

FOR IMMEDIATE RELEASE

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CATAWBA COUNTY RECOGNIZES MEALS ON WHEELS VOLUNTEERS; MORE NEEDED

HICKORY -- Catawba County's Senior Nutrition Services recently recognized the volunteers who deliver Meals on Wheels with an appreciation breakfast held at J&S Cafeteria. The western-themed event was attended by 182 volunteers.

County Commissioner Sherry Butler addressed the volunteers. Jan Shaffer, Adult Services supervisor, told the volunteers they are our heroes, feeding the hungry and helping their fellow man. They were described as rays of hope to homebound seniors. One hundred local businesses participated by donating door prizes.

More volunteers are needed to deliver Meals on Wheels throughout the county. It only takes an hour and a half a month to deliver Meals on Wheels. The volunteers pick up the meals at one of several pick-up stations throughout the county and deliver them to the seniors on their route.



Helen Brigham, Dale and Debra Zimmerman are some of the volunteers recognized at the annual Meals on Wheels Appreciation Breakfast. More volunteers are urgently needed. To find out more, call 828-695-5610 or go to mealsonwheelsofcatawbacounty.org

In March, there were 768 Meals on Wheels volunteers in Catawba County. Between July of 2014 and March 2015, 415 seniors were served. There are currently 51 persons on the waiting list. Additional volunteers would allow more of these seniors to receive meals.

To be eligible to receive Meals on Wheels, a person must be at least 60 years old and be unable to shop or prepare their own food. There are no income requirements for this program. Anyone who meets the requirements may receive the meals, which are free to participants.

"Because the typical volunteer only delivers Meals on Wheels once a month, we need to have a large number of volunteers to meet the need," said Vickie Redden, volunteer coordinator. "Our volunteers tell us that they are blessed to deliver the meals. They are often the only person the recipient sees all day and provide a vital link to the community. Because of Meals on Wheels, many seniors are able to remain in their own homes."

If you are interested in becoming a Meals on Wheels volunteer, call 828-695-5610 Monday through Friday during business hours. Senior Nutrition Services is also looking for local businesses who are willing to organize a team of employees to deliver meals. In addition, local donations are needed to support this service.

For additional information, call 828-695-5610, go to mealsonwheelsofcatawbacounty.org, or like the Facebook page at facebook.com/mealsonwheelsofcatawbacounty.

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