

FOR IMMEDIATE RELEASE

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MEALS ON WHEELS VOLUNTEERS RECOGNIZED AT BREAKFAST

HICKORY -- An appreciation breakfast was recently held to honor the more than 800 volunteers who deliver Meals on Wheels and provide other volunteer services through Catawba County's Senior Nutrition Services.

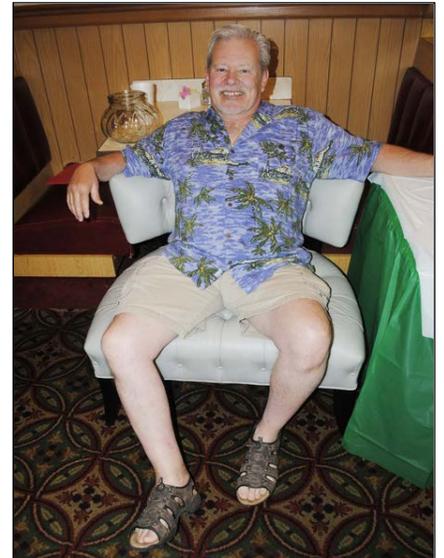
During the past year, 1,500 senior citizens were served through these programs. Three new Meals on Wheels routes were added in the county to serve seniors who were not previously near a route. Meals for one of the new routes were paid for by a grant from Catawba County United Way.

Jan Shaffer, supervisor of Senior Nutrition Services, thanked the volunteers for their service, which often goes above what is expected. "You help our recipients feel cared about and connected to the community," she said. In one case, a volunteer called 911, helping save a person's life. In another case, a volunteer shoveled snow from a recipient's sidewalk, allowing the person to get to a medical appointment. "These acts of kindness mean the world to a person in need," Shaffer said.

Hal Row, host of the "First Talk with Hal Row" radio program on WHKY, was the guest speaker. Although he said he seldom accepts morning speaking engagements, he felt he had to attend the breakfast. "I wanted to be in a room full of angels," he said. Row also told the volunteers that they were privileged to talk to members of "The Greatest Generation," who had helped build Catawba County.

He also told the audience they were following the Biblical command to feed the hungry. "You are truly doing the Lord's work, and I thank you so much," he said.

Following breakfast at the J&S Cafeteria, there was a drawing for more than 100 door prizes donated by 96 area businesses. Recipients of some of the larger door prizes included Robert Cameron, winner of a chair donated by Old Hickory Tannery that was valued at \$1,600; and Phyllis Wilkinson, winner of a set of TV tables donated by Watson's Furniture.



Robert Cameron won a chair donated by Old Hickory Tannery at the appreciation breakfast for Senior Nutrition Services volunteers.

Additional volunteers and donations are needed to continue the delivery of meals in the county. It takes only an hour a month to serve as a volunteer. For more information, call 828-695-6510. Donations are also needed to help serve this vulnerable population. You may make a donation by writing a check to Catawba County Social Services and writing "Senior Nutrition Services" in the memo line. Please mail your checks to Catawba County Senior Nutrition Services, P.O. Box 207, Newton, NC 28658. You may also donate securely online by going to <http://www.catawbacountync.gov/dss> and clicking on the red "Donate Now" button. For the latest updates on Senior Nutrition Services, like them on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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Phyllis Wilkinson won these TV trays donated by Watson's Furniture. Some 96 area businesses donated door prizes for the Meals on Wheels volunteers.