

Tuesday

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NEWS

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Delivering meals

Meals on Wheels in need of volunteers

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Lifestyles Reporter

The Forsyth County Meals on Wheels organization, which started in 1962 and is currently the oldest in the southeast and third in the country, is looking to add more volunteers.

Although they deliver meals, they offer much more to their clients, according to Volunteer

Coordinator Leslie Smith.

"If we are delivering meals and a client is not home, we start calling their emergency contacts to make sure they are okay," said Smith. "A volunteer ran into this once. They knocked on the door, but no one answered so they contacted the granddaughter. When the granddaughter went to the house to check on her grand-

mother she found that she had a stroke. If it wasn't for that call, the granddaughter said she might not have gotten to her grandmother in time."

Smith stated that some of the clients just look forward to the company.

"We have one couple that was doing deliveries together,

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but found that a client enjoyed the company so much that the husband drops his wife off and continues the route while they visit with one another," she added.

Smith explained there is a huge need for volunteers to help with nationwide senior hunger.

"There are 1,200 people being served in Forsyth County; 112 of them are out of Kernersville, with 20 people on the waiting list. These people need help and this would only require at least one new route, maybe two, but no one is stepping forward," said Linda Motsinger, a Kernersville resident and Meals on Wheels volunteer.

According to Smith, half of the volunteer need is in Kernersville.

"We are looking to add 20 people to the Kernersville area," she said. "We have routes, but no drivers to deliver meals to

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**Meals on Wheels Volunteer Coordinator
Leslie Smith**

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Volunteers pick up the meals daily at 10:15 a.m. at Robinwood Assisted Living Center on Hopkins Road in Kernersville, Monday - Friday. Holidays are not included in delivering.

"Each route only takes about one-and-a-half hours to deliver and can be as little as once a month, one day a week, or daily. Anything a person can contribute would be extremely helpful," she stated.

Both the volunteer and the person being served get something from the exchange, Mots-

inger explained.

"You become family to the people you serve. You may be the only person the recipient sees or talks to all day. One recipient said until she started receiving meals she had no one to talk to. She said she would speak out loud every once in a while to make sure she hadn't lost her voice," she added.

Motsinger explained that several businesses and churches in the community help with volunteering, including Union Cross Moravian, Sedge Garden United Methodist, Bunker Hill United Methodist, and Coldwell Banker, to name a few.

For more information, call Smith at 336-721-6910.