



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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Alfred Miller honored by Houlahan, Biden

West Chester neighbor, friend, father and decorated U.S. Army veteran Alfred Miller — who turned 105 this June — recently received recognition for his wartime heroism. Known to be the oldest surviving US Army veteran of China-Burma-India Theater of WWII, Miller was honored with a commemorative American flag pin, issued by President Biden. The White House certified gift was presented by Rep. Chrissy Houlahan (D-PA).

Born in Malvern in 1917, SSG Miller has been an active member of American Legion Post 134 in West Chester since 1947. He lives in the West Chester borough with his son, Stephen Miller.

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STAFF

Jeani Purcell, *Director*
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Meals on Wheels of Chester County

404 Willowbrook Lane
West Chester, PA 19382
610-430-8500
Email: meals@mowcc.org



FALL — 2022

U. S. Army Veteran Honored / Special Grant

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As part of his service he helped protect the infamous Ledo and Burma Roads in India. After returning from his tour, Al attended Drexel University and the of Delaware and worked for General Motors as an Industrial Engineer until his retirement 40 years ago. Mr. Miller married Anna Miller (nee Miller) and settled in West Chester. Together they raised two children, Stephen and Barbara.

We thank Mr. Miller for his sacrifice and service!

Crane Fund for Widows & Children



CPI President **Jan-Hinrik Bauwe** presents a check from the **Crane Fund for Widows and Children** to **Patrice Stilley**, MOWCC Communications Administrator. We thank them for their continued support!!

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Welcoming The Hickman



Hickman Dining Director, Rodney Sykes, inspects the fresh and seasonal menu options for residents of the Hickman and Meals on Wheels recipients of West Chester.

Beginning August 29, MOWCC is proud to welcome *The Hickman*, a Friends senior living community, as a new food provider. The Hickman's dedicated Dining Director Rodney Sykes, and Executive Chef Zack Conover, will continue heir tradition of providing top-quality meals by way of the Hickman's superior dining and preparation facilities.

Since The Hickman currently provides well-balanced, fresh meals for its 350 residents, the MOWCC partnership is a natural development. "The provision of quality services to seniors has been a fundamental priority for us at The Hickman for over 130 years. We are honored to assist MOWCC to deliver delicious, nutritious, chef prepared meals to local homebound seniors." said Toni Kelly, Executive Director of The Hickman.

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Staying Sharp with Self-Care

September is National Senior Center Month

As the days become shorter and the temperatures slowly dip, it's important to do your best to stay mentally and physically active. Some easy and convenient options include:

- Pick up a Fall reading list or join a reading club at your local library;
- Visit a local museum, such as the Brandywine River Museum, Chester County Historical Society or Longwood Gardens;
- Find restorative yoga programs — such as chair yoga or gentle tai chi — on YouTube;
- Find a site online featuring recall, logic, special reasoning and concentration games;
- Be mindful of your cholesterol and blood pressure levels;
- Learn a new game, with a friend or solo, such as Wordle or Sudoku.

If you or someone you know is experiencing a mental health crisis, please reach out for help. If someone is at an immediate risk, call 911. You can also text PA to 741741 to start the conversation. Or, in Chester County, call 610-280-3270 for the Suicide Prevention hotline.

Your local senior center is the perfect place to help maintain a healthy, active lifestyle. 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support improving lives of people in their communities as they age. Senior centers work with community partners providing access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun setting.

CHESTER COUNTY SENIOR CENTERS

**Brandywine Valley
Active Aging**
250 Martin Luther
King Blvd.
Coatesville, PA 19320
(610)383-6900
coatesvilleseniorcenter.org

Downingtown
Brandywine Grace
Church
40 W. Pennsylvania Ave.
Downingtown, PA
19335
(610)269-3939
bvactiveaging.org

**Kennett Square
Senior Center**
427 S. Walnut Street
Kennett Square, PA
19348
(610)444-4819
kennettcenter.org

Oxford
12 E. Locust Street
Oxford, PA 19363
(610)932-5244
oxfordseniors.org

Phoenixville
153 Church Street
Phoenixville, PA
19460
(610)935-1515
phoenixvilleseniorcenter.org

West Chester
530 E. Union Street
West Chester, PA
19382
(610)431-4242
wccseniors.org



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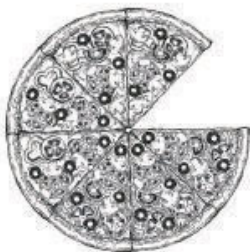
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Yes, there is a National Pizza Month!!

October is National Pizza Month! Pizza is one of the most popular foods in the world and for good reason. Close your eyes and imagine all of the cheesy, doughy deliciousness. It has been adapted worldwide to accommodate any taste or culture. Whether you prefer a thin or thick crust, vegetarian or meaty toppings, lots of rich tomato sauce or none, there's a pizza out there for everyone.



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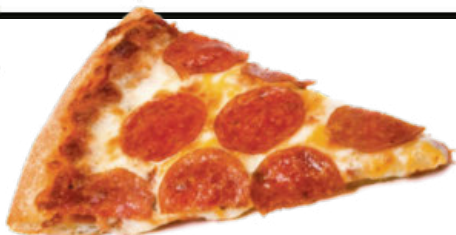
Tree Valley Academy

Gluten-free Philly Cheesesteak Pizza Recipe

- 1 Cauliflower pizza crust
- 2 tbsp. vegetable oil, divided
- 1 onion, thin sliced
- 2 bell peppers, thin sliced
- 1 tsp. dried oregano
- Salt, to taste
- Freshly ground black pepper
- 1 lb. shaved steak
- 1 cup shredded provolone
- chopped parsley

1. Cook pizza crust to packing instructions.
2. In a large skillet over medium heat, heat 1 tablespoon oil. Add onion and bell peppers and season with oregano, salt, and pepper. Cook, stirring often, until vegetables are tender, about 10 minutes. Remove peppers and onions from skillet and heat remaining oil in skillet.
3. Add steak in a single layer and season with salt and pepper. Cook until steak is seared on one side, about 2 minutes. Flip and cook until the steak is seared on the second side and cooked to your liking, about 2 minutes more for medium.
4. Add onion mixture back to skillet and toss to combine. Sprinkle provolone over steak and onions then cover skillet with a tight-fitting lid and cook until the cheese has melted, about 1 minute. Remove from heat.

5. Top cooked crust with cooked steak and veggies, sprinkle with additional cheese and place under the broiler until cheese is



Take Advantage of Fresh Fall Produce

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Chester County has more than 125 farms and retail outlets that sell locally grown food. For a list, visit:

<https://www.chescofarming.org/WhereToBuy.cfm>

Or visit one of the local orchards to collect your own!



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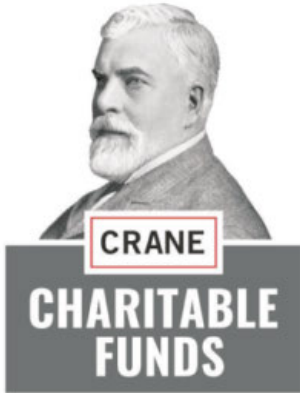
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Meals on Wheels of Chester County
404 Willowbrook Lane
West Chester, PA 19382

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here



TOGETHER WE DELIVER

Here are our accomplishments from
last fiscal year (7/1/21—6/30/22):

# OF MEALS DELIVERED:	94,167
# OF PEOPLE SERVED:	834
# OF VOLUNTEERS:	627
COST OF FOOD:	\$388,662
DONATIONS FROM CLIENTS:	\$168,538

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

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.