



Meals on Wheels of Chester County

FOOD FOR THOUGHT



Practicing social distancing but still delivering!!



THANK YOU

To all our volunteers taking a virus respite, our new volunteers, our donors, all the nurses & doctors, emergency personnel, grocery workers, food delivery services and to those who are checking more frequently on family and neighbors (especially those who are elderly and homebound). *You rock!!*



IT'S A DIFFERENT WORLD

A lot has changed. We used to say, "Meals on Wheels is not just a healthy meal; it's a friendly visit." We are still delivering nutritious meals. But, we are trying to keep a safe distance. Volunteers are asked to wear masks, sometimes competing on who has the most creative design! Clients are asked to leave coolers or bags outside their door for the volunteer to leave the meal. We still care!

This newsletter, our first of a quarterly publication, will share some extra sources of help and some reminders. We want to share this with volunteers, clients, donors, and the community. So, the topics will vary but hopefully, there will be something informational or fun for everyone.

Your comments, pictures, and stories are welcome. Just email them to: meals@mowcc.org.

Stay safe, stay home (unless delivering meals of course). Be positive and test negative.

MAY • JUNE • JULY 2020 ISSUE

COUNTY SUPPORT DURING COVID-19

PAGE 2



Introducing our New Commissioners

Welcome to our two new Chester County Commissioners. From left to right: Michelle Kichline (since 2014), Josh Maxwell and Marian Moskowitz.

Each year, our Chester County Commissioners approve funds for Meals on Wheels which come through the Chester County Department of Aging Services (CCDAS). We are very grateful for their support which covers a significant portion of our administrative expenses. This means that donations from generous supporters and most grants go directly to the purchase of food for our clients who struggle financially.

We also received over 1,400 free FEMA shelf stable meals this spring to give to those most in need. For up to date info on help from CCDAS, visit: chesco.org/aging.

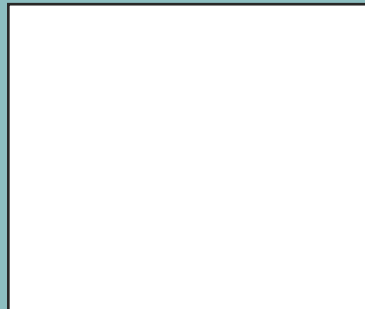


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SUDOKU PUZZLE

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			3	9				
4			6			2		
		3	5		1			
2		5				7	4	
	1	4	7				9	
9				3				
5						4		3
		1			7			
			2	6				

Answers for Sudoku on Page 6.

On the Lighter Side...

The cable repairman was on my street and asked me what time it was. I told him it is between 8 am and 1 pm.



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DIFFICULTY: ★☆☆☆☆



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WHEN YOU NEED MORE THAN A MEAL

PAGE 4

Free Resources

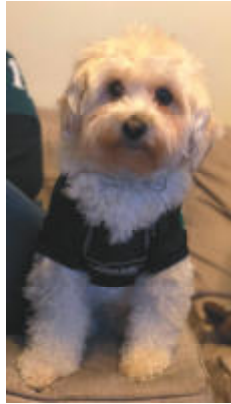


Whether you are a volunteer, a client, or a supporter of Meals on Wheels, we all struggle to fill the hours. Binge-watching TV shows can be a great past-time. But try not to overdo it on negative themes. Look for nature shows, history, or biography. If you have a computer, there are virtual tours (Longwood Gardens, museums, drawing classes, etc.) Go to: www.chescocf.org/covid-19-resources.

Free pet food

Meals on Wheels clients who have a dog or cat and struggle to purchase pet food, can call 610-430-8500 to get **FREE** pet food delivered once a month.

This pet food program, called **Henry's Helping Paws**, was initiated by Senator Andrew Dinniman and is supported by AnimalCare PA.



LONELY?

We have volunteers willing to chat on the phone with you or call to check on you.

To get your own "phone buddy", call: **Patty Miller** at: **610-763-5719**. Tell her you are a Meals on Wheels client and would like to join "**Friends on Call**".



Grocery Help in West Chester?

Need someone to pick up a few things at the store? Mayor Dianne Herrin of West Chester has kicked off an all-volunteer food service program. Seniors who cannot or should not be grocery shopping during the pandemic can contact her office for help. To volunteer or have someone shop for anyone living in the West Chester borough, call Emily Pisano at 610-696-1930 or email episano@west-chester.com.

If you live outside of West Chester, but within Chester County, call our office and we will try and find a volunteer near you to help with grocery shopping 610-430-8500.

