

# From the Mailbox...

"It was inspiring to know that Meals on Wheels reaches out to all age groups. It touches our hearts to hear how many elderly and disabled people go without a hot meal each day. We thank the Lord that we are able to go to the kitchen and fix ourselves a meal, and we will continue to support this great effort to aide those who are not able to do the same for themselves." --Ariah Chapter United Methodist Women

## 2010 Event Schedule

### Open House

July 29th  
Thursday, 2 p.m. – 4 p.m.  
Location: PCMOW Office, 704 S. Pendleton St., Suite I, Easley

### 3rd Annual Sam Wyche Food Fight Bowl

September 10th  
Friday, 8 p.m. game time  
Location: Pickens High School

Postponed until Spring

### Pickens Ladies Golf Association Benefit Golf Tournament

September 17th  
Friday, 11 a.m. Registration  
Location: Pickens County Club

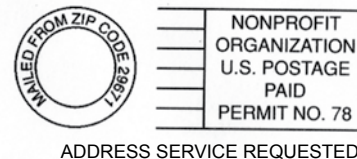
### Volunteer Appreciation Luncheon

November 3rd  
Wednesday, 1 p.m. – 2 p.m.  
Location: Grace United Methodist Church, Pickens

If you would like to receive the newsletter via email, please contact the office at 855-3770.



P.O. Box 184  
Easley, SC 29641  
ph.864-855-3770  
www.pcmow.org



PICKENS COUNTY

# MEALS ON WHEELS UPDATE

What's Inside

Winner of Best Chili Contest is announced

Page 3

Our Annual Facts & Figures

Page 4

Read about the benefits of volunteering

Page 5

## Make New Friends...

Another summer is here and kids are outside playing. What they do, the games they play and the songs they sing will become the memories that they build on. Teaching them to care about other people, and for us as we age, is part of our responsibility to them.

My childhood summers were filled with kickball, riding bikes, climbing trees and jump rope. Sometimes we sang songs like this round, "Make new friends, but keep the old, one is silver and the other is gold." I have recalled that song countless times since we moved from our office at Grace United Methodist Church. The sentiment of the song is one that Meals on Wheels strives to live by.

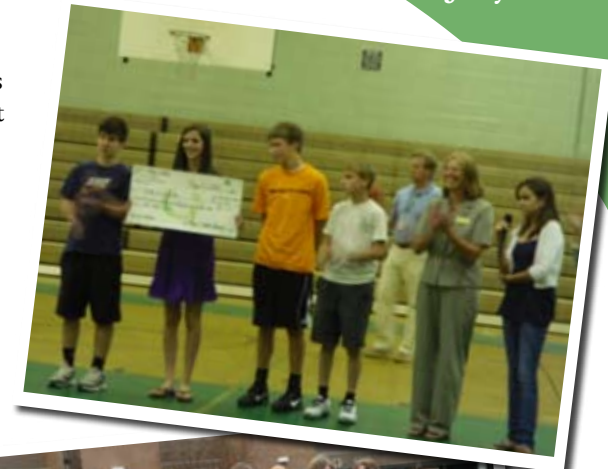
We will take time to treasure our "old" friends at our OPEN HOUSE on Thursday, July 29th from 2 – 4 p.m. by recognizing Pastor Jimmy Dillard from Grace United Methodist Church in Pickens as our honored guest.

Shown are a number of photographs from school teachers, Sunday school teachers, grandparents and parents who have been busy building our children's characters. We thank all of them and the youngsters they have involved for reaching out to Meals on Wheels.

Sincerely yours,  
Meg Benko

www.pcmow.org  
ph. 864-855-3770

July 2010



Top: Gettys Middle School Junior National Honor Society present check to PCMOW for \$375 raised through the 8th Grade May Madness Basketball Tournament.

Middle Right: Darleen Sutton and Ashley Rogers with their First Grade students who collected change to put in baby food jars to donate to Meals on Wheels.

Middle Left: Easley Presbyterian Middle School Youth Group drove 2 routes for PCMOW.

