



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

Email: meals@mowcc.org
Website: www.mowcc.org



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Alliance for Health Equity (AHE), whose goal is to achieve equity health for all living in the Coatesville area, has teamed with Meals on Wheels of Chester County to participate in

its newly launched Seed-And-Scale Match Fund.

Kevin Ressler (pictured above left), Executive Director of AHE, explains that this program is designed to involve the greater community in support of projects and programs that address crucial issues such as physical and mental health, education, employment, and housing.

Here's how it works. You go to the AHE website to participate in the Seed-and-Scale Program. When you donate to Meals on Wheels (**through June 30, 2025**), your donation will be matched dollar-for-dollar by The Alliance for Health Equity! This doubles your contribution to help even more people.

By expanding the scope and impact of programs such as Meals on Wheels, AHE will help drive lasting positive change in the Coatesville area.

Use this link to donate today to Meals on Wheels and have your funds matched dollar-for-dollar:
alliancehealthequity.org/grants/seedandscale/meals-on-wheels-of-chester-county/

WINTER — 2024

Meals on Wheels is Growing



Meals on Wheels of Chester County welcomes two new team members.

Welcome **Ethan Dubow** as our Fund Development Coordinator and **Susan Hartman** as our Office Assistant.

Lions and Elks and Masons ... Oh My

Do you know any clubs like the Lions Club, Elks or Masons that would like to hear about Meals on Wheels of Chester County? Please reach out to our office to schedule your visit from a Meals on Wheels representative today.



Patrice Stilley of MOWCC spoke to kids at YMCA's Octorara BASE Camp about contributing to the community.

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November is National Family Caregiver's Month



Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The national observance is led by Caregiver Action Network (CAN), a non-profit that provides free education, peer support, and resources to family caregivers. The 2024 theme, *I Care...*, highlights the importance of self-recognition and self-identity — key factors in caregivers' access to essential support. According to CAN, more than half of those providing care in the U.S. don't recognize themselves as caregivers. As a result, many do not connect with supports that can make a difference throughout their caregiving journeys.

Families are the primary source of support for older adults and people with disabilities in the U.S. Many family caregivers work and provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving takes a significant emotional, physical, and financial toll.

FOR SUPPORT & HELP, VISIT: <https://www.caregiveraction.org/>

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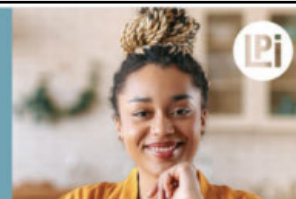
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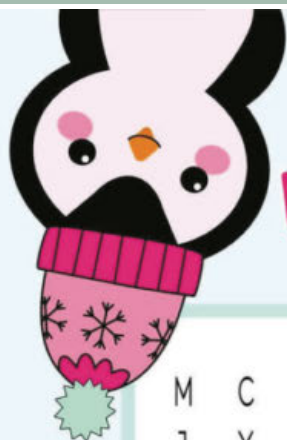
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SNOWMAN



The Power of a Knock ... Meet KenCrest



*M*eals on Wheels of Chester County is fortunate to have some very unique partnerships. There are several commu-

nity-based services in Chester County who support individuals with intellectual or developmental disabilities. A few of these are KenCrest, Merakey and Melmark. MOW depends on these organizations to help cover routes in various areas. This month, we would like to highlight and thank **Bill Price from KenCrest.**

KenCrest supports over 100 people ages 25-55 living in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties. As part of its programming, care managers — like Bill — assist individuals enrolled in KenCrest's programs to deliver meals to our homebound neighbors.

After retiring from a 20+ year career with Verizon, Bill was looking for a meaningful way to spend his time. And for the last 10 years, Bill has been forging relationships with KenCrest's clients. Every week, he accompanies his buddies to deliver meals, as well as enjoy a round of mini-golf, deliver veggie boxes for a local CSA, visit the mall or library or take in a midday movie. "Through our time together, our clients connect with their communities and provide a service. It makes them really happy," Bill told us recently.

During covid, the main office where KenCrest's clients could gather and play games, share lunch and have a "clubhouse" was forced to close. Bill and his colleagues have done their best to carry on, but they are actively in need of a space in which to get together.

For more information about KenCrest, its programs, and ways to support its mission, please visit kencrest.org.

Target Circle Holiday Giving

Target is Supporting Meals on Wheels of Chester County Through December

The next time you are shopping at Target (in-store or online), you have the opportunity to vote for us to receive a community support grant. The more votes we receive from shoppers, the more community support we'll receive from Target. We are grateful for your participation and this partnership!

We're a **Target Circle** participant and here's how you can vote for us.



1 Choose My Target



2 Tap Cast votes



3 Find us & vote

WINTER WEATHER ADVISORY



The 'Bers (as in October, November, December... brrrrr) are upon us and with it comes inclement weather. To our volunteer drivers, if you do not feel comfortable on icy/snowy roads, please let us know as soon as possible so we can find someone to take your route.

To our clients, if the weather calls for the messy stuff, there is a chance our volunteer drivers will not be out to deliver.

Call the office with any questions.

To volunteer, call 610-430-8500 or visit: mowcc.org

AvonGrove & Oxford Chapter Volunteers Gather

Volunteers serving the areas of Avondale, West Grove and Oxford joined together for an afternoon of fellowship and fun at **Acadian Winery** on November 19th. We are working hard to schedule gatherings for each area of



the county. Stay tuned for an event in the area in which you deliver, coming soon.

We are so lucky to have such wonderful volunteers. And a big shout-out to Acadian for allowing us the use of their beautiful space.

THANK YOU!



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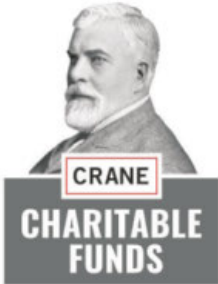
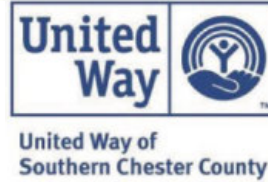
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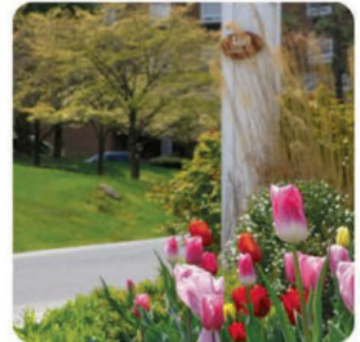
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here

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

TOGETHER WE DELIVER

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

# OF MEALS DELIVERED:	102,444
# OF PEOPLE SERVED:	807
# OF VOLUNTEERS:	612
COST OF FOOD:	\$474,666

Please consider DONATING to help feed
homebound seniors today

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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.