

Welcome New Volunteers

Susan Ballard	EHKY
Colleen Brady	WHKY
Jamie Anthony	NTN
Mary Wacker	NTN
John Fedorczyk	SF
Louise Fedorczyk	SF

Our Deepest Condolences

We express our sympathy to the families of the following meal recipients who recently passed away: Nadine Stoll, Sadie Barnes, Betty Potts, and Pearl Poovey.



Do You Know About Our Pet Food Program?

- Pet ownership improves the emotional and physical health of senior citizens with physical limitations.
- Some senior citizens on fixed incomes may forego some of their own needs in order to buy pet food, or even share their meals with their pets.
- For elderly persons living alone, pets can supply a sense of security and protection.
- Many of them stated that without the pet food program they would have to resort to feeding their pet table scraps, as resources are scarce towards the end of the month.

We will start providing canned pet food because it provides more protein for the pet. We appreciate your help in delivering this to our seniors who have a small companion or two and can benefit from this program.

Reminder:

Please do not deliver meals that are not sealed. Please inform the site supervisor or call the office at 828-695-5610 to report this. Thanks!

Find us on Facebook!

Like and share our Facebook page! Just search for Meals on Wheels of Catawba County!



October is Breast Cancer Awareness Month

This is an annual campaign to increase awareness of the disease. Most people are aware of breast cancer, but many forget to take the steps to detect the disease in its early stages. Please remember to get tested starting at age 40.



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STAY HEALTHY!!!

Suggestions of what you need and what you should avoid to stay healthy during the cold and flu season:



1. **Get a flu shot.** A vaccination offers 70 to 90% protection against infection and can decrease the severity and side effects if you get sick.
2. **Stock up on pens.** Cold and flu germs are easily passed through hand-to-hand contact; therefore avoid sharing pens.
3. **Buy plenty of hand sanitizer.** Look for ones that don't require water and have at least 60% alcohol.
4. **Take a daily multivitamin.**
5. **Wash your hands—a lot.**
6. **Turn in.** Getting enough sleep is the most important thing to do this season, because any other precautions you take against cold or flu—the right food, supplements, even vaccinations—won't offer the same protection if your body's too tired to use them properly. (prevention.com)

Stay tuned for
**Upcoming
Annual
Fundraiser to be
announced in
November!**



HELP OUT YOUR NEIGHBORS...

During the fall season, one way to help our Senior Citizens is to keep their leaves raked to prevent them from slipping and falling. So grab a rake and help a neighbor!



To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy

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