

Neighbors Who Care

December 23, 2009

Neighbors helping neighbors is an admirable quality recognized in small communities. In Anthon, this characteristic draws and keeps citizens. Meals on Wheels, a program that brings well-balanced meals to seniors age 60+ and their spouses, is currently in dire need of volunteer drivers – neighbors helping neighbors to remain in Anthon. A commitment of only a few minutes at lunchtime is all that is needed. As the adage says, “Many hands make light work.” A number of volunteers will give greater flexibility when scheduling the noon deliveries to 3-4 senior neighbors that go out each Monday, Wednesday, and Friday from the congregate meal site at the Community Center.

Oftentimes, the Meals on Wheels’ driver may be a senior’s only personal contact of the day, providing a check of the senior’s well-being. The seniors who receive the meals enjoy hot nourishing meals that meet 1/3 of the minimum daily allowance of nutrients. These meals help maintain or improve the health of many seniors, enabling them to continue with their normal daily activities that allow them to remain in their own homes. Be a neighbor who helps your neighbor. To volunteer, contact Mary Yanacheak, the Anthon nutrition site manager for Siouxland Aging Services at 373-5344 or 373-5083.