



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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OUR MISSION

We provide nutritious meals and personal interaction to homebound adults to help them live independently in their own homes.



Charlie, a Meals on Wheels client in our Honey Brook Chapter, had a bad fall and is recuperating, but no visitors are allowed in due to COVID-19. Here, his daughter Kim, talks to Charlie via phone while looking at him through his window.

STAYING ACTIVE DURING COVID-19

It's important to stay active. Regular activity helps maintain balance, and flexibility. Both help reduce risk of falls, strengthen the immune system, and improve your quality of life.

Due to COVID-19, more people are looking for ways to exercise at home. Be sure and keep these things in mind:

- **LISTEN TO YOUR BODY.** Gauge your level of effort with the "talk test". You should be exercising at a level that allows you to talk, but not sing.
- **BE AWARE OF YOUR ENVIRONMENT.** Make sure you are in reach of a counter, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something. It may also be helpful to put a chair/couch behind you in case you need to sit or lose your balance.
- **HYDRATE.** Drink water before, during, and after exercising, even if you don't feel thirsty.
- **WEAR STURDY SHOES.** If your shoes have ties, make sure they are tied!

(cont. on Page 2)

AUG • SEPT • OCT 2020 ISSUE

STAY SAFE & ACTIVE

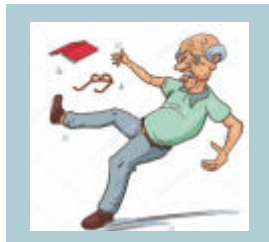
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FACTS ABOUT SENIORS AND FALLS

The Centers for Disease Control and Prevention (CDC) reports that one out of every four Americans over the age of 65 suffers a fall each year.

That's why ensuring home safety for seniors is vital if your loved ones choose to remain living at home.

Stay safe!
Always hold on to something.



STAYING ACTIVE

(continued from page 1)

SIT LESS. While watching TV, try standing up every time a commercial comes on. Can't stand up, try raising your arms at every commercial. Other benefits of exercise are improved cognitive function, reduced anxiety and depression, improved sleep and quality of life. For older adults, reduced risk of fall-related injuries is a key benefit.

Don't like the word "exercise"? Call it something else, like time to "Move-On."

Just keep moving-on!



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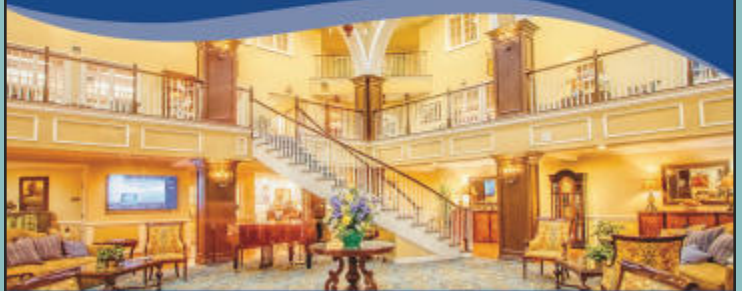


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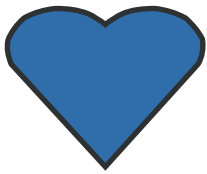
Meals On Wheels, West Chester, PA

06-5362

8 MINDFULNESS EXERCISES

You might be very used to this word, but “Mindfulness” is a relatively new term for me. So, what is it? It can be different for everyone. It might be meditation, but I like to think of it more as focusing. Paying attention. Live in the moment. I think this is particularly good to practice during the pandemic. We need to think of positive things, be grateful, and cultivate a sense of inner peace in our daily lives. Below are some Mindfulness Exercises.

1. Do mindful breathing for 1 minute.
2. Yawn and stretch for 10 seconds.
3. Study a tree...the shape of its leaves and design of the trunk.
4. Mindfully eat a raisin (or a piece of chocolate).
5. Think of 5 things you like about yourself or someone else.
6. Pay attention to the sights, scents, and sounds around you.
7. Zoom in on a butterfly and notice the detail.
8. Carpe diem (seize the day).



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THINGS SENIORS SHOULD KNOW ABOUT

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The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ to buy healthy food every day. To apply, visit:

www.BenefitsCheckUp.org/getSNAP.

1. SNAP is for everyone who qualifies, including seniors.
2. The average SNAP benefit for a senior living alone is \$108 a month.
3. Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.
4. Over 250,000 grocery stores and farmers markets across the country accept SNAP.

ONLINE AUCTION

This past spring, we had planned a BINGO fundraiser. Of course, it had to be cancelled due to COVID-19. We had already received 20 valuable gift baskets and 12 gift cards as donations from local businesses and volunteers. So, we decided to hold an on-line auction.

