

MOW News and Notes for Volunteers

Weaver Wonderings: July 29, 2021

Why home-delivered meals? The whole world of Meals on Wheels has 3 delivery models – home-delivered; weekly delivery (frozen); and congregate meals. In Columbia, we have 3 different agencies providing those different models - which is unusual. We do the home-delivery; Aging Best does the frozen delivery (to 11 counties); and the Senior Center provides the congregate meals. Meals on Wheels America completed a research study, MORE THAN A MEAL, conducted by Brown University through a grant provided by AARP, that looked these service models to determine best practices. Daily meal delivery significantly improves the health and well-being of older adults, particularly for those who live alone. However, additional positive impacts were found in client anxiety, rate of falls, feelings of isolation, the ability to stay in the home and healthy food choice. Our delivery model is the gold star of our industry. **However, we could not provide this model without YOU – the volunteer! Thank you for being the STARS! ★★**

Packers anyone? Needing packers for Wednesday, Thursday and Friday immediately.

Traveling? Please send me an email if you need to be gone. Since I send out the request for volunteers on Thursday, it is best to send in your changes BEFORE Thursday. That prevents me from individually calling volunteers who may or may not be available. THANKS!

Drivers Needed: (please call 886-7554 or email if you can help)

Monday, Aug. 2 - Need 1 drivers

Tuesday, Aug. 3 – Need 5 drivers

Wednesday, Aug. 4 – Need 1 driver

Thursday, Aug. 5 – Need 1 driver and a Packer

Friday, Aug. 6 – OK

Monday, Aug. 9 – Need 2 drivers and a Packer

Tuesday, Aug. 10 – Need 1 driver

Wednesday, Aug. 11 – Need 2 drivers

Thursday, Aug. 12 – Need a Packer

Friday, Aug. 13 – Need a Packer

Quote of the Week: *“Some of the best memories are made in flip-flops.” Kellie Elmore*

Check out the Meals on Wheels Facebook page.