

# Volunteers Needed!

The Garrett County Community Action Committee (GCCAC) Aging and Nutrition Services is recruiting volunteers to deliver Christmas meals to frail, homebound Garrett County senior citizens. Most of those who are in need of a meal do not have family in the area.

The GCCAC Meals on Wheels Program is closed on major holidays and no meals will be delivered to homebound elderly persons on Christmas.

While many senior citizens will be able to share a meal with family and/or during the holiday seasons, there are some seniors who are not able to do so.

How you can help:

It is easy! When preparing your holiday meal, simply include enough for a homebound elderly person in your area, and deliver it to him/her. The Aging and Nutrition Meals on Wheels Program will provide you with the name and address of a senior in need of a holiday meal.

Volunteers are needed for Christmas meals.

If you and/or your family would like to volunteer for this program, please contact the GCCAC Aging & Nutrition Meals on Wheels Program at **301-334-9431, ext. 6137 or 6135.**

In order to process the requests, please volunteer and contact us by December 17 to volunteer for a meal Christmas.

The project promotes the Garrett County Community Action Committee strategy of creating environments that enable vulnerable Garrett County residents and their families to have access to health care and support on life skills, thereby increasing the number of individuals who are able to live independently.

Your time and efforts will be greatly appreciated.