



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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Congresswoman Houlahan Makes Special Deliveries



US Congresswoman **Chrissy Houlahan** delivering meals to MOWCC client **Carol** on August 7, 2025

On a recent morning filled with smiles and meaningful connections, US Congresswoman Chrissy Houlahan joined Meals on Wheels of Chester County to deliver meals to homebound seniors and individuals with disabilities. The visit highlighted the vital role MOWCC plays in supporting the health, independence, and dignity of some of Chester County's most vulnerable residents.

Representing Pennsylvania's 6th Congressional District, Houlahan spent the morning delivering nutritious meals and

friendly check-ins to seniors. She also took time to speak with staff to better understand the day-to-day operations and challenges facing the organization. Chrissy knows the value of our mission first hand, as she had her own route 20 years ago at Hanscom Air Force base in Bedford, MA.

"Meals on Wheels is about so much more than food—it's about community," said Houlahan. "I'm deeply grateful for the opportunity to see firsthand the impact this program has on our neighbors. The volunteers and staff are doing life-changing work, and I'm committed to supporting efforts at the federal level."

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FALL 2025

Houlahan Delivers Meals

(Con't from page 1) Director Jeani Purcell welcomed Houlahan's participation, noting, "Having Congresswoman Houlahan join us today sends a powerful message about the importance of community care and advocacy. Her presence helped raise awareness of the growing needs among our senior population and the essential services we provide."

The event also served as an opportunity to bring attention to the funding and volunteer support required to sustain Meals on Wheels programs locally and across the country. With a growing senior population, organizations like Meals on Wheels are seeing increased demand for services, underscoring the need for continued public and legislative support.

As the morning deliveries wrapped, Houlahan encouraged community members to get involved. "Whether it's volunteering a few hours a week or advocating for policies that protect our seniors, everyone has a role to play," she said. "Let's keep working together to ensure every member of our community is cared for."



From left, MOWCC staff: Director **Jeani Purcell**, **Ethan Dubow**, **Patrice Stilley** and **Rep. Chrissy Houlahan**

Need Help Getting Around or Getting Deliveries? Get GoGo!



Don't let discomfort with cell phone apps and difficulty navigating the web get in the way of using online and on-demand services. **GoGoGrandparent** helps older adults and people with disabilities live independently in their home for as long as possible. By working with on-demand services – such as Uber, Door Dash, Instacart, etc. – GoGo manages mobility, meals, groceries, medication delivery, and more for their clients. GoGo's "GoGoGuardian" system monitors trips and screens on-demand contractors to support clients living with cognitive, visual, physical or dexterous impairments and offers safer, reliable and affordable independence. Built in 2016 as inspired by the CEO's grandmother, GoGo is now relied upon by hundreds of thousands of people throughout the United States and Canada. To find out more about accessing these services, please call:

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Meals On Wheels, West Chester, PA

06-5362

Volunteer in Training



Pony Express Volunteer Sue S. was joined by a VIP last month during her regular delivery day — her granddaughter. Sue tells us that Giuliana, “loves helping me deliver meals. Today she drew pictures for all of the clients. She’s a great little helper!”

It’s so important to teach kids at a young age the value of contributing to their community. And although they can’t drive, they can create artwork, write notes of encouragement or just share a smile. For a homebound senior, it could make their day or even their week! Encourage the young people in your life to consider giving back to their communities. We need to take care of each other.

Thank You John DiCecco!



At least twice a week, rain or shine, John DiCecco starts his car, picks up his insulated bags, and sets out on a mission that’s become more than a routine—it’s a calling. As a dedicated volunteer for Meals on Wheels, John has spent the last eight years delivering hot meals and warm smiles. But for John, it’s never just about the food.

“I like to say I’m delivering lunch with a side of conversation,” he jokes. “Sometimes, I’m the only person they see all day.”

After a 28-year career with Fed Ex, John’s heart for connection led him to Meals on Wheels. What began as a few extra hours a week soon turned into a passion. Today, his route includes a mix of old friends and new faces, many of whom greet him like family.

John’s commitment goes beyond the doorstep. He’s known to take seniors to doctor appointments, deliver homemade meals on the weekends, pitch in when someone is moving or call a family member if something doesn’t seem right with a client.

“John defines going above and beyond for your neighbors,” says Director Jeani Purcell. “He doesn’t just show up. He cares, deeply.”

In a world that often moves too fast, John’s simple acts of kindness remind us of the power of human connection. For him, volunteering isn’t just about giving—it’s about being present.

“They’ve lived full lives,” John says. “The least I can do is show up, bring them a meal, and let them know they’re not forgotten. I’ve been gifted in this life and that’s something I feel is important to share.” With every knock on a door and warm “hello,” John proves that the greatest service comes in small, consistent moments—delivered with heart. *(Photo: John, left, delivers with Kelly Boyle of the Alliance for Health Equity)*

Bridging Gaps, Building Hope: United Way of Southern Chester County



Welcome to the new Executive Director of the United Way of Southern Chester County, Darcie Martin! Amidst a busy summer day, Darcie kindly took time to deliver with our volunteers who pickup meals at Kendal at Longwood and serve our seniors in Kennett Square. The UWSCC is also a generous donor to Meals on Wheels of Chester County. With their help, last year we were able to provide 13,716 meals to 118 senior neighbors, living in the areas of Avondale, West Grove, Oxford and Kennett Square.

*From left: MOWCC volunteers **Diane Hatcher** and **Fred Wissemann**, and UWSCC Executive Director **Darcie Martin***



Having trouble navigating the web, sending text messages, opening attachments or just feeling like you're fumbling when it comes to technology? RSVP is here to help with its Virtual Digital Literacy Skills class! You can use your smartphone, tablet, or computer to connect with schools, friends, doctors, community resources, and achieve your personal goals. RSVP provides a free Basic Technology Skills Training program. Adults can match with a volunteer virtually or in-person to become more comfortable on their devices. Assistance is one-on-one and easy to schedule by calling (610) 834-1040. Alternatively you can enroll online at <https://www.rsvpmc.org/resources-for-community-members>.



The Pennsylvania Department of Aging offers an online caregiver support kit designed to assist those caring for older adults. This user-friendly resource provides essential information, tools, and guidance on caregiving responsibilities, including managing stress, legal and financial planning, and accessing local support services. It's a valuable starting point for caregivers seeking practical help and state-specific resources tailored to their needs. The kit is part of the greater Aging Our Way PA plan to support caregivers on their unique journey. Caregivers are encouraged to apply for the Family Caregiver program. Please visit <https://www.pa.gov/agencies/aging/pa-carekit> or call 610-344-6350.

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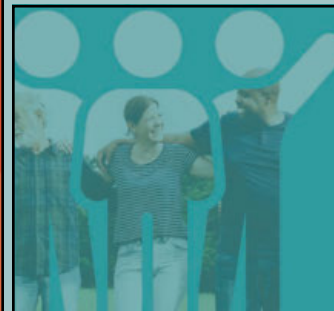
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# OF PEOPLE SERVED:	815
# OF VOLUNTEERS:	569
COST OF FOOD:	\$494,672

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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.