



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

Below: Executive Director Jeanne Bryan celebrates her 25th year anniversary at Harrison House of Chester County.



HARRISON HOUSE IN COATESVILLE

Harrison Senior Living has provided healthcare & hospitality services to seniors for over 40 years. Family owned and operated, they focus on senior living, personal care, skilled nursing, rehabilitation and memory care service.

Harrison House in Coatesville is one of five Harrison Senior Living facilities started by the Harrison family. In 1984, the original Coatesville Hospital was converted into personal care and independent senior living apartments on a gorgeous 16-acre campus just off Strode Avenue.

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SUMMER — 2021

THANKFUL FOR OUR FOOD PROVIDERS

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The kitchen staff at Harrison House prepares meals Monday through Friday for both our Coatesville and Pony Express Chapters (about 60 meals per day). During COVID, rather than enter the kitchen to collect meals, our volunteers picked up coolers from the lobby area at the main entrance. There was never any lapse in service during the pandemic.

Besides preparing hot, nutritious lunches for Meals on Wheels, Harrison House prepares breakfast, lunch and dinner for 178 residents. **Jeanne Bryan, Executive Director of Harrison House** says, "Our kitchen staff of 25 run by Pete Matos is happy to partner with Meals on Wheels to feed homebound seniors living in and around Coatesville."

Several years ago, Bryan and her staff hosted a delicious brunch for our Coatesville volunteers in the activity room of Harrison

House. Everyone really enjoyed meeting their fellow volunteers and the staff that works so hard to support our organization.

Recently, Jeanne Bryan and Kara Abdala, Corporate Director of Marketing for Harrison Senior Living, were two of only 51 women chosen nationwide as "Women of Distinction" by trade publication, McKnight's Long-Term Care News & McKnight's Senior Living.

This honor recognizes them as women who made a significant contribution to the senior living profession and demonstrated exceptional commitment to their fields.

Meals on Wheels greatly appreciates the support and partnership of Harrison House and its outstanding team! We congratulate Jeanne Bryan on her 25 years of devoted service to the Coatesville community.

####

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- Play with my grandkids
- Attend family get-togethers
- Feel safe going to the store
- Have a conversation with someone (other than on the phone)
- _____ What can you do?



It has been hard on both volunteers and our clients to not have close contact and chat with each other. Many times volunteers waved or talked

through a storm door to make sure clients were healthy and knew we cared. “I felt like I was passing notes in school,” laughed Barb DeCarlo. “I slid a Valentine card through the crack in the door to one of my favorite clients.”

If you still haven't had your vaccination, or know someone who isn't sure how to get one, please call the **Chester County Department of Human Services COVID hotline at 610-344-6225.**

If you are unable to go to a vaccination site, they will arrange to have someone come to your home. **Many pharmacies like Walgreens, Rite Aids, CVS, and Wegmans also have available vaccines now.** Call your local pharmacy to make an appointment.

We all want to get back to normal and feel safe again. **Please get vaccinated!**

####

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LIVING WITH PURPOSE AND ON PURPOSE LEADS TO HAPPY AGING

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We have long known that a sunny attitude and optimism are important for overall wellness. But did you know that older people are happier when they live life with purpose (and on purpose)?

Recently, Humana surveyed people age 60 and older to see if attitudes directly affect joy and acceptance of aging. Aging certainly has many challenges to face (health, loneliness, changes in lifestyle and scenery, etc.).

Getting older is no bed of roses. But here are some suggestions for creating a mindset to approach life with optimism, joy and acceptance of inevitable aging.

1. Engage with others.

DO challenge yourself to make someone smile each day.

DO ask how others are doing.

DON'T complain at every chance you get.

2. Take ownership of your life.

DO recognize that your health is your own.

DO set goals to move and stretch throughout the day.

DON'T blame others for your problems.

3. Find a higher purpose.

DO have compassion for others, even strangers; wish everyone a good day.

DO listen to what people say.

DON'T interrupt or ignore people who try to help you.

4. Pick something you are interested in and learn about it.

DO start a hobby or learn all about an animal or a country.

DO listen to music. Watch Discovery Channel.

DON'T sit around feeling sorry for yourself.

5. Practice gratitude each and every day.

DO look for the beauty around you whether in nature or another human being.

DO appreciate the small pleasures each day (a meal, a warm cup of tea, a phone call, a bird outside your window).

DON'T criticize or wish things were different.

