

# American Legion Post 71 supports Meals-on-Wheels

OAKLAND — The Aging and Nutrition Services Department at Garrett County Community Action Committee recently received a donation that will enable more than 84 meals to be prepared and delivered.

This represents 17 weeks of meals for an individual in need.

“We are delighted by the donation that the Legion has made on behalf of the Meals on Wheels program,” said Pam Hagman, director of aging and nutrition. “The delivery of meals three times a week also provides for social contact for recipients who may not have the means to get out of the house too often. Social contact often feeds the human spirit as much as the meals do.”

Ron Friend, who made the generous donation on behalf of the members of the American Legion Post 71, said the



Submitted photo

**Ronald Friend, American Legion Post 71 commander, presents a Meals-on-Wheels donation to Pam Hageman, aging and nutrition director.**

group wanted to help elderly neighbors.

For the calendar year of 2017, some statistics about the program are:

- 32,381 meals prepared in 2017.
- 209 people received meals.

• 89 percent of meals went to clients of highest priority meaning unable to shop or cook.

• 67 percent of clients were at high nutritional risk.

• Meals delivered five days a week also work as a daily wellness check.