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Meals on Wheels of Chester County

404 Willowbrook Lane
West Chester, PA 19382
610-430-8500

Email: meals@mowcc.org
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Volunteer Spotlight On ...

Gail Coppola



*M*et Gail Coppola, a MOWCC volunteer chairperson with over two decades of *service with a smile*.

In addition to coordinating drivers and clients for the BradLin Chapter (West Bradford and Newlin townships), Gail also delivers for both BradLin and West Chester Chapters. "We have the nicest recipients. Sometimes we are the only people they see in a day and just need to chat. I love talking to them," she says. At 82, Gail is committed to volunteering as long as she can. "I'm glad I started and I'll continue as long as my head is straight!"

Gail isn't the first in her family to volunteer for Meals in Wheels. Her mother used to deliver in Bryn Mawr, as did her youngest sister in North Carolina. "My sister Peggy and I wanted to continue the tradition in West Chester." And continue they did. Gail's sister, Peg Scholl, volunteered on the board of directors for a spell, and was a devoted driver for the Bradlin and West Chester chapters for over 20 years. Her spirit and kindness are missed deeply.

"I feel I've lived a very charmed life, a lucky, good life, and I love doing for others, some of whom have had really tough times. It can be very humbling, but very satisfying." Despite her years with MOWCC, Gail's biggest regret is that she didn't start volunteering sooner.

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WINTER — 2023

Gail Coppola cont. from page 1

"I wish I [volunteered] when my boys were younger. It's a good thing for the seniors and it's a good thing for children to see how other people live," she said. "It's just so rewarding!"

Gail's words of wisdom: **"Stay involved!"** When Gail retired in the mid-90s, volunteering filled a void. "Besides giving back, it's been good for my brain. It keeps me on my toes and gives me something to do." She knows her way all around Chester County, main roads and shortcuts alike. "I've seen a lot of places that I never knew existed and I've met a lot of wonderful people that I wouldn't have met otherwise!"

###



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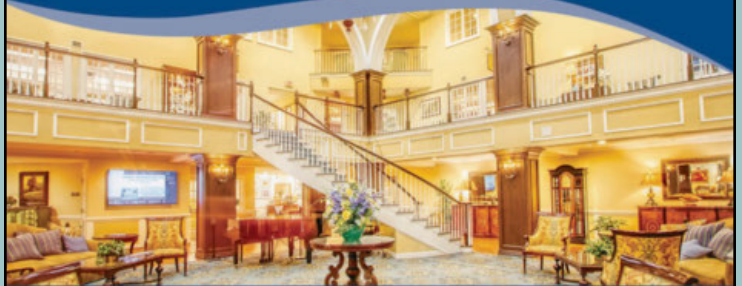


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Meals On Wheels, West Chester, PA

06-5362

Winter Weather Advisory

To our clients ... A friendly reminder as we approach winter ... if you see snowy or icy conditions, our volunteers have the option to stay home. If your driveway or walkway is snowy or icy, we may need to skip delivery until it is safe.

And to our dedicated volunteers ... Delivery is at your discretion if a client's property is unsafe for any reason. Just let us know.

THANK YOU!



PA State Property Tax & Rent Rebate

This rebate program benefits eligible Pennsylvanians age 65 and older, widows and widowers age 50 and older, and people with disabilities age 18 and older.



The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

Property Tax/Rent Rebate application assistance is available at no cost from Department of Revenue district offices, or by calling 1-888-222-9190. Application deadline is 12/31/2023.

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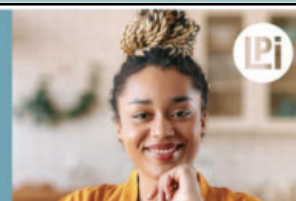
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In the heart of the thriving borough of Phoenixville is Ann's Heart, a community collaborative that houses multiple nonprofits. Its mission is to provide a place of welcome and human services to people living in the Greater Phoenixville area.

After repurposing the vacant Sacred Heart Hospital, Ann's Heart has created a one stop community service shop for art, music, healthy eating, mental health support, a warming center and an emergency shelter. At the Pay It Forward Café, community members can find a free community meal every month.

The Center for Emergency Resources at Ann's Heart (CERAH), serves as a hub of critical resources and is open to individuals from the Phoenixville, Mont Clare, East Pikeland, and Schuylkill Township areas. CERAH provides year-round services, including weather-dependent shelter (Code Red / Code Blue), supportive services (showers/laundry), and emergency housing case management.

Ann's Heart believes that no one should be without access to basic hygiene services, and is expanding its programs to meet the need in its community. To reach Ann's Heart, stop in at 35 Hall Street in the borough, or call/text (484) 393 - 2583 or by email at: cerah@annsheart.org.

Accessible Pharmacy Services (APS) is a home delivery pharmacy service specializing in the pharmaceutical needs of disabled patients. APS coordinates with a patient's doctors and insurance providers, working to keep costs as low as possible, while consulting with the patient to try different packaging and labeling solutions to maximize compliance and healthcare benefits. APS also delivers over-the-counter medications, eye drops, diabetic supplies & insulin, and vitamins and nutritional supplements. Accessible packaging, such as presorted disposable pill organizers, daily packets and easy open bottles are also available. All this and **FREE** home delivery. Call for a risk-free consultation at **888-633-7007** or visit them on the web at www.accessiblePharmacy.com



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Food Partner Spotlight on...

Rodney Sykes at our partner kitchen, **The Hickman**, is a fantastic food partner. Rodney always goes above and beyond to provide TLC and genuine care for our clients and it shows in his food and interaction with every person with whom he comes into contact.



*Thank you,
Rodney, for being a
superstar!*

###

Rodney Sykes, at The Hickman

Medicare Enrollment Time



Medicare Open Enrollment runs October 15 to **December 7**, and PA MEDI – a free, unbiased health insurance counseling program – is offering in-person, phone, or Zoom consultations for new and existing Medicare participants.

The Chester County Dept. of Aging Services has a voicemail box for the PA MEDI program where individuals can leave their information, to speak to a PA MEDI counselor within one business day. Call **610-344-5004**.

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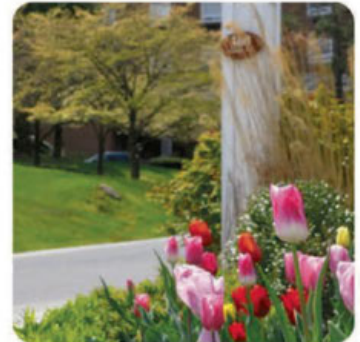
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404 Willowbrook Lane
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TOGETHER WE DELIVER

Here are our accomplishments from
last fiscal year (7/1/22—6/30/23):

# OF MEALS DELIVERED:	98,460
# OF PEOPLE SERVED:	800
# OF VOLUNTEERS:	576
COST OF FOOD:	\$466,710

Please consider DONATING to help feed
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1. sending a check to:

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2. **Going 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.