

Home Delivered Meals Drivers Needed

The McDowell County Senior Center is recruiting drivers for its Home Delivered Meals Program.

Volunteer requirements

Volunteer Drivers are asked to spend less than two hours, one day a week delivering meals to homebound seniors in McDowell County. Some volunteers can even serve as substitute drivers and fill in when needed.

Drivers are currently needed for Wednesdays, Thursdays, and Fridays.

For information about this volunteer opportunity, call 659-0826 or email volctr@mcdowellgov.com



MEALS on **WHEELS**
AMERICA

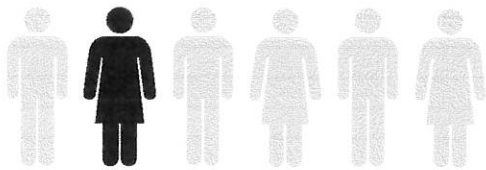
TOGETHER, WE CAN DELIVER.

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The number of seniors in our country will grow exponentially over the coming years. Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for our nation's most vulnerable seniors. By leveraging the existing Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save billions in tax dollars by keeping them out of more costly healthcare settings.



TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.



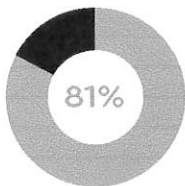
1 IN 6 seniors struggles with hunger

15.7 MILLION are isolated, living alone

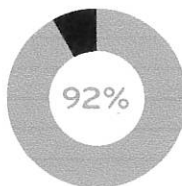
10.2 MILLION are threatened by hunger

18.7 MILLION are living in or near poverty

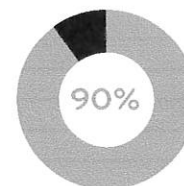
MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



say it improves their health

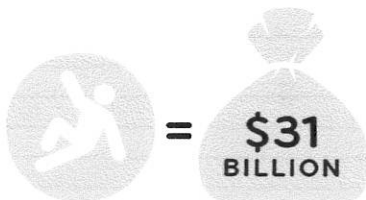


say it enables them to remain living at home



say it makes them feel more safe and secure

SENIORS REMAINING AT HOME, OUT OF HOSPITALS AND NURSING HOMES, SAVES BILLIONS IN MEDICARE AND MEDICAID COSTS.



Meals on Wheels' clients report fewer falls, which cost our nation **\$31 BILLION** each year.



We can provide a senior Meals on Wheels for **1 YEAR** for roughly the same cost as **1 DAY** in a hospital.



Investing in Meals on Wheels is a **WIN-WIN** for our seniors, our communities and our nation.