



## 2026 January Newsletter

### OUR MISSION: NO HOMEBOUND PERSON GOES HUNGRY

We provide two nutritious meals Monday through Friday, in Montgomery, Chester & Delaware Counties. Our volunteers not only deliver, but visit with each patron.

### VOLUNTEER MILESTONES:

#### 20-24 years!

Al Slipakoff

Laura Pratt

Kathie King

Ellie Bitter

Joe McCabe

### CONTACT US:

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610.688.8170



Hold CTRL+click the icon!

### HELLO AND WELCOME!

Just a short note to welcome you to our 2<sup>nd</sup> MLMoW Newsletter. I do hope you find it enjoyable and informative. No matter what role you fulfill within our organization, you are part of our TEAM. Our team is made up of more than 175 people that volunteer their time and resources, while serving our community. That is a team I am proud to be a part of, and I can't thank you enough for all that you do.

Please feel free to share any ideas, comments and/or suggestions you might have for our Newsletter. Enjoy!

~David Price, President - Board of Directors

### RECENT EVENTS

The holiday season was a busy one, with Surrey closed for a few days to allow their staff time with their own families. Thanks to our volunteers, we were still able to serve our community with cheer and delicious meals!

- Thanksgiving: Waynesboro CC cooked meals for the Devon routes
  - Meal sponsored by Board Member Elizabeth Sajed's family
  - Dessert provided by Board Member Julie Kanto's family
- Christmas/New Year's: deliveries per usual, frozen and fresh

### NEW EVENTS

- Jan 28: Volunteer Happy Hour - Burtons Grill & Bar, 5-7pm
- May 12 tentative: Volunteer Luncheon - Bryn Mawr Presbyterian Church

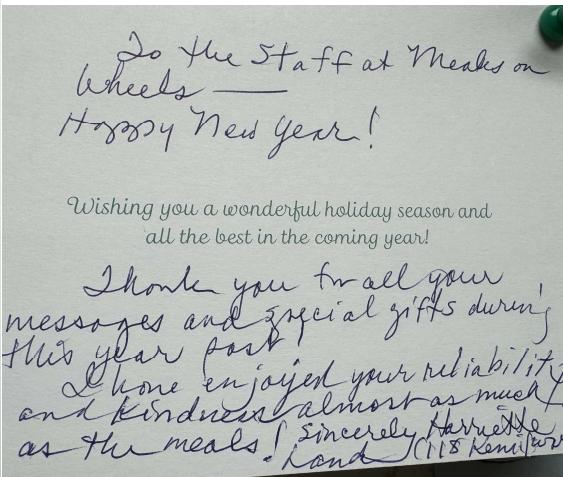
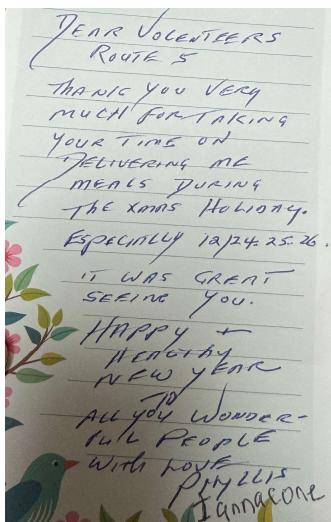
### CUSTOMER CALLOUTS!

Sometimes we receive e-mails or have a conversation...

Dear Meals on Wheels – Thank you so much for being here constantly for my elderly mom. She just loves your brothy soups, salads and desserts, of course. We had trouble getting her to eat vegetables, but your salads and tasty variety of vegetables has really helped her regain energy and stamina – at age 96!! She looks forward to your visits! We appreciate you being such an important part of her life. May God continue to bless the efforts of everyone involved.

J. M. wants everyone to know how much she appreciates our service, and she believes that our kitchen should conduct a master's class in soup preparation, because it is that good. She never had egg salad until MoW, and now it is her favorite sandwich. She looks forward to her lunch every day. She is very appreciative of what we do, and it has changed her life in a very positive way.

...and sometimes we get a nice note!



## CHEF'S KISS!

We would be lost without the wonderful chefs who provide nutritious and varied meals for our customers. Get to know them below!



### Josian "Josie" Welsh (Bryn Mawr Hospital)

#### **How long have you been working with Meals on Wheels?**

I've been working with Meals on Wheels through Surrey and BM Hospital for about 10 years now. Over that time, it's grown into more than just a job — it's become a meaningful part of my life.