Lower Right: Handcrafted card made by Kitty Adams' art students from East End Elementary

Lower Left: Easley Presbyterian Vacation Bible School send thank you notes to volunteers.



## Greetings from the Chairman

Dear Friends,

When I reflect on the mission of Meals on Wheels, I can't help but think about all the doors that are opened through our program. Our volunteers are the heart and soul of what we are about.

Every day, they graciously open their car doors to deliver hot meals to the homebound in our community. By opening the front doors to their homes, our volunteers provide human interaction and a line of support for the recipients in need. What sets us apart is the door of communication we are able to open to ensure that the seniors we serve are checked on every day.

Recently, Meals on Wheels in Pickens County relocated to Easley. In changing our office space, we were able to open a new front door to the public. To the staff of PC-MOW, thank you for the doors you open every day for those in need within our community. It is because of your dedication and skills that we are able to make an impact.

Doors to the future are being opened every day by our talented Board of Directors. Their diversity and wide range of talents are put to work to ensure that PCMOW will continue to grow and move forward. Thank you for all that you do and the time that you dedicate.

Doors of change are opening every day. In the world of Meals on Wheels, we are looking to change the problem of hunger among seniors and the disabled in Pickens County. To our donors, you are the reason that we are able to continue and change the lives of so many. I challenge each of you to be a door of change for someone who is hungry in our community.

With much gratitude,  
Jan Childress

## 2010 Board of Directors

2010 Board of Directors  
Jan Childress – Chairman  
Sam Wyche – Vice Chairman  
Todd Griggs – Secretary  
Marvin Ellenburg – Treasurer

Drake Curry  
Brian Deese  
Amanda Dow  
Daniel Lee  
LouAnn Lewis  
Gerald Reese  
Harry Rivers  
M.J. Simpson  
Lynn Soenen  
Bart Turner

### Staff

Meg Benko – Executive Director  
Meta Bowers – Program Manager  
Amy F. Wilson – Assistant Director  
Robyn Easlick – Development Associate



## Meet Robyn

Robyn was raised in Tuckerton, NJ and moved to Easley 3 years ago with her husband Chris and 2 children, Alyssa, 7 and Amy, 5. Robyn started volunteering with the Easley Mom's Club delivering meals and helping in the office.

# Community Contributions

- 1 This April, Faith Lutheran Church in Pickens in conjunction with Pickens Presbyterian Church cleaned 3 recipients' yards, prepared and delivered hot meals to our frozen meal recipients and handcrafted cards for Meals on Wheels for their "In As Much" day of service.
- 2 The Reserves at Lake Keowee Community and Charitable Foundations (RLKC-CF) presents PCMOW with a donation of \$5,000.00. The Reserve Driving Team delivers two routes for Meals on Wheels. From Left to Right: Kathryn Coleman-Gravelly, Executive Director - RLKCCF, Meg Benko, Jan Childress, Chairman - PCMOW, and LouAnn Lewis, Board Member - PCMOW.
- 3 Easley Junior Women's Club President, Melanie Branham presents a \$7,000.00 check to Meta Bowers, Program Manager. EJWC volunteers drive an Easley route and substitute for Meals on Wheels.
- 4 SC Telco FCU raised \$725.00 in a one-day hot dog lunch prepared and sold by SC Telco staff. Terry Harrington, Branch Manager in Easley presents check to Meg Benko, Executive Director.



## Thank You for Making Our Office a Home

LCD - Loffler Custom Design ~ Custom Cabinetry  
Welborn's Carpet and Floor ~ Carpet and Installation  
Victory Sunday School Class ~ Chairs  
Pendleton Plaza ~ Conference Table  
Grace United Methodist Church ~ Office Desks and Chairs  
Sherwin Williams and the Childress Foundation ~ Paint and Painting  
Lida Finely ~ Office Plants

**Phone system** - We are grateful to Ram Technologies and Southern Wesleyan for providing a new telephone system upon our move. It was a much needed upgrade that has increased our efficiency by routing calls to the appropriate person. For meal cancellations and driver changes please speak with Meta at extension 101. When you call the office feel free to leave a message and it will be retrieved and returned promptly.

