



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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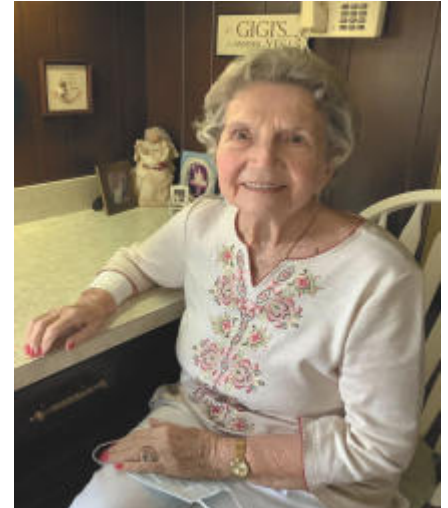
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OUR MISSION

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



Volunteer Spotlight on Mary Anne Keen



Mary Anne Keen has been a volunteer with Meals on Wheels for 43 years. She runs our East Coventry/Vincent Chapter which means she schedules and trains volunteers, interviews new clients, and coordinates with the food provider for that area.

I was born in 1928, the first of five children. By December, 1935, there were four of us plus our parents. The depression kept us moving around. I went to five different elementary schools. Parents of depression children carried the burden of it on their shoulders. But I didn't mind at all. No one had any more than we did. We were living in PA when Pearl Harbor hit, so we stayed here. I met my husband, Len, when he came home from the war. We were married for 72 years.

Len worked for Bell of PA. The telephone has changed as much as anything in my lifetime. A friend of mine said, "We didn't have a phone but our grandmother did, and she only lived a mile down the road, so when we needed a phone, we just walked to her house." Today the phone plays movies, does our banking, shows us how to do things, and answers most everything we ask. Besides all of that, you can still talk on it!

I have been a Girl Scout leader, a den mother, president of the PTA, a Sunday school teacher, and a poll worker. I have driven

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THANKFUL FOR OUR VOLUNTEERS & CLIENTS

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Volunteer Spotlight: Mary Anne Keen (continued from page 1)

for Meals on Wheels for 43 years. It was something Len and I could do together. He drove and I handed out the meals. Everyone was happy to see me and I them.

Meals on Wheels helps people stay in their homes, around the things they love, and be around their memories. I am proud I could help make that possible for many people!

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Tribute to a Special Lady, Gloria Buckwalter

Cathie Leister, a volunteer and board member recently interviewed one of our clients about some of her special memories.

Gloria grew up in Spring City, PA. She remembers it being “a lovely little town.” Fond memories of her childhood include swimming at Lakeview Park and attending church festivals. As a teenager, she remembers going roller skating in Phoenixville and walking to Royersford to see “Gone with the Wind” at The Penn Theater. She graduated from Spring City High School in the class of 1942 with 80 students. After graduation, the boys went off to
Continued on next page

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War, one girl went to college, and the rest of the girls got jobs. Gloria worked for the civil service for 5 years then worked at Weilands. She stopped working after her son was born in 1951. Later in life, she worked in real estate and insurance.

Gloria will be celebrating her 97th birthday in a few months and continues to enjoy watching sports on TV, especially the Phillies. She has lived in her current home for 60 years.

Gloria credits her neighbors and Meals on Wheels with her being able to stay in her home. There is an “affectionate rapport” between her neighbors and herself. She is grateful for the Meals on Wheels volunteers and considers them friends. Gloria says, “I think the world of Meals on Wheels!”



Penn Theater, Royersford, Pennsylvania

Penn Theater opened in 1909.

**Happy
97th
Gloria!**



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PROTECT YOURSELF FROM FRAUD

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Anyone can be scammed – it does not matter how intelligent you are. Scammers can manipulate caller ID to say they are the IRS, your bank, or even the police. They use information they have already gathered about you to instill fear and make you more likely to comply. There are red flags though. You need to be on alert for them.

The most common scam is the IRS scam in which you are told you owe taxes and immediate payment is needed. Red Flag: The IRS does **NOT** make unsolicited calls to citizens. Another common scam is the sweepstakes scam, in which you are sent a fake check and asked to deposit it, only to have it rejected later while the thieves now have your account information. Red Flag: If it's too good to be true, it's probably not.

Another common scam is the grandparent scam, in which you receive a call from the police informing you that your grandchild is in trouble and needs your financial help. Most scams share a common requirement that you act immediately. Don't!

You need to know for sure who you are dealing with. If the caller says they are your bank, **say you'll call them back**. Then look up the bank's number and call them yourself. Do the same with a call from the police. If it's your credit card company, call the number on the back of your card.

And remember, never give out your full Social Security Number, Medicare Number, credit card or bank account number, or any other personal information over the phone unless you initiated the call. If you are not sure who you are talking to, say you will call them back.

