



CATAWBA COUNTY

P.O. BOX 669 Newton, North Carolina 28658-0669 (828) 695-5600 **Catawba County Social Services**

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

SENIORS MORNING OUT PROGRAM OPENS IN CLAREMONT

HICKORY, N.C. — A new Seniors Morning Out location has opened at Bethlehem United Methodist Church in Claremont. This program, which is operated by Catawba County Social Services, provides a nutritious lunch, plus social activities, for persons age 60 or older.

Approximately 75 people attended a cookout celebrating the opening of the program. Special guests included Doug Barrick, Claremont city manager; Tom Lundy, county manager; Emily Leik, an intern from the University of North Carolina-Chapel Hill School of Government; John Eller, director of Catawba County Social Services; and Don Colson, chair of the church's board of trustees. These officials, as well as other church members, served the meal to the guests. Special music was provided by Sentimental Journey.

The program is held in the church's Fellowship Hall, located at 3214 Catawba St. in Claremont. Program hours are 8:30 a.m. until noon Monday through Friday. It is free to area residents, although donations are accepted. Persons wishing to participate in the program should register by contacting Wendy Thomas, site manager, at 828-320-0434 during program hours. Participants may attend the program every day, or only occasionally.

"We are excited to announce the opening of this new Seniors Morning Out location," said Jan Shaffer, who supervises the county's Senior Nutrition Programs. "We believe this area is home to many seniors who will benefit from the program. We are pleased to partner with Bethlehem United Methodist in serving Claremont and the surrounding area."

In addition to offering the Seniors Morning Out Program, the location will be a pick-up site for Meals on Wheels deliveries. Meals on Wheels provides home-delivered meals to area residents 60 or older who are unable to prepare their own meals at homes.

Most Meals on Wheels volunteers deliver meals one day a month. Each route typically takes one hour. If you would like to become a Meals on Wheels volunteer at the Claremont site, or at another county location, please contact Jan Shaffer at jans@catawbacountync.gov or 828-695-5617.

Last year, more than 1,000 county residents were served by Meals on Wheels, Seniors Morning Out and other senior nutrition programs operated by Catawba County Social Services. These programs are funded with a combination of federal, state and county money, along with local donations.

There are five Seniors Morning Out locations in Catawba County. They are at West Hickory Council on Aging, Highland United Methodist Church in east Hickory, First Presbyterian Church of Newton and Maiden Community Center, as well as the new Claremont site.

Other senior nutrition programs include the Boost Nutritional supplement program that provides one case per month of a nutritional supplement drink to persons who are at least 60 years old and at high nutritional risk. This program requires a doctor's prescription and is based on availability of funds.

The Frozen Meals program provides frozen meals to persons 60 or older who do not live on a Meals on Wheels route and are unable to prepare food for themselves. These meals are picked up by family members or volunteers. There is no charge to participants in any of these programs, although donations are welcomed.

Catawba County's Senior Nutrition Program is currently hoping to establish a Meals on Wheels satellite location (pick up station) to serve residents in the Sherrills Ford area. This location would need to be in a church, business or other building that would be staffed Monday through Friday. If you can provide a suitable location for this purpose, please contact Jan Shaffer at 828-695-5617.