

MISSION OF THE MONTH for May 2018 MEALS ON WHEELS



"Les makes me laugh every time, and that's important!"

- Dottie, MOW client

Meals on Wheels

The Meals on Wheels program provides a hot meal every weekday for homebound older adults in Henderson County. All meals are low fat/low salt and meet the one-third recommended dietary allowance set by the FDA. Diabetic, soft, and pureed meals are available. Meals are delivered by volunteer drivers between 10:00 a.m. and 1:00 p.m. In addition to receiving a nutritious meal, Meals on Wheels clients receive important social interaction with caring volunteers. These

visits, which also serve as a regular wellness checks, often turn into lasting friendships.

No Financial Requirements

In order to qualify for grant funding, you must be at least 60 years of age, homebound, and be unable to prepare a hot meal on a regular basis. If you do not meet all of the funding criteria, private pay options are available.

Meals on Wheels Isn't Just Long-term

Rehab, post-op, medical treatments, transition of caregiver, and other short-term scenarios are also great opportunities to take advantage of the service. We love to be able to help someone through a temporary need and to get back on their feet again.

Don't Need a Meal Every Day?

Have a regularly scheduled appointment each week? No problem. You can set up your meals to skip certain days of the week as needed.

Where Do We Deliver?

It doesn't matter whether you are in Hendersonville, Etowah, Mills River, Fletcher, Edneyville, or anywhere else, we serve all of Henderson County.

Drivers for Meals on Wheels deliver a daily nutritious meal to the frail, homebound elderly. Volunteer drivers can work just one day a week, if they'd like — or more, if they have time available.

Meals are delivered five days a week, excepting major holidays or emergencies (including bad weather). Drivers deliver a friendly smile along with a warm meal and chat with clients for several minutes. Any concerns are reported back to the Meals on Wheels office.

A nonprofit organization such as the Council on Aging is only as strong as its volunteers make it. We've been relying on folks like you — people who want to help make a difference, who have some extra time available, who might know others who've benefitted from Council on Aging services — ever since we were incorporated in 1969. As an independent non-government agency, the Council on Aging is a nonprofit that relies on the kindness of strangers ... strangers who quickly become friends.

