



## SOCIAL SERVICES NEWS

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### **FOR IMMEDIATE RELEASE**

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### **MEALS ON WHEELS VOLUNTEERS RECOGNIZED AT APPRECIATION BREAKFAST**

HICKORY -- Some 182 Meals on Wheels volunteers from throughout Catawba County recently gathered at the J&S Cafeteria for an appreciation breakfast.

Amanda Munden, Meals on Wheels coordinator, and Vickie Redden, volunteer coordinator, read several letters from Meals on Wheels recipients and caregivers explaining how much the program means to them.

One daughter of a Meals on Wheels recipient had this to say: "We consider all of you a part of our extended family. All of the volunteers are so kind and loving to my father. And no one knows how much that means to a daughter who lost her best friend, her mom, a few months ago. ... I told my mother when I moved in to care for them, 'Mom, you know I don't cook a lot. I'm a sandwich or microwave person, and a vegetarian.' They love meat and potatoes. So, I asked them about Meals on Wheels and they both agreed. ... My Dad loves to talk to them and say hello. There is one male volunteer who came when Mom passed, and he talked to my Dad about how sorry he was, and how it would be hard, but he would be OK and it would get easier. So every time he comes now, he asks my Dad how things are going and if things are getting a little better. ... He doesn't know how he helped my Dad. Just kind words from his heart."

Another letter was written by Pamela Lail, a certified nursing assistant who helps care for several Meals on Wheels recipients. She wrote: "As a caregiver, I see how much it helps people with very limited income. Some people can't stand at a stove to cook. They are at risk for falls. Especially those in their 80s and 90s. The recipients enjoy seeing you when you bring their meals. They can't get out much to socialize. ... I have never seen a volunteer who wasn't smiling. One day I asked the volunteer if he had any cat food. My client had adopted a stray cat. He said, 'I'm sorry, I don't today.' He returned shortly with a box of cat food, which he paid for. I tell you, the blessings are yours for giving of yourselves, your time, and your love."

There are nearly 800 volunteers in the county who deliver meals and nutritional supplements to homebound seniors in the county. Each volunteer only has to make a commitment of one hour a month. A total of 117 door prizes, donated by 81 businesses, were given to the volunteers.

Joyce Corbett, a board member of The George Foundation, was the guest speaker. She thanked the volunteers for what they do to help seniors in the county who are unable to cook or shop for groceries. The George Foundation has been a supporter of the program for many years.

Additional volunteers and donations are needed for this program. For more information, call 828-695-5610 or go to <http://www.catawbacountync.gov/dss/Adult/nutrition.asp>. You may also receive updates by liking the program on Facebook at <facebook.com/Meals/OnWheelsOfCatawbaCounty>.

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