EVER WONDER WHERE YOUR DONATIONS GO?

When you donate to Meals on Wheels of Chester County (MOWCC), your money purchases the hot, nutritious meals that are delivered to homebound residents of Chester County, PA.

MOWCC purchases meals from 13 different food providers in the county. Each food provider charges a different price ranging from \$3.40 to \$6.00 a day per person. Last year, the client contributions we received only paid for 45% of the cost of meals. That is why donations from the community are so important!

During COVID-19, people are struggling even more to pay bills. Many seniors have to choose between paying rent, getting much needed medicine or buying food. If you can help, please donate to MOWCC. You can even write on your check specifically where you want your donation to go (i.e. "Coatesville Chapter" or "where most needed").

Most clients get 22 meals a month or about 260 meals a year. Our typical client is elderly, lives alone, struggles financially and often has limited help from family or friends. So, if you donate \$1,000, you have paid for an entire year for one of these vulnerable clients. Or...

\$100 could buy hot lunches for someone for a month!

\$25 would cover meals for one week.

All donations are greatly appreciated and go to feeding our homebound neighbors.

Thank you in advance for helping to feed someone homebound and alone this holiday season! (Checks can be made out to Meals on Wheels of Chester County and mailed to MOWCC, 404 Willowbrook Lane, West Chester, PA 19382.)

WINTER WEATHER MEAL DELIVERY PROCEDURES

For Volunteers....

Your safety is very important to us. We cancel meal delivery if roads are dangerous due to snow or ice. We have always followed school closings due to the weather. However, with COVID-19, it is hard to know if schools are open or virtual. So, this year we will depend on you, the volunteer, to contact our main office if you think it is unsafe to drive. Please try to decide as early as possible so we can alert our clients and cancel meals with the food provider in your area.



If the office feels it is definitely unsafe to drive, we will call the driver for that day and tell them not to go. We also call the kitchens to cancel meal preparation for that day.

Also, if you are delivering but there is a client whose driveway is not passable because of snow or ice (or the sidewalk is snowy or icy), please skip that home, and give the meal to someone else. Always call the main office if you are unable to deliver to someone's home. We do not want you to risk falling or getting your car stuck in the snow.

Emergency meals are available for anyone who does not have food on hand for those days when we have to cancel delivery. If you know of a client whose "cupboard" is bare and could really use some emergency meals, please email us at: meals@mowcc.org.

Remember volunteers:

DON'T DRIVE IF THE WEATHER IS BAD. CALL THE OFFICE.



For Clients who receive meals...



If you look out your window and there is substantial snow or ice, you can assume there will be no meal delivery that day. All of our drivers are volunteers using their own cars and cannot be expected to bring your meal if the roads are not safe. If you feel your driveway or door is blocked due to snow or ice, please call the main office so we can warn the drivers.

Try to always have some emergency food available in case the weather is bad and Meals on Wheels cannot deliver to you. If you are unable to obtain emergency food, call our office and we will bring you some meals and/or snacks that you can keep on hand.

**MEALS ON WHEELS MAIN OFFICE NUMBER IS:
610-430-8500**

LITE FACTS

Ever wonder why roads have broken white lines painted down the middle?

In 1911, Edward Hines, a road commissioner in the state of Michigan was driving behind a milk wagon. The cargo was leaking, leaving behind a broken white line in the middle of the road.

Mr. Hines, who had been worrying about how to prevent collisions between vehicles (including horse-drawn buggies) traveling in opposite directions, soon had his crews painting broken lines down the center of the roads, to help drivers keep to the right.

Do animals get married?

Apparently, penguins do! Not only do penguins mate for life, they also have a proposal ritual. Male Gentoo penguins get the smoothest, roundest pebble they can find, and present it to their intended.

If the female accepts the “proposal,” she adds the pebble to her nest, and the two are “hitched.”



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THE HOLIDAYS



Most areas do NOT deliver on Thanksgiving Day, Christmas Day or New Year's Day.

As the holidays approach, please be aware that most MOW chapters do not deliver on Thanksgiving Day, Christmas Day, or New Year's Day. One exception is our Parkesburg Chapter. That's because their meals come from the Lancaster Meals on Wheels kitchen which is open on all holidays.

The Chester County Food Bank (which provides meals for Downingtown, Glen Springs and Uwchlan Whitelands Chapters) will be closed December 24 and not reopen until Monday January 4th.

Clients living in Downingtown, Exton, Frazer and Chester Springs will receive a box of 5 frozen meals on 12/22. There will be no hot meal delivery from December 24th—January 4th for people living in those areas.

NEVER MISS A NEWSLETTER !

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to you at www.ourseniorcenter.com





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

Stamp goes
here



TOGETHER WE DELIVER

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.