



MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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Meals on Wheels of Chester County

404 Willowbrook Lane
West Chester, PA 19382
610-430-8500
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MOWCC Celebrates March for Meals 2023

Get on your feet for March for Meals! Meals on Wheels of Chester County is proudly participating in the nationwide March for Meals celebration. This important initiative commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutritional program for seniors. This year, Meals on Wheels programs from across the county are joining forces to raise awareness and support to ensure they can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

This year's March for Meals looks to include local officials to join some of our faithful delivery drivers on their routes across the county. Mayors, Commissioners, Police Chiefs and more have been invited to share in the important task of delivering a fresh nutritious meal and friendly face to our homebound neighbors. "March is an important time for us to come together to ensure that Meals on Wheels is there for all of our senior neighbors in need," said Ellie Hollander, President and CEO of Meals on Wheels America.

Continued on Page 2

SPRING — 2023

Important Connections

Continued from Page 1

“The demand for services is already great and approximately 12,000 Americans are turning 60 every day. We must maintain and expand the programs that have helped so many get through this unprecedented time in our nation’s history. We can’t do it alone. It takes all of us to keep the nationwide Meals on Wheels movement going.”

“Getting involved at all levels is crucial to our mission,” said Jeani Purcell, Director of Meals on Wheels of Chester County. “It shows we all have an investment in caring for our seniors, and carrying on the legacy of this historic amendment. Every human being deserves access to fresh, nutritious food and a friendly face. They are the foundations of a long, healthy life.”

To learn more about March for Meal’s national incentive, visit MOWCC.org or mealsonwheelsamerica.org.



Live Healthy Chester County has partnered with the National Association of Counties (NACo) to help residents save on prescription and

health care costs with the Live Healthy Program. The program provides savings on:

- **Prescriptions:** Save up to 80% on generics and up to 40% on brand-name prescription medications at more than 65,000 pharmacies across the nation, including those for pets.
- **Health:** Save 15%-75% on vision care, hearing aids and screenings, prepaid lab work, diabetes supplies, imaging and 24/7 unlimited telemedicine access.
- **Dental:** Save 15%-75% on dental procedures including check-ups, cleanings, x-rays, fillings, root canals, extractions, dentures and more.
- **MinuteClinic:** Save 15% on many services including vaccinations, physicals, blood pressure screenings and more at medical walk-in clinics located in select CVS Pharmacies® and Target Stores. Get started at www.LiveHealthyCard.com.

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Interns Supporting the Mission



Interns with the Chester County Department of Aging delivered to clients in the West Chester Chapter with MOWCC Board of Directors member **Barb DeCarlo** (center) as part of their real-world education. Students **Sara Delaney** (left) and **Alissa Talbert** (right) are juniors studying social work at West Chester University. "It was a pleasure to be a part of Meals on Wheels and getting the opportunity to give back to the community. I appreciated being a part of the team!"- said Delaney.

IT'S TAX TIME ...

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VITA (Volunteer Income Tax Assistance) is offering absolutely free tax prep. Call **610-380-9099** or visit: www.ChesterCountyFreeTaxes.com



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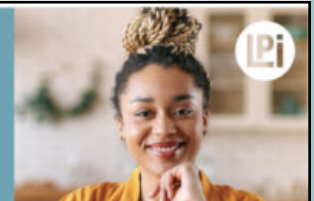
*Offer is valid on new Advance Planning purchases only and cannot be combined with any other offer. Previous purchases are not eligible. Vault and Opening/Closing is required for burial spaces. Opening/Closing is required for mausoleum crypts. Not all burial spaces or crypts may be available for discount. Please consult cemetery for section, building availability and exact pricing. **Offer ends 07/31/2021.**

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Be sure to check out the many offerings in our area to celebrate and learn during the month of February. Local libraries, churches and schools are offering opportunities to honor African Americans in Chester County and beyond. Please visit the Phoenixville Community Health Foundation's website for some local events at www.PCHF.org.



Angela & Kevin McCarthy receive meals from Director, Jeani Purcell. "We love the meals and the volunteers! So grateful for this service."

Chester County Library Can Help You Keep an Open Window to the World!

Did you know the Chester County Library System offers a Mail Order Delivery (M.O.D.) service? This convenient library option provides Chester County residents who are experiencing serious health challenges, to receive library materials through the mail.

