

Welcome New & Returning Volunteers

Marsha Joyner SF/CL-CA
Barron Monroe II NTN
Danielle Verwahren NTN
Jenny Weaver EHKY
***We would also like to thank Broome Associates and New Life Fellowship Church for advertising the need for Meals on Wheels volunteers on their digital signs!

Find us on Facebook!

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



Congratulations to the **WINNER** of the incentive program for April—June 2016! **David Linkous** won a gift card from **Max' Mexican Eatery**. We appreciate all of our volunteers! Thanks for all you do!

Our Deepest Condolences

We express our sympathy to the families of the following meal recipients who recently passed away: Elizabeth Oaks and Faye Enloe.



We have a critical NEED FOR VOLUNTEERS!

Please refer friends and family to help volunteer. Call the office for an application or go online at mealsonwheelsofcatawbacounty.org

There are four things that you cannot recover in life:

1. The stone...after it's thrown
2. The word...after it's said
3. An occasion...after it's missed
4. A person...after they're gone

Take time to cherish every moment!

Anonymous~

In August, Week 2 is National Smile Week!

We know the seniors have expressed how they appreciate each of you and love to see your smiling faces!

Bags in Coolers...

"The reason for the plastic bags in the coolers is due to health department regulations regarding melting ice coming into contact with where someone would place their lips to a carton of milk, or when there is a lid that has the potential of opening and/or allowing the water from melted ice into the container via vent hole, etc." —American Food Service



Honoring Our Elders on National Senior Citizens Day... It occurs every year on Aug. 21st. Initiated by President Ronald Reagan in 1988, this day is set apart to acknowledge the life-long contributions our nation's seniors have made to their community and country.

On National Senior Citizens Day, we should:

- *Spend some time with senior citizens.
- *Show our appreciation for senior citizens.
- *Do volunteer work in support of the elderly.



If you are a senior citizen, enjoy your day!



IF YOU CANNOT DELIVER ON YOUR DAY...

Please remember to try calling someone else on your route to switch days before calling the office. Please call 828-695-5610 to report the change. Thanks for your assistance!



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

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