## PCMOW MEALS

**\$4.43**

Buys one meal for a hungry senior

**\$20.00**

Feeds a senior for one week

**\$100.00**

Feeds a senior for one month

**\$1,125.00**

Feeds a senior for an entire year

**Mission Statement:** Pickens County Meals on Wheels exists to combat the effects of hunger, loneliness and isolation on those living in Pickens County, and to provide a lifeline through the use of caring volunteers.

## Partners of Meals on Wheels

Cannon Memorial Hospital, Baptist Easley Hospital and Little Bistro, Liberty provide meals at cost for PCMOW. PCMOW receives United Way Funding.



# Tributes: Memorials and Honorariums 2.7.10 to 6.6.2010

## Memorials

### Tribute: Donor

**Mr. Grady Abercrombie:** Adult Auditorium SS Class of  
New Life Baptist Church:  
David and Ruth Garrison  
Don and Carol Jo Grant  
Cooter and Gail Gwinn  
Bill and Judith M. Keasler  
John and Helen Morgan  
Purchasing Dept. of Cannon Memorial Hospital

**Larry Bearden:** Charles and Lynn Hamilton

**Bill Black:** Carl and Shirley Batson  
Edward R. and Jennie H. Easterly

**Alma Bolding:** Eddie and Neta Hughes,  
Rosa Bell Stephens and Mary Dean Brown

**Bieman Carter:** W. T. and Carol Nalley

**Peggy Clark:** Connie Mack, Joan Bowen and Family

**John Cobb:** Doyle and Jo Kay

**F. Leon Crawford:**  
Judy L. Stewart and Mitchell Lee Stewart

**Joel Dalton:** Black River Electric Cooperative Inc.  
Residents of Westwood Circle  
Jeffrey and Melissa Cantrell  
Coastal Electric Cooperative  
Harold and Tracy Grant  
Franklin M. and Nancy L. Looper, Jr.  
Marcus and Barbara Looper  
Frank and Mary Nix  
The Peoples National Bank  
G. Edward Welmaker and Barbara E. Welmaker

**Barbara Day:** The Cora Lark Family

**Arless Emerich:** Cornell Dubilier

**Milton Evette:** W. T. and Carol Nalley

**Willis Gamble:** Dovie Gamble

**Tiny Gilstrap:** Dacusville Fire Department

**Beatrice Hollis:** Elnora S. Cannon  
Wayne and Jane Coward  
Edgar and Ann H. Cox  
David and Ruth Garrison  
Randy P. and Lynne Griffin  
Doyle and Jo B. Kay  
Gerald R. and Linda T. Owens  
J. Harold and Bobbie B. Pace  
Ridgeland Drive Baptist Church  
Pickens Elementary School  
Mendel H. and Janice M. Stewart  
Stan H. and Reba Thompson  
Town of Six Mile  
John and Susan Wade  
Charlie T. and Emma Yonque

**Robert Hudson:** Dr. Edward Kim and Ann B. Furr

**Rose Jankowski:** Donald T. and Frances L. Plotnik

**Mildred Lewis:** Elizabeth Watt

**Slick McGaha:** Charles and Lynn Hamilton

**Mickla Mortenson:** American Legion Auxillary, Unit 67  
Jerry and Martha Nalley  
Dr. Wayne E. and Judy M. Witte  
T. Sam Ziady

**Mrs. Fort:** Adult Ladies Open Door SS Class/  
Nine Forks Baptist Church

**Mrs. Reeves:** Bill and Norma Hughes

**Pauline "Polly" Pace:** BB&T  
Credit Central Inc.  
Martha B. Crowe  
Ann J. Day and Larry W. Jones  
Carol and William Edens  
Franklin and Lida Finley  
Talmadge and Carolyn Hamlin  
Stephanie Holmes  
Ken and Carolyn Keller  
Mr. and Mrs. Ben Martin, Jr.  
Grover and Jane Owings  
Brenda M Pace  
Donna Pace  
Mrs. Bobbie Pace  
Ruth Rohrabough  
Anne Scott  
Harold and Rachel M. Tinsley  
Benny and Barbara Webster

