

Date 12/8/16

Articles Featured in: The Republican

Volunteers Needed To Provide Holiday Meals To Elderly

Garrett County Community Action's Aging and Nutrition Services is recruiting volunteers to assure that frail, home-bound Garrett County senior citizens receive a meal during the holidays.

The agency's Meals on Wheels Program is closed on major holidays, and, therefore, no meals will be delivered on Christmas.

"While many senior citizens will be able to share a meal with family and/or friends during the holiday seasons, there are some frail home-bound elderly persons who are not able to do so," said a spokeswoman.

She indicated it is easy to help.

"When preparing your holiday meal, simply include enough for an elderly person in your area, and deliver it to him/her," she said. "The Aging and Nutrition Service's Meals on Wheels Program will provide you with the name and address of a senior in need of a holiday meal."

Those who would like to volunteer for this program are asked to call 301-334-9431, ext. 6137, or 6178.

Persons are also invited to become a "Christmas angel" by making a monetary dona-

tion.

"By donating to Meals on Wheels this holiday season, you can make a difference in the life of a Garrett County senior citizen in need," said the spokeswoman. "Your donation will aid Community Action in maintaining five-day meal delivery to our elderly."

Each meal that is delivered provides one-third of the daily recommended dietary nutrition to program participants, plus provides a way to

make daily "safety checks" on the seniors.

"Together, these essential services help frail seniors to remain in their own communities," the spokeswoman

said. "A recent study found that the investment of \$25 in home-delivered meals to vulnerable seniors reduces the likelihood of nursing home residency."

Donations, which are tax-deductible, can be mailed to Meals on Wheels, Area Agency on Aging, 104 E. Center Street, Oakland, MD 21550.