



CATAWBA COUNTY

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Catawba County Social Services

PRESS RELEASE

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VOLUNTEERS, DONATIONS NEEDED FOR MEALS ON WHEELS

HICKORY, N.C. – Catawba County’s Meals on Wheels Program needs donations and volunteers to meet the needs of senior adults in the county.

Meals on Wheels is one of several Senior Nutrition programs administered by Catawba County Social Services. Last year, more than 800 volunteers assisted in delivering nutritionally balanced meals to more than 250 homebound senior adults. To be eligible for this program, recipients must be 60 years old or older and unable to prepare a meal for themselves.

“The generous donation of your time or money will ensure that older adults in the community have the nutrition they need,” said Jan Shaffer. “Our major fund-raiser for this program is held during November and December. Please remember those who may need this service during the holiday season.”

She added: “The national Meals on Wheels Association is conducting a movement to end senior hunger by 2020. We hope the citizens of Catawba County will step up to meet the needs of those who have contributed so much to our community.”

Meals are delivered to the client’s home Monday through Thursday and include three hot meals and two frozen meals. There are currently 24 meal routes in the county. Donations are needed to expand the program to more persons who need this service. In addition, volunteers are needed to deliver the meals. A typical route takes one hour to complete during the middle of the day. Volunteers usually cover one route once a month.

Donations at any level are appreciated. You may sponsor one meal a day for a week for \$21, or one meal a day for a month for \$92. Businesses are also encouraged to get involved, either by donating to the program or by organizing a team of volunteers to deliver the meals.

For more information about how you or your business can help Meals on Wheels, contact Jan Shaffer at 828-695-5617. You may also mail a donation to Catawba County Social Services, Attn: Jan Shaffer, P.O. Box 669, Newton, N.C. 28658. Checks should be made out to Catawba County Social Services, and there should be a notation that the donation is for the Meals on Wheels Program.

Many senior citizens are at risk of poor nutrition because they eat fewer than two meals a day and skip breakfast. They may also eat fewer fruits and vegetables. Some of these people may lack money to purchase food. Others have appetite-changing health problems.

In addition to Meals on Wheels, Catawba County Social Services also operates several other nutrition programs for senior adults. Seniors' Morning Out provides a nutritious lunch along with fellowship, health and wellness programs, fun activities, special outings, trips, shopping and entertainment. This program 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 the Family Life Center of Catawba United Methodist Church in Catawba.

The Boost Nutritional supplement program provides one case per month of a nutritional supplement drink to eligible persons. Those eligible for this program must be 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. This program provides 20 frozen meals per month. The meals are picked up by family members or volunteers. There is no charge to participants in any of these programs, although donations are welcomed.