**Evelyn J. Porter:** E. Larry Porter, Jr.

**Frances Porter:** Elizabeth Watt

**Zeb C. Query:** Emory V. and Joy C. Jones

**Helen Ray:** Riverside High School Remembrance

**Janie Reed:** Dean and Susan Parker

**Nelle Robinson:** Danny and Judy Robinson

**Winnie Roper:** Connie Mack, Joan Bowen and Family  
JoAnn Roper

**Fred Stewart:** Leila Nell Carter  
C. David and Donna Stone

**Josephine Stokes:** Jay and Anita S. Basinger  
Mrs. Carol Hunter

**Bart Taylor:** Lyn D. Fisher

**George Tomaras:** Carolina Fine Foods

**Sarah White:** Jerry and Martha Nalley

**Mrs. Pearlina Winchester:**  
Mr. and Mrs. Earle Youngblood

## Honorariums

### Tribute: Donor

**Reverend David Dickerson:** Marylyn G. Hill

**Louisa Gamble:** Dovie Gamble

**Jake and Julie:** Jean and Dean Thomas

**Mike and Beverly Jenkins:** Inez H. Morgan

**Mount Olivet Wesleyan Women:**  
Mt. Olivet Wesleyan Church  
Sunday School Class

**Reba M. Osborne:** Inez H. Morgan

**Ruth Pitts:** Butch and Kathy Womack

**Rosa Lee Stone:** The Cora Lark Family

**Those Who Wait So Patiently:** Eva Lynda Johnson

**Leamon and Net Watson:**  
Ann S. and Gary A. Gillespie

*Do you still have envelopes with our Pickens post office address on them? If so, feel free to continue using them. We will retain our Pickens post office box until the end of the year!*

## How to Donate

1. You can donate online at [www.pcmow.org](http://www.pcmow.org) using secure PayPal.

2. Mail checks to:  
Pickens County Meals on Wheels  
P.O. Box 184, Easley, SC 29641

3. Come see us!  
704 S. Pendleton Street, Suite I, Easley, SC 29640

*Please let us know if you do not wish to be included in our Annual Report.*

Pickens County Meals on Wheels is a 501 (c)(3), non-profit, charitable organization. We do not receive any state or federal funding, but rely on the generosity of the community to continue our program. Please know that we do not take your support for granted and that we appreciate every gift we receive.

# PCMOW Events



## The Sam Wyche Food Fight Bowl

Friday, Sept. 10, 2010

Pickens and Easley High Schools enjoy a rivalry that is widely known as one of the fiercest in South Carolina. In 2008, the intense competition between the football teams was harnessed to help Pickens County Meals on Wheels feed the community's homebound elderly and disabled. The football teams compete for the distinguished **Food Fight Trophy** that is presented to the winning team at the end of the game. Weeks before the big game, students raise money on behalf of Meals on Wheels. At half-time, the high school that raises the most money is the winner of the traveling **Ultimate Food Fight Trophy!** Please support your favorite team by donating on behalf of Easley or Pickens High School through our website, [www.pcmow.org](http://www.pcmow.org)!

## Between the Bun Bistro Winner of Best Chili!

Pickens County Meals on Wheels held its **3rd Annual Chili Cook-Off** on Saturday, April 17, 2010 at the Pickens Azalea Festival. The competition was close between nine competitors vying for the prestigious **BEST CHILI** award. Judges selected from the restaurant industry included Clyde Hedden of SideTracked Cafe' and Catering, Jimmy Stathos of Jimmy's Family Restaurant, Mike Brooks of Capri's Italian Restaurant, Josh Elvis and Chris Garret from The Commerce Club, Greenville and Lynn Soenen retired director of food and nutrition at Greenville Hospi

After a blind tasting, the judges awarded **BEST CHILI** to Between the Bun Bistro of Easley. Second and third places went to Interim Healthcare and Michael's Restaurant of Pickens respectively. The tasting public voted the Renegades of EDSI, Greenville as their favorite for the People's Choice award. Not to be outdone, Air-Care Home Health reclaimed the Best Booth award for their fun, fully outfitted cowboy theme booth called the Air-Care Corral. The Renegade's Bayou theme, Interim's Wizard of Oz booth and Michael's Hillbilly Chili booth made the choice a difficult, but entertaining one. Air-Care added more than \$2,000.00 to the pot for Meals on Wheels, retaining the Top Team Fundraiser award.

