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## SOCIAL SERVICES NEWS

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P.O. BOX 669    Newton, North Carolina    28658-0669    (828) 695-5600    [www.catawbacountync.gov/dss](http://www.catawbacountync.gov/dss)

### **FOR IMMEDIATE RELEASE**

**DATE: Nov. 9, 2016**

**CONTACT:** Margaret Allen, Catawba County Social Services Public Information Officer, [mallen@catawbacountync.gov](mailto:mallen@catawbacountync.gov), 828-695-6583

### **SENIOR NUTRITION SERVICES HOLDING ANNUAL FUNDRAISING DRIVE**

HICKORY -- Catawba County's Senior Nutrition Services is conducting its annual fundraising drive, which helps pay for Meals on Wheels and related programs in the county.

Senior Nutrition Services, a part of Catawba County Social Services, operates Meals on Wheels, Frozen Meals, Seniors Morning Out, and the Nutritional Supplement programs. Each of these programs is designed to give seniors the option to remain in their homes as long as possible.

"We rely heavily on donations from local individuals, churches, civic groups and businesses to help fund this program," explained Jan Shaffer, supervisor of Senior Nutrition Services. "We hope that our community will give the gift of meals to local seniors during this holiday season."

A gift in any amount is appreciated, she explained. A donation of \$21 pays for one week of meals for a senior; \$91 pays for one month of meals; and \$1,092 pays for an entire year of meals. During Fiscal Year 2015-2016, a total of 1632 seniors were served through these programs.

Meals on Wheels delivers five meals a week to seniors who are unable to shop or prepare their own food, and have no one in their home who can do so. The meals are delivered by volunteers, who can volunteer as little as one day a month. It takes about an hour and a half to deliver meals on a Meals on Wheels route. More volunteers are urgently needed.

Frozen Meals are delivered to recipients who qualify for Meals on Wheels, but who do not live near a Meals on Wheels route. Frozen meals are picked up monthly by a friend, relative or volunteer. The Nutritional Supplement Program provides a case of Boost or Ensure once a month to seniors, who must obtain a note from their doctor.

Seniors Morning Out operates four mornings each week, except for holidays. There are five sites throughout the county where seniors meet to enjoy activities and a hot, balanced lunch. Keeping these seniors connected with their community has been shown to improve their health.

None of these programs is income based. Any Catawba County resident who is 60 or older may participate. Individuals, groups, or businesses may participate by volunteering or making a donation. Groups are encouraged to organize fund-raisers to benefit these programs, or to designate part of the proceeds from an existing fund-raiser. For more information about how to get involved, contact Jan Shaffer, supervisor of Senior Nutrition Services, at 828-695-5617.

To donate by check, make out your check to Catawba County Social Services and write "Senior Nutrition Services" in the memo line. Mail your check to: Senior Nutrition Services, P.O. Box 207, Newton, NC 28657. You may also donate securely online by going to <http://www.catawbacountync.gov/dss> and clicking on the red "Donate Now" button. To receive an acknowledgement letter for tax purposes, be sure to include your name and address. Additional information about Catawba County Senior Nutrition Programs is available at <http://www.mealsonwheelsofcatawbacounty.org>.

For the latest updates on Catawba County's Senior Nutrition Programs, like "Meals on Wheels of Catawba County" on Facebook.

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