



## CATAWBA COUNTY

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### **MAYORS, OTHER LOCAL OFFICIALS VOLUNTEER WITH SENIOR NUTRITION PROGRAMS**

**HICKORY** — Three area mayors and several other local officials recently participated in Mayors for Meals in Catawba County.

This event was sponsored by Catawba County Social Services' Senior Nutrition Programs, which operates Meals on Wheels, Seniors Morning Out and other senior nutrition programs serving more than 1,000 people.

Catawba Mayor Vance Readling helped serve meals to senior citizens at the Seniors Morning Out location at Catawba United Methodist Family Life Center. Conover Mayor Lee Moritz helped deliver Meals on Wheels along with Lance Hight, Conover city planner, who is a regular volunteer with the Newton program. Newton Mayor Bob Mullinax helped serve meals at the Newton Seniors Morning Out program, located at First Presbyterian Church of Newton. In addition, Catawba County's two assistant county managers, Dewey Harris and Lee Worsley, helped at Newton Seniors Morning Out.



**Assistant County Manager Dewey Harris (left) recently joined Newton Mayor Bob Mullinax, (right) to assist volunteers such as Hannah Scott in the Mayors For Meals program.**

Seniors Morning Out and Meals on Wheels are funded with a combination of federal, state and county money, along with local donations. Jan Shaffer, who supervises these and other Senior Nutrition programs, said the program eligibility requirements differ slightly. Seniors Morning Out is open to anyone who is at least 60 years old. The participants travel to one of five sites, where they are served a nutritious meal Monday through Friday. The program also includes health and wellness, social, and educational activities. Those who need transportation may be picked up by the Greenway bus system. During the 2010-2011 fiscal year, 395 persons participated in this program.

Meals on Wheels provides home-delivered meals to senior citizens 60 years of age and older who are homebound and unable to prepare meals for themselves at home. Volunteers pick up the meals and deliver them during the lunch hour. During the 2010-2011 fiscal year, 375 people received meals through this program.

The Frozen Meals Program is an alternative, in cases where the homebound person is not near a Meals on Wheels route or the routes are at full capacity. In these cases, a relative, friend, or volunteer picks

up a month's worth of frozen lunches and takes them to the participant. During the past fiscal year, 182 persons were served by this program.

The Boost Program provides a nutritional supplement drink to senior citizens who are in danger of malnutrition due to disease or other chronic conditions. In the 2010-2011 fiscal year, this program served 117 persons.

Both individuals and businesses are encouraged to participate by volunteering or donating to the county's Senior Nutrition programs. Last year, 983 persons volunteered with these programs. Each Meals on Wheels volunteer typically delivers meals once a month. It takes approximately an hour to deliver one route.

Mayors for Meals is a nationwide event sponsored by the Meals on Wheels Association of America. The purpose of this event is to increase public awareness about the program, which seeks to end senior hunger in America by 2020.

For additional information about volunteering or making a donation to the Catawba County programs, contact Jan Shaffer at 828-695-5617 or [jans@catawbacountync.gov](mailto:jans@catawbacountync.gov).