There is no cost for this service.



Rental materials include, large-print books, audiobooks, DVDs and Play Away devices. Play Away is an electronic Ipod-type device with a pre-loaded audio book. Simply plug in the earphones of your choice and enjoy.

To be eligible for this service you must be homebound due to physical disability, visual impairment, chronic health conditions or other serious health issues or injury. Rental period for books and audio devices is four weeks; DVDs are checked-out for two weeks.

To register for M.O.D. services just complete the paperwork and return to the Chester County Library System Outreach Department. You should receive your first M.O.D. mailing within 10 business days of receipt of your completed forms.

Please feel free to contact the Outreach Department directly. Outreach staff is available Monday through Friday from 9:30 to 4:30 at **610-344-4220**. Inquiries via email are also welcome at: avarley@ccls.org.

FOR GIGGLES...

- I only seem to get sick on weekdays. I must have a weekend immune system.
- My wife asked me the other day where I got so much candy. I said, "I always have a few Twix up my sleeve."
 - I hate my job—all I do is crush cans all day. It's soda pressing.



SNAP Emergency Allotments End after February 2023

If you are receiving Supplemental Nutrition Assistance Program (SNAP) benefits, you may have already heard from the Pennsylvania Department of Human Services (DHS) about an important change in the amount of SNAP benefits you will be getting.

Since the pandemic started in 2020, households receiving SNAP benefits have been getting an additional payment in the second half of the month known as an Emergency Allotment. Right now, SNAP benefits are paid in two payments during the month: the regular SNAP benefit in the first half of the month and an extra payment in the second half of the month.

However, changes in federal law mean that states will no longer be able to issue these additional EA payments. The extra payment in the second half of the month will stop after February 2023. This means that starting March 1, 2023, recipients will only receive one regular SNAP payment.

More information about SNAP Emergency Allotments is available at dhs.pa.gov/SNAPcares or by calling 1-800-753-8827 to connect with a counselor who can offer guidance with meal support, benefit programs and other activities of daily living.

**CHESTER COUNTY DEPARTMENT
OF AGING SERVICES
610-344-6350**

SPOT THE DIFFERENCES



Weather Advisory

To our clients...A friendly reminder as we wrap up winter ... if you look out your window and see a lot of snow or icy conditions, our volunteers probably will most likely NOT deliver that day. Also, if your driveway is unplowed, we may need to skip delivery until it is safely passable.

And to our dedicated volunteers, if a client's driveway or walkway isn't salted or shoveled, delivery is at your discretion. You should skip a client if it seems unsafe and let us know you were unable to deliver to them. **Take care!**

ALBRIGHT LIFE CENTER

Living Independence for the Elderly

LIFE (Living Independence for the Elderly) is a Medicare/Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. With LIFE, a team of health care professionals works with you and your family to coordinate care. LIFE covers all Medicare/Medicaid covered care and services, and other services that the LIFE team of health care professionals decides are necessary to improve and maintain your health. This may include drugs, as well as any other medically necessary care, like doctor or health care provider visits, transportation, home care, hospital visits, and even nursing home stays when necessary.

To Find out if you're eligible, call Albright LIFE Chester County at **484-378-1235**.

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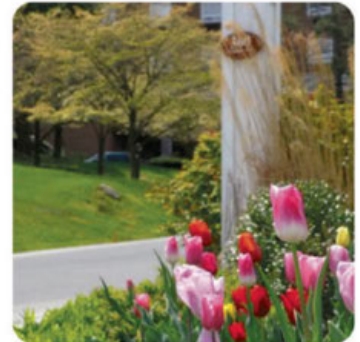
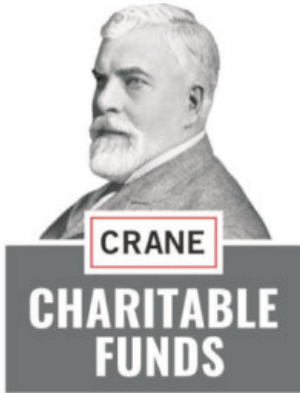
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Meals on Wheels of Chester County
404 Willowbrook Lane
West Chester, PA 19382

Stamp goes
here



TOGETHER WE DELIVER

Here are our accomplishments from
last fiscal year (7/1/21—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
homebound 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.