You can be a good role model to your children, grandchildren, and anyone around you by practicing these things, especially when life is painful. Not only will others want to be around you, you will find happiness where you least expect it. Your attitude appears to be more important for decreasing risk of illness than drinking, smoking or exercising regularly.

So, for a happy, optimistic view on aging, focus on the **DOs** and not on the **DON'Ts**. The challenges of aging – and life in general – will be a lot more enjoyable!

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WEST CHESTER AREA SENIOR CENTER (WCASC)

Food Drive-Thru — Every Wednesday

Our last newsletter looked at the Brandywine Valley Active Aging center (BVAA), originally the Coatesville and Downingtown Senior Centers. The county has five senior centers: BVAA (Coatesville and Downingtown branches), Kennett Square, Phoenixville, Oxford, and West Chester.

All of the senior centers are still closed due to COVID; however, there is still a lot going on. We talked with **Kathy Sullivan, Executive Director of the West Chester Area Senior Center (WCASC)** which is located at 530 E. Union St, West Chester.

The WCASC has distributed over 115,000 meals since COVID began. Although senior centers cannot have people meet in the building just yet, the staff and some steadfast volunteers work tirelessly to distribute food for pick-up as well as to assist with other needs as they arise.

Last March, when the center closed due to the pandemic, WCASC identified the people that most heavily relied on the daily meals from WCASC. By September, they were serving 700+ individuals that were in need of food every week.

Kathy and her small staff and volunteer team source both donated and purchased food and coordinate a drive-through distribution every **Wednesday**. Seniors drive along the side of the center **between 9:30 and 11:30 AM**

to load up on staples; fruit, vegetables, bread, milk, yogurt, and miscellaneous items.

Kathy said, “We have up to 150 cars drive through every Wednesday. We also started making soups and stews each week so seniors get fresh food as well as frozen meals and essentials. We are very grateful to the local restaurants, Chester County Food Bank, F4, Giant, local farmers, and many neighborhood and faith communities that help to provide supplemental food to those in need during COVID.”

While WCASC currently remains closed, they are using the time to do some significant facility modifications inside to prepare for the post COVID re-opening, though the date is not known yet. The Chester County Department of Aging and PA State Department of Aging will assess when it is safe for seniors to re-enter the building.

If anyone would like to donate food, the main items always in need are: pasta & sauce (no glass bottles), peanut butter, canned chicken/tuna, cereal, rice, and canned soup or stew, or grocery store gift cards. **Items may be dropped at WCASC on Tuesdays or Wednesdays 8:30-11:30 AM or by calling 610-431-4242 to arrange a time for drop-off.**

####



EMERGENCY RENTAL ASSISTANCE

Individuals and families in Chester County who are facing challenges in paying rent and utility bills brought on by the pandemic, can receive help through the Chester County Emergency Rent & Utility Assistance Program.

To find out about this program, dial 2-1-1 and select the option for “Housing Crisis.”

Individuals and families may receive help with their rent and utilities if they meet the following three criteria:

1. Qualify for unemployment or have experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to COVID-19.
2. Demonstrate a risk of experiencing homelessness or housing instability.
3. Have a household income at or below 80 percent of the area median.

Once an application is approved, it will take two-three weeks to receive payment. Eligible individuals and households are eligible for up to 15 months of assistance. Payments can reimburse past due notices back to March 2020.

Utilities paid by the tenant that may be reimbursed are: **Electric, Gas, Sewer, Water, Fuel (Propane or Oil) and Trash.**

Homeowners are not eligible for rental assistance; however, the American Rescue Plan Act provides assistance for homeowners. Please contact the PA Housing Finance Agency for details.

You do not have to be a US citizen to receive rental assistance and, the program does have Spanish-speaking staff.

Payments are made directly to landlords or utilities; however, the renter must apply for the assistance by calling 2-1-1.

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AT HARRISON HOUSE OF CHESTER COUNTY



Our “Easy Stay” short term (respite) program for Personal Care is our solution for seniors who worry about being home alone, or caregivers that may need a break during this extra stressful time.

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Virtual Tours Available

We are dedicated to continuing to provide a safe & healthy environment of our residents, staff, and the community at large. As part of the greater healthcare continuum we believe it is our duty to offer our assistance in this time of need. Please call us to learn more about this program and other services available at Harrison Senior Living.

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 (7/1/19—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 either by:

1. Sending a check to:

MOWCC

**404 Willowbrook Lane
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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.