



CATAWBA COUNTY

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FOR IMMEDIATE RELEASE

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CATAWBA COUNTY MEALS ON WHEELS HOLDING ANNUAL FUNDRAISING DRIVE

HICKORY, N.C. — Catawba County Meals on Wheels is now holding its annual fundraising drive. The program, which provides nutritious lunches to senior citizens (60 years or older) who are unable to cook or shop for themselves, relies heavily on local donations to serve Catawba County residents.

This year, the organization hopes to raise \$25,000. Many senior citizens do not eat a healthy diet because of medications that change their appetite, disabilities that impair their ability to shop or prepare food, or lack of financial resources.

The local Meals on Wheels Program is part of Senior Nutrition Services of Catawba County Social Services. During the 2010-2011 fiscal year, Meals on Wheels and other Senior Nutrition Programs served 1,275 county residents.

Meals on Wheels is operated with a combination of federal, state and local funds; donations from individuals and local businesses; and grants. Volunteers pick up the meals and deliver them to recipients four days a week. Each volunteer may spend as little as one hour a month delivering the meals. There is a critical need for more volunteers.

“The community has always been very responsive and supportive of the Meals on Wheels program, both through volunteerism and financial support,” said Jan Shaffer, supervisor of Senior Nutrition Services. “We are grateful for the support because this program could not operate without it. We are asking the community to join us, along with the National Meals on Wheels Association, to end senior hunger by 2020.”

Your donation of \$22 will provide Meals on Wheels delivery to a senior citizen for a week. Your donation of \$97 will provide a month's worth of meals. You may also donate by participating in a Christmas quilt raffle. The quilt was handcrafted by Kittie Forbes, a local volunteer. Tickets will be on sale through Dec. 16. Tickets are \$2 each or three for \$5. For more information on how to purchase tickets, contact Andrea Wilson at 695-5610.

Meals on Wheels will also benefit from the Dutchman Tree Farms Green 2 Green Fundraiser. You may participate by ordering a live Christmas tree or fresh wreath. Catawba County Meals on Wheels will receive \$10 for each Christmas tree and \$5 for each wreath. Place your order online at <http://www.dutchmantreefarms.com/organizations> and enter the code CCMOW. You may also call 231-839-7901 and tell the operator your donation code. Your order will be delivered directly to your address of choice.

In addition to Meals on Wheels, Senior Nutrition Services operates several other programs to help senior citizens have a healthy diet. The Frozen Meals Program is for persons who qualify for Meals on Wheels but do not live on a MOW route. Volunteers pick up the frozen meals and deliver them to the recipients.

Seniors Morning Out operates from 8:30 a.m. to 12:30 p.m. at five locations: the West Hickory Council on Aging, Highland United Methodist Church in east Hickory, First Presbyterian Church of Newton, Maiden Community Center, and Bethlehem United Methodist Church of Claremont. Seniors Morning Out provides a nutritious lunch along with fellowship, health and wellness programs, fun activities, special outings, trips, shopping and entertainment.

In addition, a Nutritional Supplement Program is available for persons who need help with their diet because of a medical condition. The liquid diet supplements Ensure or Boost are delivered to the homes of these persons.

There is no charge to the participants for any of these programs, although donations are welcomed. There are also no income requirements for those participating.

For more information on how to donate or become a volunteer, go to <http://www.catawbacountync.gov/dss/Adult/nutrition.asp> or "like" the organization on Facebook at <http://www.facebook.com/mealsonwheelsofcatawbacounty>.

You may now donate securely online by going to <http://www.catawbacountync.gov> and clicking on the "Donate Now" button. You may also write a check to Catawba County Social Services and put "Meals on Wheels" in the memo line. Checks should be mailed to Senior Nutrition Services, P.O. Box 207, Newton, NC 28658. Please include your name and address if you would like to receive a receipt for tax purposes. Include your e-mail address if you would like to be added to the Meals on Wheels email newsletter distribution list. For more information, call 828-695-6510.



This Christmas quilt, made by volunteer Kittie Forbes, will be raffled to benefit Meals on Wheels. Tickets are \$2 each or \$5 for three. For more information on how to purchase tickets, contact Andrea Wilson at 695-5610.