



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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Meals on Wheels of Chester County

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West Chester, PA 19382
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As an opportunity for education and action for local youth and families, the YMCA partnered with **Meals on Wheels of Chester County**, as well as other local agencies to educate the 930 students enrolled in their Before and After School Enrichment (BASE) program. Earlier this month, representatives from community agencies across Chester County visited BASE program sites to help students understand the factors behind food and housing insecurity and how their agencies provide support.

YMCA students collected over 1,000 pounds of shelf-stable food that was distributed by MOWCC, Chester County Food Bank, Safe Harbor, Octorara Food Pantry, Bridge of Hope and Kennett Area Community Service.

“We’re excited to partner with other community organizations to teach our students,” said Claudia Aust, Senior Director of BASE for the Y. “It gives our students an opportunity to learn, to volunteer and to connect to their community.” The contributions from area families helped put shelf-stable snack packs into over 300 senior homes in Chester County.

SPRING — 2024

From our partners at Campbell Soup ... Eating Tips for All Day Energy

Wish you had more energy? You're not alone. According to the 2023 International Food Information Council's Food and Health Survey, the #1 benefit from healthy food and good nutrition was **improved energy** and **less fatigue**. What you eat and drink throughout the day can impact your energy levels. Here we share the importance of fueling your body to feel your best.

You can eat for energy by making thoughtful, balanced choices that fit your lifestyle. Exercise, hydration, and adequate sleep are also essential for supporting energy levels, so it is important to lead an overall healthy lifestyle to be at your best. Here are some practical ways you can prioritize meal and snack choices that support your goals.



- Try to prioritize nutrient-dense foods by adding fruit or vegetables to every meal and snack.
- Keep snacks nutritious between meals.
- Include protein and fiber in meals and snacks.
- Swap fiber rich beans for meat in meals to save \$\$.
- Use sauces like **Campbell's** Cooking sauces and Prego Italian pasta sauces to make veggies, whole grains, and lean proteins flavorful.
- Enjoy caffeine in moderation, limiting consumption to 400mg or less per day for most healthy people. Try **V8 + ENERGY**, which provides 80mg per 8oz, about the same amount as a cup of coffee.

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Meals On Wheels, West Chester, PA

06-5362

Winter Weather Advisory



A friendly reminder that as we navigate the rest of the winter, if there is snow or ice in the forecast, our volunteers have the option to stay home. If a client's driveway or walkway is snowy or icy, we may need to skip delivery until it is safe.

THANK YOU!

Judith Turner — Rest in Peace



Condolences to the family and friends of former MOWCC volunteer Judy Turner. Judy faithfully served the Coventryville area as a driver and chairperson for nearly 20 years. Her friendly conversation and sincere care for her community will be greatly missed.

MOWCC Welcomes Volunteer Partner RHD

We are proud to have **Resources for Human Development** on board as a new volunteer partner. They work to empower people of all ages and abilities to give back to their neighborhoods by promoting independence, rehabilitation and community participation.

Visit them on the web at RHD.org

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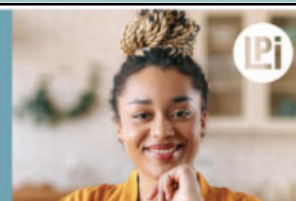
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Puzzle Fun

PAGE 4

Can you unscramble these scrambles?

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

BNEDL

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IDOVA

SEHEYC

ARACEM

Ans:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

ZENOO

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WORNF

LAINTY

YIDSAM

Answer here: A

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

KNIDY

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LEGIA

CRONEE

TUVEDO

Print answer here:

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

ADDITION
The math teacher hired an architect because she wanted a new: TDDIAINO -

BOTTOM LEFT:
DINKY, AGILE, ENCORE, DEVOUR

FILM ON IT
that it had - : LITOFNIM -
The television screen had become so dirty

TOP RIGHT:
OZONE, FROWN, LITANY, DISMAY

BAD HAIR DAY
had a —: BDAIDHYARA
When Medusa was bitten on the neck, she

TOP LEFT:
BLEND, AVOID, CHEESY, CAMERA

ANSWER KEY

Seniors ... did you know?



