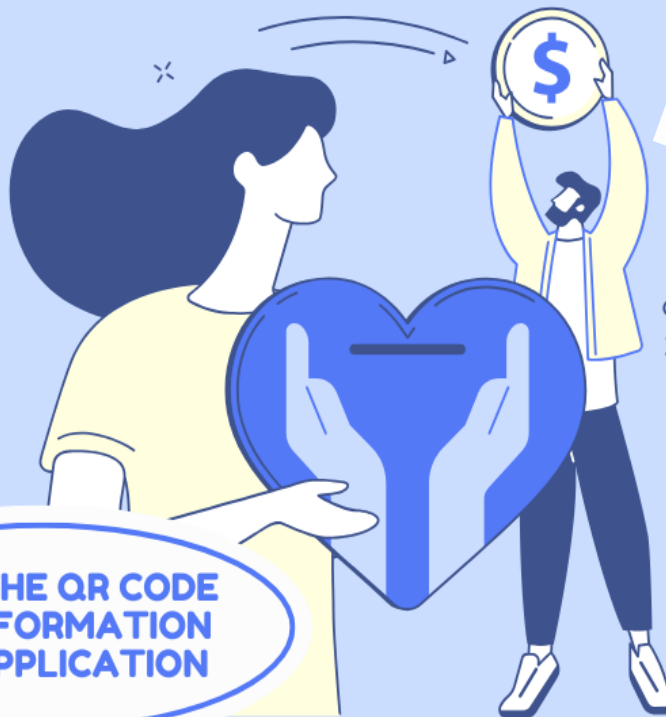


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meals@mowcc.org

THIS AND THAT

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence. **How can individuals take charge of their health at every age?**

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.

CORPORATE MATCHING



Corporate matching gifts can turn one act of generosity into **twice the impact** for local seniors. Supporters of Meals on Wheels of Chester County are encouraged to check whether their employers offer matching gift programs, which can help provide even more nutritious meals, wellness checks, and independence for older adults across the county. **A simple employer match can help ensure no senior goes hungry or feels alone.**

TOP GOLF

Be on the lookout for an exciting announcement about a Meals on Wheels of Chester County's family friendly Fall fundraiser at Top Golf in King of Prussia! Grab the kids and grandkids and enjoy an afternoon of raffle prizes, gift baskets, golf bays with music, games and more!



Official announcement coming soon!

THANK YOU TO CAVA RESTAURANT GROUP!



A great big **THANK YOU** to the extraordinary team at the new CAVA location in Downingtown.

At their invitation, we had a donation table on Thursday, May 21st. 800+

community members enjoyed and generously donated at the register, via Venmo and with cash.

If you haven't already, run don't walk to any CAVA location for delicious Mediterranean style bowls, salads and wraps.



Thank you to everyone who came out to support us.

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Helping Seniors Beat the Summer Heat

As temperatures rise during the summer months, it's especially important for older adults to stay safe in the heat. Seniors are more vulnerable to heat-related illnesses because the body becomes less able to regulate temperature with age.

Simple steps can make a big difference. **Drink plenty of water** throughout the day, even if you don't feel thirsty. Wear lightweight, light-colored clothing and **avoid spending time outdoors during the hottest parts of the afternoon**. Fans and air conditioning can help keep indoor spaces comfortable, and community cooling centers are available in many areas during extreme heat.

Family members, neighbors, and volunteers can also help by **checking in regularly with older adults during hot weather**. Warning signs of heat exhaustion include dizziness, headache, nausea, rapid heartbeat, and confusion. If these symptoms occur, seek medical attention right away.

At MOWCC, we care about more than nutrition — the health and well-being of every senior we serve matters! This summer, let's work together to stay safe, healthy, and connected.



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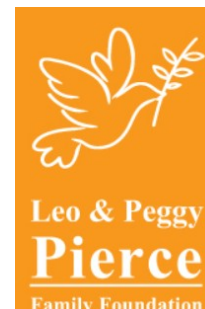
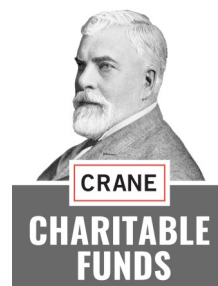


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United Way of
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TOGETHER WE DELIVER

Our accomplishments from last fiscal
year (7/1/24—6/30/25):

# OF MEALS DELIVERED:	105,393
# OF PEOPLE SERVED:	815
# OF VOLUNTEERS:	569
COST OF FOOD:	\$494,672

Please consider DONATING to help feed
homebound seniors today

1. Send a check to:

MOWCC

404 Willowbrook Lane
West Chester, PA 19382

2. Go Online: www.mowcc.org

Meals on Wheels of Chester County (MOWCC) is a registered 501 (c) (3) charitable organization. MOWCC receives partial funding from the Chester County Department of Aging Services. Other funding is provided by contributions from foundations, businesses, individuals and clients. MOWCC's official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free (within PA) 1.800.732.0999. Registration does not imply endorsement . EIN# 23-2636379.