

FOR IMMEDIATE RELEASE

DATE: Nov. 8, 2012

CONTACT: Margaret Allen, Catawba County Social Services Public Information Officer, mallen@catawbacountync.gov, 828-695-6583

CATAWBA COUNTY SENIOR NUTRITION SERVICES CONDUCTING ANNUAL FUND DRIVE

HICKORY -- Catawba County's Senior Nutrition Services -- including Meals on Wheels, Frozen Meals, Nutritional Supplements and Seniors Morning Out -- are now conducting their annual fundraising drive.

Last year, these programs served a total of 1,420 Catawba County seniors. Some 847 volunteers made these programs possible. Senior Nutrition Services are paid for through a combination of federal, state and county support, as well as local donations. The Meals on Wheels Program provides home-delivered meals to residents who are 60+ years old and homebound. To be eligible for this program, a county resident must be unable to shop for or prepare their own meals. Volunteers deliver these meals, which provide a nutritious, balanced meal five days a week, except for holidays.

Frozen Meals are delivered to persons who are not on a Meals on Wheels route. In these cases, volunteers or family members pick up a month's worth of frozen meals and deliver them. The Nutritional Supplement program provides supplemental nutrition in the form of Boost or Ensure canned drinks. Persons receiving these supplements must have a prescription from a doctor.

Seniors Morning Out is a program that operates weekday mornings in five different locations throughout the county. Any county resident who is 60 or better is eligible to participate in this program, which includes a variety of activities, health checks, information and a balanced lunch. The program is free to participants, although donations are accepted. There are no income requirements. Seniors Morning Out offers a vital link to the community and an opportunity to establish and maintain friendships.

Seniors Morning Out programs are located at Bethlehem United Methodist Church in Claremont, First Presbyterian Church in Newton, Highland United Methodist Church in Hickory, West Hickory Senior Citizens Center, and Maiden Community Center. All of the Senior Nutrition Programs are designed to help seniors remain in their own homes as long as possible.

You may make a donation to these programs by writing a check to Catawba County Social Services and writing "Senior Nutrition Services" in the memo line. Checks may be mailed to P.O. Box 207, Newton, NC 28658. You may also donate online by going <http://www.catawbacountync.gov/dss/adult/nutrition.asp> and clicking on the red "Donate Now" button. For more information, or to volunteer with one of these programs, call 828-695-5610. You may also "like" the programs on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.