



SOCIAL SERVICES NEWS

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FOR IMMEDIATE RELEASE

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VOLUNTEERS NEEDED TO DELIVER MEALS ON WHEELS IN CATAWBA COUNTY

HICKORY -- Volunteers are needed to deliver Meals on Wheels in Catawba County. There are a number of routes available.

Volunteers are especially needed for two new Meals on Wheels routes: along N.C. 10 in the Vale area, and along Highway 16 South.

It takes approximately one hour to deliver the meals. Most volunteers deliver meals once a month, although they may deliver more often. The volunteers pick up the meals at a designated pick up location and take them to approximately 20 homes along the route. Training is offered to new volunteers.

More than 400 homebound seniors received the meals during the past fiscal year. Meals are delivered Monday through Thursday. Meals on Wheels are free to recipients, although donations are accepted. The program could not operate without the volunteers who deliver the meals.

Meals on Wheels deliveries are available to any senior adult who is 60 or older who cannot shop or prepare their own meals. This program is not based on income.

For more information about becoming a Meals on Wheels volunteer, call 828-695-5610 or go to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>. Businesses that are willing to organize a team of volunteers are also being sought.

If you are unable to volunteer but would like to make a financial contribution, go to <https://www.velocitypayment.com/client/catawba/socialservices/index.htm> to make a secure online donation. Be sure to select "Meals on Wheels" from the fund drop-down list.

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