Gwinn's Tire and Alignment continued its support as title sponsor for Meals on Wheels for its third year. Presenting sponsors included Saddlebrook Construction, Sealevel Systems, Sulzer Process Pumps, King's Asphalt, HMR Advantage Health and Interim Healthcare. Sponsorships, ticket sales and fundraising by the contestants will purchase 1,873 hot meals for the homebound in the community.



## Wings and Wheels for Meals

Pickens County Airport was the host and location for the 1st Annual Wings & Wheels for Meals event this spring. The public was invited to see the new airport terminal and attend this event to benefit Meals on Wheels. Admission was free and an estimated 3,000 people took advantage of the sunny weather to enjoy classic car and aircraft displays.

People enjoyed a leisurely walk on the tarmac to look at a variety of outstanding vehicles, speak with their owners or have their image captured at the cockpit of the County's helicopter. Others listened for their number to be called to win raffle items donated by local businesses or participate in the silent auction. The Pickens Raptors RC (radio controlled) Club shared their hobby and assisted the winner of the RC airplane they donated. The public was also treated to the opportunity to take an airplane or helicopter ride to view their hometown aloft. Jim Justice flew his airplane, virtually non-stop to keep up with the queue that formed quickly and remained until well after the event had closed.

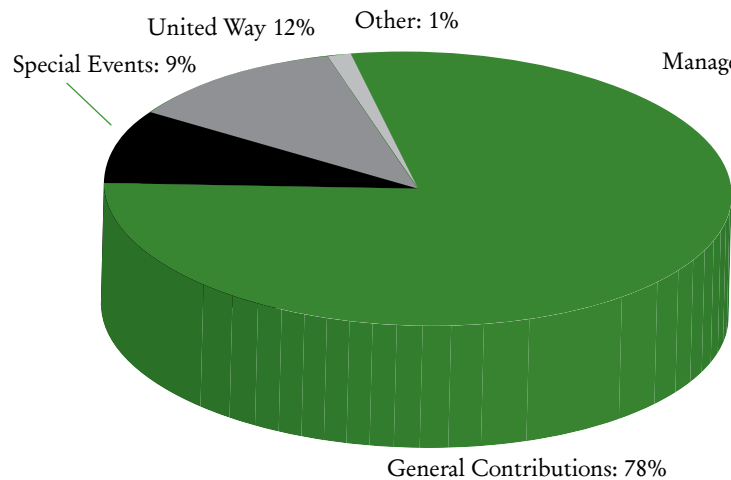
"The event grossed over \$9,000 that translated into more than 2,000 hot meals to be delivered by warmhearted volunteers. That's what the citizens of Pickens County have done," stated Skeets Cooper, Airport Director and event coordinator. The Masonic Lodge of Easley donated all its proceeds from their hamburger lunch raising \$3,000 of the total funds. Justice donated 7.2 hours of flight time and the proceeds to Meals on Wheels.

Seventy-seven cars and ten aircraft competed for the Airplane and Automobile People's Choice awards. An appreciative public chose a PA 281140 Cherokee Piper owned by John Garner as People's Choice airplane and a 1929 Studebaker House Car owned by Jack Gaugh for the People's Choice automobile. Special thanks to Skeets Cooper, John Garner, Alan Woods, Arlie Asay, Jean and Dean Thomas, Amanda Dow and Alan Warner for planning and producing a fine event.

