



# MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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## COVID UPDATE

Currently (8/9/21), masks are only **REQUIRED** if you have **NOT** been vaccinated. We will let you know if that changes. You can also check the **chesco.org** website for updated information. **ROVER** is **FREE** at this time for people over 60.

Meals on Wheels of Chester County  
404 Willowbrook Lane  
West Chester, PA 19382  
610-430-8500  
Email: [meals@mowcc.org](mailto:meals@mowcc.org)  
Website: [www.mowcc.org](http://www.mowcc.org)

## Volunteers Share Their Stories



*M*eals on Wheels volunteers meet some really interesting people. Some of the stories can make you laugh out loud or even bring a tear to your eye. I thought it would be fun to share some memorable stories and personalities from our drivers. I won't use any real names but you may recognize your story or have experienced something similar.

We have several organizations that are companions for adults with special needs. They have all told me on various occasions that delivering meals is something people look forward to and feel a sense of accomplishment. We are thrilled to partner with **Jessie's House, Caresense, Merakey, Terrapin House, Kencrest, Salvation Army** and many more through the years.

For example, *JJ* (not a real name) has a rare disorder that makes interacting with people very challenging. Each time she delivers, she blows everyone a kiss and announces, "Lunch is here!" Meals on Wheels has been a gift that makes JJ feel that she accomplishes something important and has helped someone in need.

*Sue* shared that one of her favorite stops is to a couple who have a lovely yard and lots of flowers. Sue would often chat  
*Continued on Page 4*

**FALL — 2021**

# SOME REMINDERS



**VOLUNTEERS:**  
**DON'T FORGET...**

1. Always **COUNT** your meals **before** you leave the food provider. Then you won't have to go back if you are short a meal.
2. Do not leave a meal on the ground. Bugs & cats love our meals!!
3. If no answer when you knock, try calling the client. If still no answer and no cooler, give the meal to the next person.
4. Don't return meals to the food provider because they will just throw them out.

**CLIENTS:**  
**DON'T FORGET...**

**TO PEOPLE WHO RECEIVE MEALS ON WHEELS...**

1. Turn your TV down and stay close to the door or phone around lunchtime so you can hear the volunteer knock.
2. If you cannot answer the door, leave a cooler or bag hanging on your door knob.
3. If you will not be home, **call 610-430-8500** at least one day before to cancel your meal.
4. If it is a hot day, drivers will **not** leave meals **unless** you put a cold pack in your cooler.

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# SAVING ON PRESCRIPTIONS



People are always looking for ways to save on their meds. Generic medications tend to be less expensive but your circumstances may require a brand-name drug.

People who do not have insurance are at an obvious disadvantage. Even if you have insurance, you may not be able to afford your deductible or copays. This is when you might want to consider using a prescription drug discount card.

Prescription drug discount cards act like coupons and allow you to bypass insurance altogether. That means no deductibles. You will pay the retail price of the drug, minus the discount. In some cases, you may even get generic medications for free.

Simply go to the website (the name in red), type in the name of your drug, and the prices from various pharmacies come up. If no computer, call # below.

Here are the most used programs with home delivery available that are accepted by **MOST** pharmacies and offer up to 80% in savings:

- ◆ **GoodRx** BEST OVERALL  
855-268-2822
- ◆ **SingleCare** BEST FOR FUTURE SAVINGS  
844-234-3057
- ◆ **BlinkHealth** BEST FOR HOME DELIVERY  
844-265-6444
- ◆ **RxSaver** BEST FOR CHRONIC ILLNESS  
855-569-6337

**Caution:** The above websites may sell your information to third parties.

Any questions, ask your pharmacist.

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



### IT'S YOUR CHOICE: 3 WAYS TO SAVE!

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\*Offer is valid on new Advance Planning purchases only and cannot be combined with any other offer. Previous purchases are not eligible. Vault and Opening/Closing is required for burial spaces. Opening/Closing is required for mausoleum crypts. Not all burial spaces or crypts may be available for discount. Please consult cemetery for section, building availability and exact pricing. Offer ends 07/31/2021.