Reminder

With summer months heating up, clients **MUST** leave a cold pack, or a frozen bottle of water, in a cooler for the volunteer to leave the meal. If an appropriate container is not left out, volunteers should give the meal to the next client and let the office know.



ROVER—\$1 EA. TRIP

Rover isn't just for trips to the doctor or to the grocery store. Rover provides transportation to any destination (that is open) within beautiful Chester County such as: church, the mall, club meetings, the train station or to visit a friend. For medical appointments, Rover also provides hassle-free travel to Philadelphia and neighboring counties. Everyone – all ages, ambulatory or in need of an accessible vehicle – is welcome to ride Rover.

Call: (484) 696-3854

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OUR MISSION

To enhance the well-being of adults, who are primarily homebound, by providing nutritious meals and personal contact to help them live independently and stay healthy in their own homes.

Regarding article below: Jeff Hall is a volunteer for our Honey Brook Chapter. He writes free-lance for several local papers and enjoys getting to know our Meals on Wheels clients. Some of his articles are written from the point of view of a fictitious ladybug who travels with him while delivering. Jeff shares his stories with our clients to entertain and cheer them.

Miss Ladybug Victoria Witherspoone (Vicki) Dreams of the Good Ol' Days!

I (Vicki) have been secretly riding with Jeff as he delivers Meals on Wheels for several years now. Jeff has no knowledge that I eavesdrop on his conversations with Meals on Wheels recipients and write stories about his adventures.

I'd like to share how our visits have changed in the last couple of months.

Pre-coronavirus: Jeff rings doorbell, greets client, and discusses many interesting things that our clients enjoy. On one occasion, while visiting with Sarah, they talked about music. Jeff tells her, "My grandfather wrote hymns." To our delight, Sarah goes to

the piano in her parlor and, without music, plays her favorite hymn. Tears come to my eyes. (Yes, ladybugs can cry.) Then Sarah invites Jeff to the kitchen for cookies. I slip down Jeff's sleeve and grab a crumb from the table. Delicious!

Now-a-days: Last week, Jeff (garbed in facemask and gloves) puts Sarah's meal in the cooler on her front porch and knocks on the door. He steps back. Sarah opens the door and waves. I hear Jeff sigh. We both miss those cookies, and the music, of course.

Vicki



Census 2020 — Be sure to fill out the form online at 2020census.gov or call 1-844-330-2020.

SUDOKU ANSWERS FROM PAGE 3



Above: Mr. Lion is looking at family stickers on the van and says, "Looks to be some kind of menu."

Answer to Sudoku

1	8	7	3	9	2	6	5	4
4	5	9	6	7	8	2	3	1
6	2	3	5	4	1	9	8	7
2	3	5	9	1	6	7	4	8
8	1	4	7	2	5	3	9	6
9	7	6	8	3	4	1	2	5
5	6	2	1	8	9	4	7	3
3	9	1	4	5	7	8	6	2
7	4	8	2	6	3	5	1	9

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BANANA BREAD

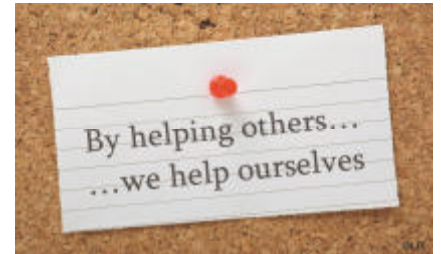
Make for your family or to share with someone on your Meals on Wheels route (just check first for allergies or if diabetic).

INGREDIENTS

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 4 bananas
- 1-1/2 cups flour
- 1 tsp. baking soda
- 1/2 tsp salt
- 1/2 tsp vanilla

Heat oven to 350.

Beat together first 3 ingredients. Add bananas and beat again. Then add dry ingredients and vanilla. (Optional: add 1/2 cup chocolate chips.) Grease and flour a loaf pan. Bake for 55-60 minutes. Makes 1 loaf. Enjoy!



NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com





Meals on Wheels of Chester County
401 Willowbrook Lane
West Chester, PA 19382

Stamp goes
here



STATISTICS FROM LAST YEAR

# OF MEALS DELIVERED:	81,648
# OF PEOPLE SERVED:	716
# OF VOLUNTEERS:	529
COST OF FOOD:	\$318,605
DONATIONS FROM CLIENTS:	\$147,812

CONTACT US

401 Willowbrook Lane
West Chester, PA 19382
Phone: 610-430-8500
Fax: 610-430-8505
Email: meals@mowcc.org
Website: 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 client donations. 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.