



# MEALS ON WHEELS OF CHESTER COUNTY FOOD FOR THOUGHT

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*(check out our next newsletter for  
a spotlight on our newest  
employee)*

## Meals on Wheels of Chester County

404 Willowbrook Lane  
West Chester, PA 19382  
610-430-8500  
Email: [meals@mowcc.org](mailto:meals@mowcc.org)  
Website: [www.mowcc.org](http://www.mowcc.org)



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After 40+ years of dedication to Meals on Wheels of Chester County, **Mary Ann and Art Knechtel** (pictured above) decided it was time to hang up their coolers and pass the baton.

During their tenure, they've served hundreds of Kennett Square residents. The Knechtels were kind enough to sit down to lunch with us recently to reflect on their four decades of service to our senior neighbors.

Mary Ann, 86, and Art, 87, made their first delivery in the Kennett Square Chapter in 1984. Kendal in Longwood has always been the meal provider for Kennett Square. The Knechtels told us they often need to deliver meals directly to a client's dining room, unwrap the meal, retrieve napkins and cutlery, open beverages, cut food, and even dispense medicine. Mary Ann and Art learned early on that it's more than just a meal delivery. Even more important is the care and warmth volunteers show our homebound neighbors.

*(Con't page 5)*

# FALL — 2024

## Grant from AHE

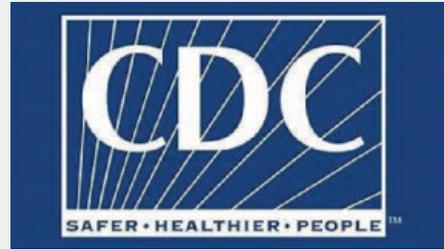


Patrice Stilley, of MOWCC, with Kevin Ressler, CFO & President of the Alliance for

Health Equity (AHE) at the Taste of Chesco Event.

AHE recently awarded MOWCC with a generous grant to help feed homebound seniors living in the Coatesville area. AHE seeks to improve the health and social, emotional and economic conditions among children, teens and families as they strive to advance a more equitable, resilient and healthier Greater Coatesville community.

## Vaccine Update



CDC recommends RSV vaccines for **all adults ages 75 years and older**, and for **adults ages 60–74 years** who are at increased risk of severe RSV.

CDC recommends an RSV vaccine if you are ages 60-74 and:

- Have chronic heart or lung disease
- Have a weakened immune system
- Have certain other medical conditions, including severe obesity and severe diabetes
- Live in a nursing home or other long-term care facility

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*Donate and Dine for Meals on Wheels*



Have dinner or take-out and donate!  
 Dine at Snap Pizza in Exton, PA on **AUGUST 29** between 4:30pm and 8:30pm and 33% of your bill will be donated to Meals on Wheels of Chester County!  
 If dining in, you must show the flyer. See **MOWCC.org** for a copy of the digital flyer. When ordering online for pickup use the code “DOUGH” in the promo field at checkout.  
*Thank you for your support!*

*AUGUST 29, 4:30—8:30 pm only*  
*Snap Custom Pizza & Salads, 291 Main Street, Exton, PA*

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**WE'RE HIRING!**

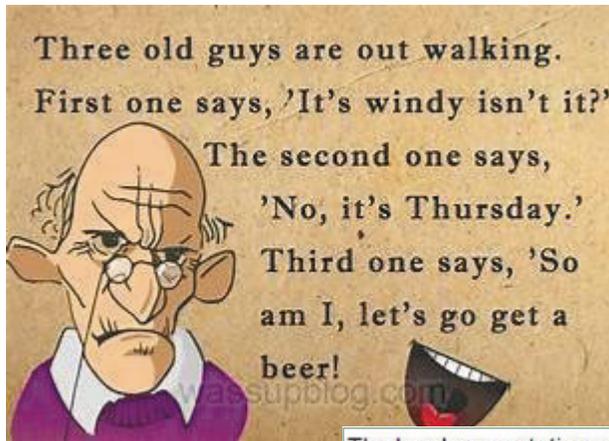
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# For Giggles



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.



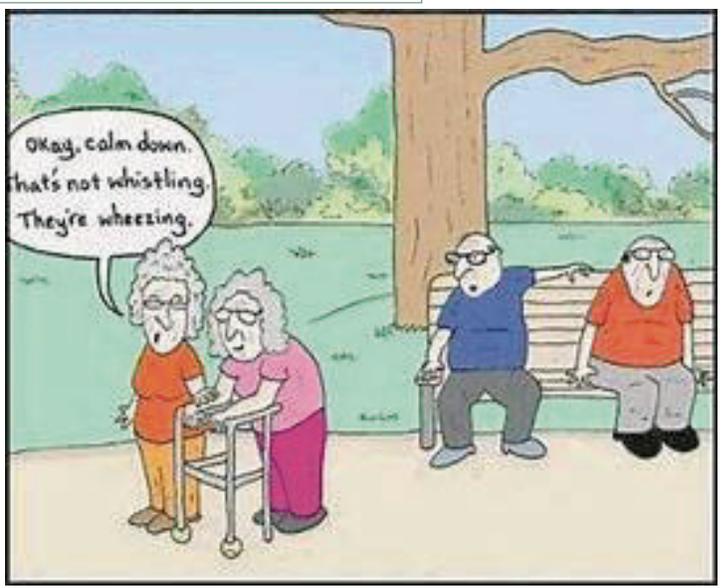
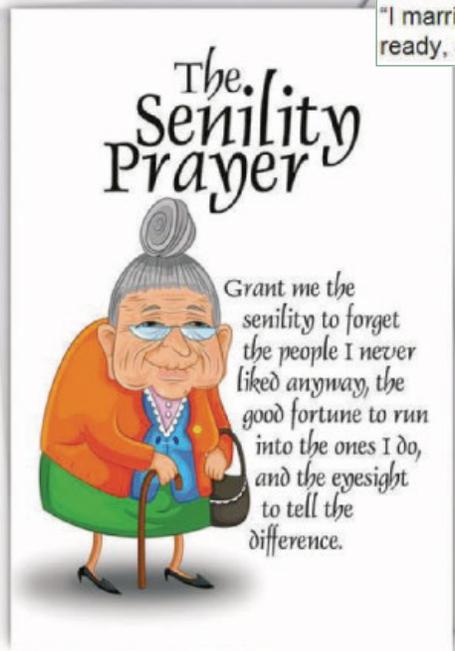
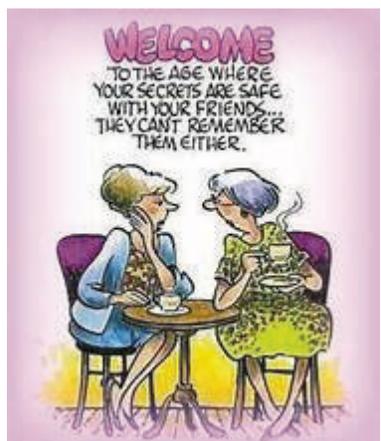
"He's a funeral director," she answered.

"Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now – in her 80's – a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

"I married one for the money, two for the show, three to get ready, and four to go."



*(Knechtels ... Con't from page 1)*

Originally from the mid-west, Illinois and Michigan, respectively, Mary Ann and Art met while living in the same apartment building in San Francisco where they moved for work. Art was a chemical engineer and Mary Ann a flight attendant. After marrying in 1964 and moving to Delaware for Art's job with chemical giant Hercules, Mary Ann was first to deliver for Meals on Wheels with a girlfriend. Since retiring, Art has joined his wife on her route. They switch off which person is driving and which person is delivering. They've experienced so much while volunteering, from goats escorting them inside a client's home for delivery, having to make emergency calls for injured neighbors, to having to decline opening beers for waiting clients. Sometimes they make connections with clients through church affiliations and hobbies, like classic cars.

Mary Ann and Art will continue to fill their days with service, with a little more emphasis on carefree fun. They still volunteer for Kennett's "After the Bell" children's program, and Mary Ann will continue to spend time with Encore, a consignment store whose proceeds benefit the Chester County Hospital. Art will continue on the board for Luther House, where he helped oversee its construction in 2001. When they're not volunteering, the Knechtels enjoy travelling to the mid-west for Polka festivals; to the New York finger lakes for winery tours with friends; dinner groups and spending time with their children and grandchildren.

As we wrapped lunch, Mary Ann remarked that a quote etched on a glass wall at Kendal spoke to her. "I expect to pass through this world but once. Any good therefore that I can do or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again," by Stephen Grillet. The Knechtels have graced Meals on Wheels with abundant kindness, and for their service we are forever grateful. Bon voyage, Mary Ann and Art!

**We will miss you!**

*Be Vigilant*Avoid Medicare Fraud

Medicare fraud and medical identity theft costs taxpayers billions of dollars each year. Medical identity theft happens when someone steals or uses your personal information (like your name, Social Security Number, or Medicare Number) to submit fraudulent claims to Medicare and other health insurers.

Be suspicious of anyone that tells you:

- The equipment or service is free, and they only need your Medicare Number for their records
- Medicare wants you to have the item or service
- They know how to get Medicare to pay for the item or service
- The more tests they provide, the cheaper the tests become

If you suspect Medicare fraud, do one of these:

- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Call the fraud hotline of the Dept of Health and Human Services at 1-800-HHS-TIPS (1-800-447-8477). TTY users can call 1-800-377-4950.
- Visit [tips.oig.hhs.gov](https://tips.oig.hhs.gov) to file a complaint online



**To volunteer, call 610-430-8500 or visit: [mowcc.org](https://mowcc.org)**

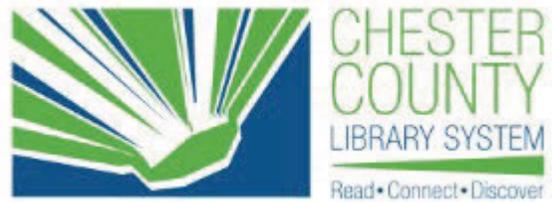
## Did You Know??

Tired of watching television or reading the newspaper? Grab your cell phone and check out the On Aging podcast by NPR. It offers news and information about new medications, scientific research, living longer, seniors in the workplace and more. Just ask your iPhone to play the On Aging podcast.



### Assistive Technology Available on Chester County Library Website

Did you know the Chester County Library's website features assistive technology for the visually impaired, the motor disabled, those with developmental delays, senior citizens, and people with epilepsy? This service allows users to make accessibility modifications based on an individual's assistive needs. There are 18 libraries throughout Chester County. Contact your local library to access the tools your branch can offer at (610) 344-6600.



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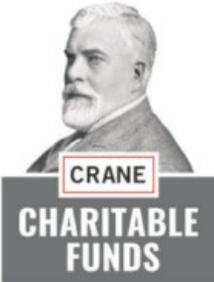
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Meals on Wheels of Chester County  
404 Willowbrook Lane  
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Stamp goes  
here



Here are our accomplishments from  
last fiscal year (7/1/23—6/30/24):

# OF MEALS DELIVERED:	102,444
# OF PEOPLE SERVED:	798
# OF VOLUNTEERS:	612
COST OF FOOD:	\$474,666

Please consider DONATING to help feed  
homebound seniors either by:

1. sending a check to:

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2. **Going Online:** [www.mowcc.org](http://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.