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# VOLUNTEERS SHARE FAVORITE STORIES

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with the wife, who is having vision trouble, and describe what was blooming in her yard. Sue got quite close to them and the wife shared how she met her husband and showed Sue pictures of the family. One day soon after the mask rule had been relaxed, the husband came out and gave Sue a great big hug. "I hadn't hugged anyone in over a year! I think I needed the hug as much as he did," said Sue. The wife passed away recently. "That's the hard part about volunteering with Meals on Wheels. You become very attached and it hurts to lose your favorite clients. But I truly love driving for MOW. The husband now sits in his wife's chair on the porch and we reminisce about their earlier days."

*Sam* loves delivering to a couple who are both 95 years young and live in the same house that they built 60 years ago. Over the years, they let their lawn care guy leave equipment at their house in exchange for free mowing. The yard is now filled with a bulldozer, large dump truck, broken lawnmowers and two old cars. Needless to say, there wasn't much yard left to mow! Sam helped the couple contact the authorities to clear out all the junk. Now there is room for flower beds again.

*Jill* and her husband love delivering together. It's a special time helping others and then they stop and have lunch together. "It's our monthly date! We make it a point to make everyone smile. Sometimes we take flowers or a special treat. Our goal is to leave a person smiling and happy to see us."

*Another* couple who deliver together have a favorite client named Charlie. Charlie always greets the wife with, "Hi Cutie" and asks her, "Where's the ugly one?" meaning her husband. "That Charlie always makes us laugh."

"*Awhile* back I went to deliver to a man who usually leaves the door unlocked and the TV blasting. I couldn't get in so I knocked. I could hear him saying something but couldn't make it out. I yelled for him to unlock the door or turn down the TV. Neither happened and I still couldn't make out what he was saying. I called the MOW office and they said they would contact the family or the police. I later found out he was laying on the floor from a stroke. God knows how long he was there or how long he would have stayed there if I hadn't made that call for help. Delivering meals is very satisfying."

"*I deliver* to a man who has dementia. But he always comes outside to greet me and is extremely gregarious and friendly. We don't talk much but his big smile always makes my day."

*Mary* went to the door of a new client and rang the bell. The door opened and on the other side was a gentleman proclaiming, "I answer the door, find a beautiful, smiling face, and she's brought me flowers and food!! What a country!" Mary said, "I laughed. That made my day."

"*Mr. H* is always asking me what I thought of the big game last night or about some player's performance. I have never followed sports but wanted to have an answer for him. So, now I read the sports section of the paper! My husband wants to give Mr. H an award!"

"*I deliver* to a gentleman in a wheelchair. One time, after a heavy snowfall, I noticed the snow was cleared off his special van from four feet off the ground. I saw a broom near-by and cleared off the roof and the rest of the van. To my dismay, the broom now looked ruined. So, the next week, I took him a new broom and apologized for destroying the other one. He said he had other brooms and to come in for a visit. Somehow, we started talking about animals and I said I collect elephants. Do you know he gave me a beautiful Lenox china elephant! He didn't have to do that. It was a lovely gift."

Keep the stories coming! I love hearing about why you love delivering for Meals on Wheels.

*Jeani Purcell*  
Director



**Jim McLeod, Executive Director of Oxford Area Senior Center.**

We have been doing a series of articles on Chester County's Senior Centers. Recently, I met with **Jim McLeod, Executive Director** of the Oxford Area Senior Center (OASC) located at 12 E. Locust St. in Oxford. The OASC reopened on July 6<sup>th</sup> for three days a week. They hope to return to a full week in September. The center's hours are 9:00 am to 3:00 pm on Tuesday, Wednesday and Thursday.

During COVID-19, the OASC provided about 200 frozen meals every Tuesday to area seniors who were in need of well-balanced nutritional meals. These meals were made possible through the **Chester County Department of Aging Services**.

