



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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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.

Meals on Wheels of Chester County
404 Willowbrook Lane
West Chester, PA 19382
610-430-8500
Email: meals@mowcc.org
Website: www.mowcc.org



Food Provider Spotlight: Kendal Crosslands



Above: Steven Wandishin is the Culinary Service Manager at Kendal. Every MLK day for last 12 years, Steven delivers with our Meals on Wheels volunteers in the Kennett Square Chapter.

Kendal (a retirement community), located near Longwood Gardens in Kennett Square, has been providing the meals for our Kennett Square Chapter clients since 1976. Our Kennett Chapter serves approximately 30-35 homebound residents.

Steven Wandishin is the Culinary Service Manager at Kendal. Besides providing daily nutritious meals for Meals on Wheels, he manages multiple dining rooms and oversees a variety of meal programs and venues for the 375 residents of Kendal. They prepare approximately 800 meals each day. Steven, who grew up in Kennett Square, has always had a passion for giving back to the community and annually delivers meals to our clients on Martin Luther King Day.

Continued on next page

THANKFUL FOR OUR FOOD PROVIDERS

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Spotlight: Kendal's Steven Wandishin (continued from page 1)

Steven says, "I've been delivering Meals on Wheels on Martin Luther King Day for 10-12 years now. I think my strong commitment to giving back to the community comes from my dad. He was a police officer, knew a lot of people in the Kennett area and was devoted to helping those in need. Sometimes, I even know the Meals on Wheels clients because they are the parents of kids I went to school with so that makes MOW even more special to me. In fact, when I retire, I know I will volunteer to deliver for Meals on Wheels. I believe it's a great program and really makes a difference."

Meals on Wheels is grateful to have Kendal and Steven helping our Kennett Square Chapter.

#####

Struggling During the Pandemic?

Financial Relief and Protections Extended

The federal government is extending relief and protections for many student loan borrowers, renters, and homeowners who are having trouble making payments during the COVID-19 pandemic.

COVID-19 pandemic and relief efforts continue to change and develop. To get updates, go to:

<https://www.consumerfinance.gov/coronavirus/>

#####

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Meals On Wheels, West Chester, PA

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THE JOYS OF AGING

Yes, there are “Joys” of Aging. We all know that aging is no piece of cake. But let’s take a moment to look at a few of the blessings of the aging process.

1. When you’re 20, you care what everyone thinks, when you’re 40, you stop caring what everyone thinks, when you’re 60, you realize no one was thinking about you in the first place. –*Unkown*
2. You are as old as you feel. So, stop looking in the mirror and don’t act your age.
3. You don’t have to go anywhere you don’t want to go. Just say, you forgot!



4. “When we age we shed many skins: ego, arrogance, dominance, pessimism, rudeness, selfish, uncaring ... Wow, it’s good to be old!” – *Stephen Richards*

5. There is beauty in everything. Whether it’s a butterfly or a spider web on the bedroom wall. Nature is amazing.

It’s all in how you look at it.

Choose to Be joyful!

####

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RESOURCES FOR SENIORS

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Chester County Government Services Center

Our Chester County Department of Aging Services (CCDAS) is an extremely valuable resource for residents who are 60 and over. Meals on Wheels often gets requests from clients or volunteers who have needs and questions relating to things other than the hot lunch we deliver five days a week.

If a client has a non-food problem — like a leaky roof, needs help cleaning, thinks they are being abused etc. — we will get their permission to contact CCDAS on their behalf. The CCDAS has up-to-date information on what organizations can help our seniors and they will contact the appropriate services.

For example, CCDAS can determine if someone is eligible for home care and provide the contact information. They also have information on what organizations in Chester County can assist with cleaning, home repair, and tax preparation. CCDAS is available 24 hours a day, 7 days a week to receive reports of suspected Elder Abuse. (Elder Abuse includes physical, emotional, and/or sexual abuse, financial exploitation including scams, caregiver or self-neglect, and abandonment.) Sadly, sometimes people will drop an elderly person at the hospital and leave. This is abandonment. CCDAS investigates allegations of Elder Abuse and works to remove the risk to the older adult.

There are 37 staff working for CCDAS. Their team is made up of care assessors, protective services-care managers, program-care managers, APPRISE counselors, and Ombudsmen. The Ombudsmen visit clients and over 67 facilities in the county. They have contact with approximately 3,000 seniors. There are about 110,000 Chester County residents over the age of 60.