Mobile Home Tax Reassessment Project by the United Way of Chester County

YOU CAN LOWER YOUR PROPERTY TAXES

United Way of Chester County, in partnership with Legal Aid of Southeastern Pennsylvania, is offering assistance to mobile home owners in Chester County to file for property tax reassessment appeals.

THE UNITED WAY DOES ALL THE WORK AND PAYS THE FEES ON BEHALF OF THE HOMEOWNERS IN THE PROGRAM.

Your mobile home depreciates over time, but the tax authority won't lower your assessment unless you appeal. The United Way of Chester County has assisted in over 1,000 successful appeals, lowered assessments by 65%, and saved each mobile home owner an average of \$800 on their annual taxes.

Visit UnitedForMobileHomes.com and fill out the 2024 Reassessment Form or call Legal Aid of Southeastern Pennsylvania at **877-429-5994** to make an appointment.



Help for Hearing

Do you, or someone you know, no longer use a hearing aid and would like to donate it to a person with a hearing impairment in need? If so please send it to the Hearing Loss Association of America – Chester County Chapter at the address below.

HLAA Chester County
P. O. Box 1371
West Chester, PA 19380
Contact information: (484) 402-4907
hlaachesco@gmail.com

This hearing aid collection is in alliance with HLAA Chester County, Sertoma-Hearing Charities of America, and Hearing the Call organizations. If you find you need hearing aids, and believe you may qualify, please submit a request at:
www.hearinglosschesco.org



All Chester County Library System cardholders have free access to **Creativebug**, a website with thousands of award-winning craft and DIY video classes taught by top designers and artists. Anyone from beginners to those with advanced skills can learn how to knit, crochet, make jewelry, draw, paint, or sew, among many other things. There are even classes for children. To explore the options, grab your library card and log on to **www.creativebug.com/lib/chescolibraries**.

Welcome County Commissioner Eric Roe

MOWCC is pleased to welcome newly-elected **County Commissioner Eric Roe**. Commissioner Roe fills the seat left vacant after Michele Kichline retired. As a State Representative for Pennsylvania's 158th Legislative District from 2016 to 2018, Eric passed laws to protect families and help those in need, with an eye on growing our economy.

He holds a B.A. from American University where he studied political science as an undergraduate. He later earned his M.Sc. in public policy from University College London in the United Kingdom. A student of history, Eric has also studied the public and personal lives of the American founders during a resident fellowship at the John Jay Institute in Philadelphia in 2014.

His greatest desire is to see Chester County become the most family-friendly and business-friendly county in the nation. He wants to make it more affordable to live here, while also preserving Chester County's landscapes and preventing overdevelopment.

Eric and his wife, Alice, live in West Bradford Township. They are the proud parents of three young boys and a baby girl.



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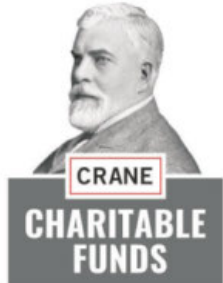
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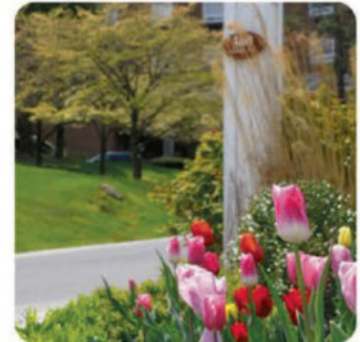
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Meals on Wheels of Chester County
404 Willowbrook Lane
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Stamp goes
here



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
homebound seniors either by:

1. sending a check to:

MOWCC

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West Chester, PA 19382

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.