Everyone is glad to be back now to enjoy the center's activities of exercise and painting classes, congregate lunches, card and board games, and just seeing their friends again! Lunches will be limited to 50% capacity (about 40 people) through August. Face coverings are not required as long as you have been fully vaccinated.

There is something for everyone at OASC – card games, bingo, painting, Zumba, tech help and more. You can even get your blood pressure checked. The center has a wonderful Information and Assistance Specialist named Sally Arter. Call OASC or

## OXFORD AREA SENIOR CENTER (OASC)

email her at [sarter@oxfordseniors.org](mailto:sarter@oxfordseniors.org) to set up an appointment. Sally can answer questions and help get the resources you need and explain what services seniors are entitled to receive to help cope with the changing world. If you have a question about housing options, nursing facilities, support groups, in-home services, VA benefits, Medicaid, transportation services and more, you will want to talk with Sally.

Jim McLeod has been at the center for over 20 years. "Funny story", Jim shared, "I only planned to help out at the senior center for six months! But I'm still here!" Jim has lived in Oxford all his life and knows just about everyone!

If you have never been to the OASC, it has a stage in the main room. That's where Jim's office is today. He told me that when he was in high school, he played guitar and saxophone in a rock and roll band on that very stage. "I never dreamed that I would be working here one day," laughed Jim. "Isn't it strange how life often brings you back to places and people from your past?"

I found it interesting that the OASC was built in 1929 as a community center. At that time, a group of local women got together to share learning & travel experiences. The club assumed the name Research Club when it decided to study arts, music, literature, and current scientific & political events, conducting "research" into these subjects. The club building was built, with the help of J.H. Ware II and is now home to the Oxford Area Senior Center.

If you have an interest in going to the OASC or in volunteering for them, call **610-932-5244**.





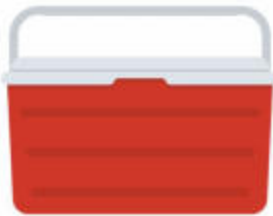
# PROPER WAY TO DELIVER MEALS

## There are 2 ways to pick up meals:

1. Take the coolers right from the Food Provider site. Then you MUST return them at the end of your route.
2. **Take your own coolers.** Transfer meals from the Food Provider's containers into yours. Then you do not have to return to the Food Provider site at the end of your route.

## You must have 2 coolers/bags.

Hot meals go in one cooler/thermal bag and cold packs must go in a separate cooler/thermal bag. Here are examples of what to use:



*All types of coolers are good. Foods must be protected during transport.*



*Thermal bags are also good.*

**DO NOT use un-insulated bags such as plastic bags, tote bags or grocery bags with no insulation on the inside.**



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## Wacky Cake

1 1/2 cup flour  
1 tsp baking soda  
1 cup sugar  
3 Tbls cocoa  
Pinch of salt

1 cup cold water  
1 tsp vanilla  
1 Tbl vinegar  
6 Tbls vegetable oil

### INSTRUCTIONS:

1. Put dry ingredients in 8" or 9" baking pan.
2. Make 3 wells (holes) and pour in the liquids.

3. Mix with a fork.
4. Bake at 350 degrees for 30 minutes.

*ENJOY!*

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[www.harrisonseniorliving.com](http://www.harrisonseniorliving.com)





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

Stamp goes  
here



## TOGETHER WE DELIVER

Here are our accomplishments from  
last fiscal year (7/1/20—6/30/21):

# OF MEALS DELIVERED:	89,573
# OF PEOPLE SERVED:	750
# OF VOLUNTEERS:	588
COST OF FOOD:	\$361,202
DONATIONS FROM CLIENTS:	\$147,189

Please DONATE to help feed home-  
bound seniors either by:

1. Sending a check to:

**MOWCC**

**404 Willowbrook Lane  
West Chester, PA 19382**

2. Going to our website and donate  
online: [www.mowcc.org](http://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.