#### **What got you into cooking and preparing meals for large groups?**

I've always cooked for large groups, even before this role. I enjoy the challenge of preparing meals on a large scale while still making sure the food feels homemade, comforting, and nutritious. Cooking for many people taught me discipline, organization, and how important consistency is when others rely on you every day.

#### **Any funny or memorable requests from patrons?**

There have definitely been some memorable moments, from special seasoning requests to people asking if I could "add just a little extra love" to their meals. Those little comments always made my day and reminded me why the work matters.

#### **What does Meals on Wheels mean to you personally?**

Meals on Wheels became like family to me. I took real pride in what I did, not just individually but as part of a team. We built strong relationships and worked together to make sure meals were freshly prepared every single day. Knowing that people depended on us motivated me to always give my best.

#### **Anything you'd like to share about your life outside the kitchen?**

When I'm not taking care of everyone's meals, I love spending time with my grandkids, doing fun activities and enjoying family time. That balance, caring for my community through food and spending quality time with family has always been important to me.



## Pedro DelValle (Devon Surrey Senior Services)

### **How long have you been working with Meals on Wheels?**

Yesterday, as of 01/08/26, I did 5 years with MOW.

### **What got you into cooking and preparing meals for large groups?**

I grew up helping my mom cooking and feeding my younger sister when she was going to work. At the same time, the passion of cooking and serving others also grew, so in 2021 when I found Surrey and the MOW mission, it made me feel that I was in the right place.

### **Any funny or memorable requests from patrons?**

HAHA! No funny requests yet! I respect everyone's opinion on special diet and nutrition requests.

### **Anything you'd like to share about your life outside the kitchen?**

I always love to spend time with my family 3 teen-aged kids and I also do customized cars.

## JUST THE FACTS

### PATRONS

- 259 unique patrons served
- 150+ patrons at any given time
- 3 are 100+!!!
- 18 are 95 or older!
- Average age is 80 years old

### VOLUNTEERS

- 175 active volunteers
- 26 volunteers every day
- **Monday-Friday**
- 12,000 volunteer hours
- 50,000 miles driven

### MEALS

- Nearly 70,000 meals delivered
- 38,390 meals subsidized
- 1300+ lbs of Snow Packs  
***at no cost to the Patron***
- Extra Friday Meals  
***at no cost to the Patron***

### DONORS

- 177 Unique Donors & 19+ Grants
- 65% of Operating Costs rely on donations
- Special funding allowed us to donate 6348 entrée-sized salads to our patrons
- Flowers, cards, breakfast bags & non-perishables donated by local community organizations

## SEEK AND FIND

H	A	Z	P	N	V	Q	Y	Z	U	Y	K	J	N	S	S
U	X	T	C	O	M	M	U	N	I	T	Y	W	D	R	N
O	T	W	H	O	G	H	D	I	U	A	B	I	O	K	X
X	J	G	E	Y	M	L	E	U	F	C	X	N	B	V	Z
A	G	F	S	D	O	P	L	D	A	F	O	C	X	B	T
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CHESTER  
COMMUNITY  
COMPASSION  
DELAWARE  
DONORS  
FUN  
INCLUSION  
MONTGOMERY  
PATRONS  
SERVICE  
STEWARDSHIP  
VOLUNTEERS

## HELPFUL LINKS

### [Main Line Meals on Wheels](#)

<https://www.mainlinemealsonwheels.org/>

### [Surrey Services for Seniors](#)

<http://www.surreyservices.org/>

### [Wayne Senior Center](#)

<http://www.wayneseniorcenter.com/>

### [Center for Positive Aging in Lower Merion \(PALM\)](#)

<http://www.palmseniors.org/>

### [New Horizons Senior Center](#)

<http://www.newhorizonsseniorcenter.org/>

## SEND US YOUR IDEAS

✉ [Devon Mailbox](mailto:Devon@mainlinemealsonwheels.org) [Devon@mainlinemealsonwheels.org](mailto:Devon@mainlinemealsonwheels.org)  
✉ [Bryn Mawr Mailbox](mailto:BrynMawr@mainlinemealsonwheels.org) [BrynMawr@mainlinemealsonwheels.org](mailto:BrynMawr@mainlinemealsonwheels.org)

## SEEK AND FIND SOLUTION ON NEXT PAGE