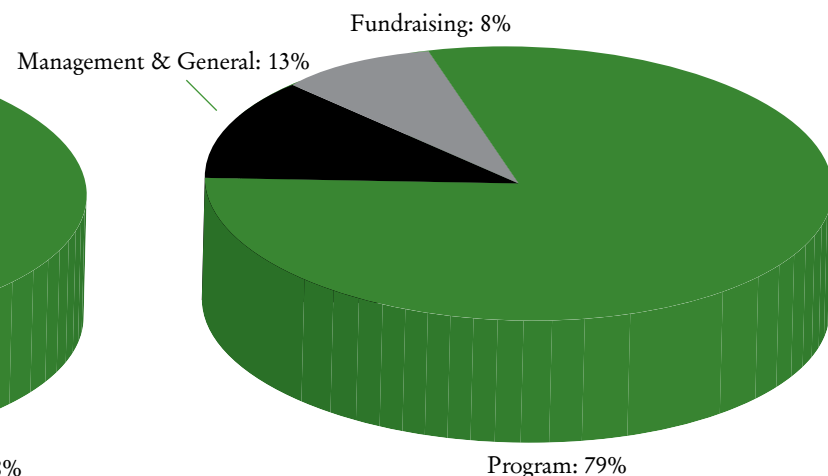
*For more photos of our events, please visit the website at [www.pcmow.org/media/photogallery](http://www.pcmow.org/media/photogallery)*

# 2009 Annual Facts and Figures

## 2009 Revenue

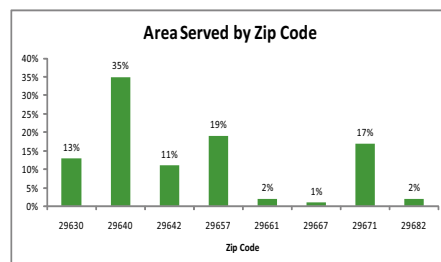
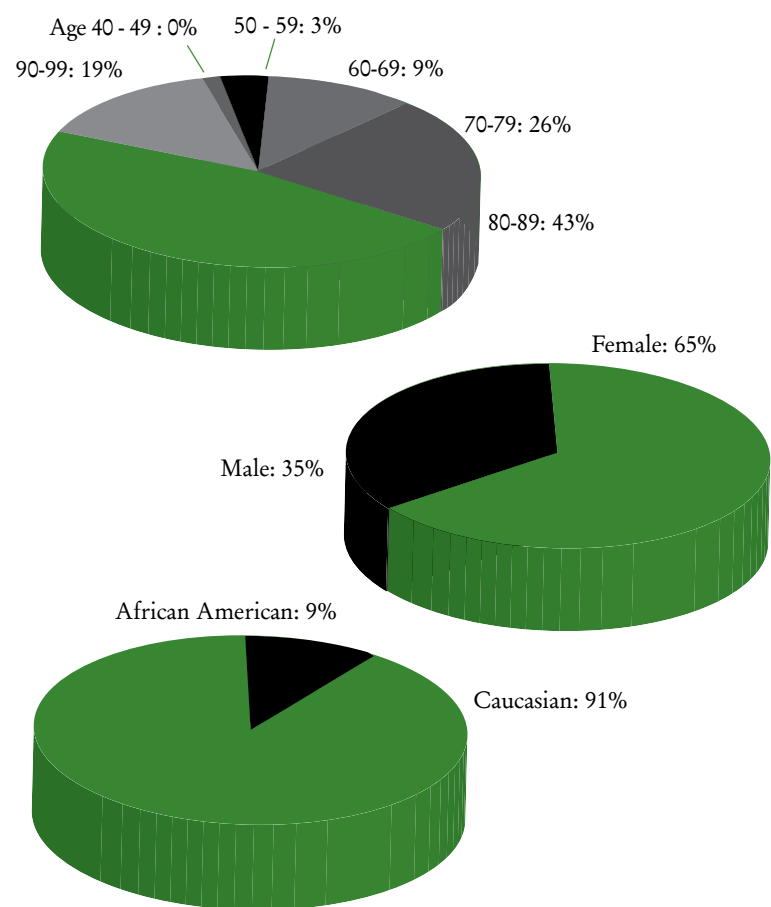


