



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

BOARD OF DIRECTORS

Dave Glass, *President*
Cathie Leister, *Vice President*
Bruce Beitler, *Treasurer*
Dot Wood, *Secretary*
Members:

Catherine Britt
Barb DeCarlo
Diane Donatoni
Jerry Feege
Alan Freyer
Nancy Miller
Peg Scholl
Mike Stehman
Ken Swart
Eleanor Taylor
Sam Wilson

STAFF

Jeani Purcell
Patty Moidel
Alison Durinzi
Donna Little

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



Birthday Wishes to Two Special Centenarians

Stanley Mandler, who turned **102** in March, is one of our favorite Meals on Wheels recipients. We would like to wish him a monumental birthday and thank him for his service in World War II as a machinist 3rd Class for the US Navy Construction Battalion from 1943-46.

The US Navy Construction Battalion was often called “Seabees”. Its members traveled around the world building up much of the infrastructure for the Navy. They built things from bases, camps, roads, and bridges while protecting themselves and the people around them.

Continued on Page 2

SUMMER — 2022

Birthday Wishes to Two Special Centenarians

PAGE 2

The Seabees motto was the Latin phrase, *Construimus Batuimus* which means, we build, we fight. So, on behalf of Meals on Wheels and all of our volunteers, thank you Stanley for your important service and hard work!

Stanley was born in 1920 in the Bronx, NY but has lived in northern New Jersey and southern New Jersey before settling in the West Chester area. He and his wife of 63 years have 3 children, 5 grandchildren, and 2 great grandchildren (with another one on the way).

Although his wife passed on in 2015, Stanley cites his longevity,

Continued from Page 1

perseverance and love of life to his amazing family. “They keep me going, said Stanley, “and the young’uns always want to hear stories of back in the day. When I was young, we didn’t have all these computers and internet. If you have a question now, snap, you can get an answer immediately.”

After his years with the navy, Stanley owned a used car lot with one of his brothers and later worked for General Motors in the Parts Division. He says his favorite book of all time is “To Kill A Mockingbird.” One of his most treasured memories was visiting Pearl Harbor. When asked what is the most important thing to teach our youth, he said to protect our country and each other.

Continued on Page 3

Birthday Wishes to Two Special Centenarians

Continued from Page 2



Isabel Rudick turned 100 this past February. Daughter to Hungarian immigrants, Isabel was born in Phoenixville in 1922. Giza, Mrs. Rudick's family nickname, was a war bride. She married Joseph F. Rudick, now deceased, in 1943.

While Giza's husband served in Europe, she aided the war effort by processing and preparing plasma for use on the battlefield. Later, she continued working in the pharmaceutical field at Johnson & Johnson. Giza enjoyed part-time jobs at an Antique Store and with Harry & David's well into her 80s.

Isabel is a lifetime member of Parkside United Church of Christ, enjoys reading, time with her family and supervising her great-grandchildren as they practice beloved family recipes like stuffed cabbage and kiflis.

Our volunteers enjoy getting to know all of our meal recipients and are thrilled to hear life stories from some of our more "experienced" clients. Thank you Stanley and Isabel for sharing with us!

Mrs. Rudick's picture and parts of story from the Daily Local

Your Mental Health Matters

PAGE 4

Mental health is an incredibly important part of overall health. We all struggle during challenging times and need support and access to appropriate care in order to thrive.

May is Mental Health Awareness Month. Although, really every month should be Mental Health Awareness Month. Each year millions of Americans face the reality of living with a mental illness or struggling through a difficult situation. Your mental state directly affects your physical well-being.

Taking steps to improve mental health can look different for everyone. Perhaps you'd like to talk to someone, focus more on self-care, consider medication, and/or seek other treatments. No matter your challenges, there are options that could help.

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.



MENTAL STRENGTH

A Guide For Older Adults from the PA Department of Human Services

If your mental state is serious, but not critical, here are some helpful suggestions:

1. Call a friend
2. Meditate/memorize a scripture or poem
3. Stretch (sitting or standing)
4. Listen to music
5. Change up your routine (sit in a different chair, watch something new etc.)
6. Read or listen to a good book



Be sure to visit us on Facebook. Share your pictures (with permission from those in the picture), your stories, questions, pets, hobbies, etc.

Go to: <https://www.facebook.com/mowcc.org>

CROSSWORD PUZZLE

- ACROSS**
- 1 Cocoon insect
 - 5 Former Korean president
 - 9 Genetic letters
 - 12 Dunlin bird
 - 13 Male noble
 - 14 Edible root
 - 15 Sayings (suf.)
 - 16 Vex
 - 18 Having (suf.)
 - 20 Shout
 - 21 Formula
 - 23 Fish with bait on the surface
 - 24 Buddhist monk in nirvana
 - 25 Held a session
 - 26 Offense
 - 29 Trouble
 - 30 Mortar mixer
 - 31 Shoshonean
 - 32 River into the North Sea
 - 33 Cistern
 - 34 Oriental
 - 36 Month abbr.
 - 37 Jot

- 38 Fetish
- 40 Fundamental
- 41 Incense ingredient
- 43 Rubbish: Brit.
- 46 Anecdotes
- 47 Work (Sp.)
- 48 United States Dept. of Agriculture (abbr.)
- 49 Ten decibels
- 50 Corner
- 51 Wampum

- DOWN**
- 1 Greek letter
 - 2 Caribbean lizard
 - 3 Card game
 - 4 Abbey (Sp.)
 - 5 Queen (Fr.)
 - 6 Stag
 - 7 Slip
 - 8 Educe
 - 9 Old Eng. gold piece
 - 10 National (abbr.)

- 11 Soul or spirit (Fr.)
- 17 Flap
- 19 Choose
- 21 Electric catfish
- 22 Great Lake
- 23 Flat fish
- 25 Pouch
- 26 Bag

- 27 Italic (abbr.)
- 28 Haw. goose
- 30 Mortar beater
- 33 Seamark
- 34 S.A. sloths
- 35 Rile (2 words)
- 36 Coniferous tree
- 37 Muslim divorce
- 38 Without (Ger.)
- 39 Semitic deity
- 40 Pressure (pref.)
- 41 Public vehicle
- 42 Or best offer (abbr.)
- 44 Food and Drug Admin. (abbr.)
- 45 Cigarette: Brit. slang

**ANSWERS
ON PAGE 6**

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16				17			
		18		19				20				
21	22						23					
24						25				26	27	28
29					30				31			
32				33				34	35			
			36				37					
	38	39					40					
41					42				43		44	45
46					47				48			
49					50				51			



CROSSWORD ANSWERS

PAGE 6

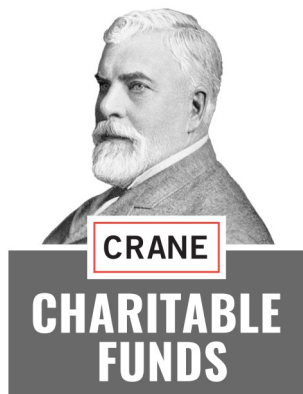
Springtime is a great time to shop local and eat fresh



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>



MEALS ON WHEELS THANKS ITS DONORS





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:	93,088
# OF PEOPLE SERVED:	750
# OF VOLUNTEERS:	588
COST OF FOOD:	\$382,297
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

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.