During COVID, CCDAS has a continuity of operation plan. All employees are working from home. The staff works with the Chester County Health Department to educate and encourage people to get the vaccine once it is available. CCDAS sponsors all rides to and from vaccination sites for eligible seniors who are registered to ride ROVER.

CCDAS is not able to visit clients in person during COVID. They make phone calls or, if the situation is severe, the case manager gives the client a tablet and sits in the car with his/her tablet to get needed information. Tablets can be sanitized and used for the next client.

You can get more information from their website: <https://www.chesco.org/135/Aging> or call 610-344-6350.

####

Senior Centers provide a wealth of information and, in non-pandemic times, a fun way for seniors to socialize and gather.

Chester County has six senior centers: **Coatesville, Downingtown, Kennett Square, Oxford, Phoenixville, and West Chester.**

Before COVID-19, here are some of the activities seniors enjoy at these facilities:

- Activities and games
- Art and crafts
- Counseling and informational assistance
- Educational programs and classes
- Entertainment and trips
- Exercise programs
- Health screening and wellness seminars
- Hot meals
- Volunteer opportunities

Of course, during COVID-19 the senior centers themselves are closed. However, most Centers offer virtual (online) activities and drive-thru pick up of meals or produce. In upcoming newsletters, we will take a look at each senior center and how they differ.

Today, let's take a look at Coatesville and Downingtown Senior Centers.

These two Centers combined on January 1, 2021 and changed their name to **Brandywine Valley Active Aging or BVAA.** They have three campuses:

1. **The Coatesville Campus** remains located at 250 Martin Luther King, Jr. Blvd., Coatesville.
2. The **Downingtown Campus** has moved to Brandywine Grace Church, located at 40 West Pennsylvania Avenue, Downingtown.
3. The third campus will be **virtual or online.** As a result of COVID-19, programs and services now are offered virtually over the internet. Seniors can enjoy Center activities in the comfort of their own home.



The **BVAA** will also be starting a technology lending program where you can borrow a tablet (small handheld internet device) allowing you access to the Virtual Campus.

The Coatesville and Downingtown Campuses offer meals that may be picked up from a drive-thru. Please call the centers or visit their website for details on days, times and reservations.

Coatesville and Downingtown Campuses also have a fresh produce program. The Chester County Food Bank provides this fresh produce, contingent upon season and inventory, by way of the campus' drive-thru, on a first-come, first-served, basis.

Produce distribution is every Thursday (except holidays) 12PM to 1:30PM at the Coatesville Campus and every Tuesday (except holidays) 12PM to 1:30PM at the Downingtown Campus.

For more information, please go to the BVAA website at:

bvactiveaging.org

or call the

Coatesville Campus at 610-383-6900 or

Downingtown Campus at 610-269-3939.

####

BUTTERNUT SQUASH SOUP

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INGREDIENTS

- 2 lbs. butternut squash
(shortcut: use the store-bought cut pieces)
 - 1 small chopped onion
 - 1 clove garlic
 - ½ cup cream
 - 3 cups chicken broth
 - 1 apple (peeled & chopped) – optional
 - 1-2 tsp. of curry powder
(or sage or grated ginger or a little of all 3)
- Sour cream (optional)

By the way, this is a butternut squash...



DIRECTIONS

Sautee onion and garlic in olive oil. Add squash & apple, broth and seasoning. Simmer 20 minutes. When squash is soft, mash with fork. Stir in cream. Serve with a dollop of sour cream.

Enjoy!

Compliments of Nancy Miller, volunteer with Phoenixville & East Pikeland Chapters.



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**Meals on Wheels of
Chester County
Pet of the Month:**

Nestlee



Nestlee can be described as:

- ◆ A Momma's boy
- ◆ A plopper
- ◆ Loves to love
- ◆ A great fly-catcher
- ◆ A sun-bather extraordinaire
- ◆ Loves boxes and baskets
- ◆ Sleeps on the "good" mattress

Nestlee's dad is Mitch Bernstein, Work Program Coordinator at the Westtown School (our food provider for the GoshenTown Chapter).

If you have a favorite pet, please send us a picture at meals@mowcc.org and your pet could be in a future newsletter.

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

Here are our accomplishments from
last fiscal year (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

Please DONATE to help feed home-
bound seniors by:

1. Sending a check to:

MOWCC

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2. Going to our website and donate
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.