



FOR IMMEDIATE RELEASE

December 20, 2016

Contact: Nancy Niehus

Director of Community Services

nniehus@lccoa.org

440-205-8111x 241

www.lccoa.org

Urgent Need for Meals on Wheels Volunteers in Mentor/Painesville Areas

[December 20, 2016 – Mentor, OH] - The Lake County Council on Aging's "Meals on Wheels" program is in **critical** need of volunteer drivers to deliver meals in the Mentor and Painesville area. We are looking for volunteers who can commit to deliver meals at least one day per week. Currently there is a need for drivers on Monday, Thursday or Friday. Delivery routes take approximately 60-90 minutes to complete.

Every weekday, volunteer drivers deliver lunchtime meals to homebound seniors between 10:30am and noon. Last year, volunteers helped deliver close to 150,000 meals to these older residents in need, throughout Lake County.

"The demand for Meals on Wheels service has been increasing each year resulting in this current critical need for volunteer drivers," said Joe Tomsick, Chief Executive Officer of the Lake County Council on Aging. "The success of the program relies solely on the number of volunteer drivers we have to provide this much needed service for our aging population."

The home delivered meal program is a great opportunity to volunteer as an individual or duo, with a family member or a friend, and meet new people within the community. Delivering meals also allows for local businesses, community groups and churches to adopt a route and schedule group members to deliver on that day each week.

An important benefit of this home-delivery program is the opportunity for social interaction between the volunteers and the meal recipients. Social isolation is a significant concern for seniors living on their own. The daily visits by Meals on Wheels volunteers includes not just a meal, but a chance for a friendly smile, a little upbeat conversation and a face-to-face visit that serves as a "wellness check."

Please call Nancy Niehus at the Council on Aging at 440-205-8111, ext. 242 or email nneihus@lccoa.org for more information.

###

About Lake County Council on Aging: The Lake County Council on Aging (LCCoA) has been serving Lake County's seniors, their families and caregivers since 1972. The Agency strives to enhance quality of life through education, advocacy, service and support. The agency's priority is to help older adults remain in their own homes longer, healthier and more safely. For more information, visit www.lccoa.org.