## 2009 Expenses



2009 Revenue: \$265,799	2009 Expenses: \$251,608
General Contributions: \$208,878	Program: \$199,857
Special Events: \$23,208	Management & General: \$31,751
United Way: \$31,404	Fundraising: \$20,000
Other: \$2,309	

## Demographics



## Fast Facts:

**Recipients in 2009**  
 Number of Meals Delivered: 44,747  
 Number of Recipients Served Per Day: > 200  
 Number of New Recipients: 119

**Volunteers in 2009**  
 Number of New Volunteers: 111  
 Number of Volunteers: 400  
 Number of Routes: 20  
 Number of Volunteer Driving Hours: 7,620 per year  
 Number of Miles Driven : 60,960 per year

**Applications for Meals in 2009**  
 Applications Received: 186  
 Screened Out: 116  
 In-Home Assessments: 123

**Waiting List in 2009**  
 Beginning of Year: 140  
 End of Year: 91  
 Avg. Length of Wait: 4.86 months

*Twenty-three of the 119 new recipients waited less than one month!*

**Lifeline in 2009**  
 Emergency follow-up contacts. More than 1,0000 calls were initiated by volunteers and follow-up calls made by staff on behalf of recipients.  
 911 Calls: 1

## Strengthen Body and Spirit with Volunteer Work

Courtesy of Cannon Memorial Hospital

Americans volunteer their time in a multitude of ways. They may organize fundraisers, coach Little League, or help someone learn to read—to name just a few. Their work certainly helps others. But did you know it also can improve the volunteers' quality of life—and even affect their health?

### Benefits of Volunteering

Experts say that volunteering is good for people of all ages, though most research has focused on older adults. Benefits include higher self-esteem and a greater sense of well-being. Volunteering may boost physical health, too. Research has found that older adults who volunteer have lower mortality rates than those who don't. And a recent study showed that volunteering for just one organization raised a person's life expectancy more than did volunteering for several. Several factors may explain these findings. For example, experts say that meaningful relationships, being productive, and keeping active are vital to healthy aging. Volunteering makes these possible.

## Volunteer Reminders:

- Always bring your route sheet and use it when delivering meals. The sheet you receive when you pick up the meals is only to notify you of who is and is not home. There will be a check by the recipient's name that you will deliver to that day. If they have a check in the juice column they should get juice. Otherwise they should receive milk. There is a total at the bottom indicating how many meals you should deliver that day.
- Drivers can come by the office to pick up a handbook.
- Please do not park in the loading dock at Cannon Hospital.



## PCMOW Volunteer Coffee Mornings

Every other month, PCMOW will have an informal gathering for our volunteers at our new office in Easley! Come have a cup of coffee, say hello, meet each other and learn more about your Meals on Wheels program.

The first coffee morning will be August 26, 2010 from 8:00 am to 9:00 am. If you have any questions, please call Amy at 855-3770 ext.102.

## Recipient Reminders:

Drivers are instructed not to leave meals unattended due to health and safety issues. Please help us by not asking them to do so.

## Route Openings:

Easley: Substitutes needed (all routes)  
 Central 2: Every Thursday

## Wanted:

Volunteers to deliver frozen meals twice a month. Call Amy at extension 102 for details.

## Welcome New Volunteers!

Doug Beard  
 Charlene Brock  
 Michael Campbell  
 Jack Drawdy  
 Candis Duncan  
 David Foster  
 Kwok Wing Fung  
 Linda Haltiwanger  
 Stacy Jackson  
 John Jones  
 Tammy Pace  
 Mack Phillips  
 Jocelyn Pittenger  
 Molly Respass  
 Sally Smith  
 Polly Swindoll  
 Elizabeth Virgil  
 John Welch

## PCMOW Bulletin Board

### Wish List

- 1) Fire Box
- 2) Large Shredder
- 3) Transportation Vehicle
- 4) Office Paper (white and colored)

### THANK YOU!

- Computer – Arnold Construction
- Freezer – Baughman Family Foundation
- Xerox Printer – Blue Ridge Electric Cooperative

For more information on how to Volunteer, please visit our website at [www.pcmow.org](http://www.pcmow.org), or please call us at 864-855-3770