Here, Ralph Johnson, a Coatesville volunteer, picks up 3 baskets and one gift card. Ralph said they will put a big dent in his Christmas shopping.

Thank you to all the bidders and those who donated so many valuable items. For a full list, visit our website, www.mowcc.org.



WE HAVE 13 FOOD PROVIDERS

Chester County is 759 square miles and much of it is rural. This is why Meals on Wheels uses 13 different food providers to prepare the meals volunteers deliver.

The meals are hot when picked up. To keep them warm, our food providers must be close to our clients' homes. If you live in Honey Brook, your meal provider is different than for someone who lives in West Chester or Phoenixville.

Even though the food is prepared by different providers, all providers are regularly inspected by the state dietitian to assure nutritional value, portion size, and menu content.

We greatly appreciate the partnership of all our food providers and their kitchen staff.



WESTTOWN SCHOOL'S kitchen prepares meals for our clients living in East Goshen and Westtown.

What is a Meals on Wheels “Chapter”?

We often get phone calls like this, “Hi, this is Jane. My meal has not come yet.” Our first question is, “What town do you live in?”

We have 600 clients scattered all over Chester County. It helps to know what town the person lives in.

When we get a new client, we place them in a “chapter” near their home. Each chapter has a different food provider, different set of volunteers, and sometimes different delivery procedures.

We have 21 different chapters serving the Chester County Meals on Wheels clients.



Thank you to all 13 of our Food Providers

Barclay Friends
Chester County Food Bank
Chester County Hospital
Harrison House
Kendal
Lancaster Meals on Wheels
Jenner’s Pond
Manatawny Manor
Phoenixville Hospital
Tel Hai Retirement
Ware Presbyterian Village
West Grove Diner
Westtown School



Jeff Hall, best friend of Miss Ladybug Victoria Witherspoone. Jeff 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)

Hi, this is Vicki back again! It has been so hot this summer that I felt dizzy helping Jeff deliver Meals on Wheels the other day, so he invited me back to his house for some lemonade and a nap. Being in a strange place, I had quite the dream. In my dream, it was last summer. Jeff and I (with no masks) were delivering a meal to Charlie.

Jeff opened the door to Charlie’s residence, and yelled: “Anybody home?” Charlie yelled back, “NO”. Jeff: “Good, I’ll eat your meal!” Charlie: “You usually eat the best part anyway!” Jeff, with me perched on his shoulder, marched in with Charlie’s meal. We sat down to chat a bit (actually more like 30 minutes!). Fortunately, Charlie is the last client on the route so we’re in no rush.

Charlie: “How are things in Honey Brook? How does your son like his new house? How did you get such a cushy job in the Army? And my taxes were paying your salary!” Jeff replies to each question and throws several back at him.

Finally, we get up to leave. Just as we reach the door, Charlie says, “THANK YOU!” Even with the lively banter, I can tell both Jeff and Charlie appreciate each other. This is when I woke up. Wow, that felt so real! I miss our visits with Charlie.



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

JUST SOME THOUGHTS...

Is a vegetarian permitted to eat animal crackers?

Isn't it a bit unnerving that doctors call what they do "practice"?

If you ate both pasta and antipasta would you still be hungry?

What was the best thing before sliced bread?

If the police arrest a mime, do they still have to tell him he has the right to remain silent?



To BOTH our clients and volunteers:

Please wear a mask!

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TACO PINWHEELS

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Mmmmmmmm Yummmmmmmmm

INGREDIENTS

6 large tortillas
8 ounces cream cheese
2 Tbs. taco seasoning
1 cup shredded cheddar cheese
1 cup cooked shredded chicken
1/2 cup diced red pepper
1/2 cup diced green pepper
1 tsp. cilantro
Guacamole or salsa for dipping

INSTRUCTIONS

Mix together cream cheese, taco seasoning & cheddar cheese. Add chicken & peppers.

Spread about 1/3 cup on each tortilla and roll up. Wrap in plastic wrap and chill for at least one hour before cutting.

Slice into 1 inch pinwheels and serve with guacamole or salsa for dipping.

NEVER MISS A NEWSLETTER !

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





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

Stamp goes
here



STATISTICS 7/1/19—6/30/20:

# OF MEALS DELIVERED:	84,145
# OF PEOPLE SERVED:	691
# OF VOLUNTEERS:	614
COST OF FOOD:	\$329,457
DONATIONS FROM CLIENTS:	\$149,057

WANT TO DONATE? CONTACT US:

**404 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 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.