

Meals on Wheels Reflections

Some years ago, my parents benefited from assistance through Meals on Wheels (MOW) in southern California. Dad was recovering from open-heart surgery and Mom's health was challenged by emphysema. I was working full time and lived hours away, so I could only come on the weekends to shop, cook, and fill the freezer. My folks so appreciated Meals on Wheels.... not just because of the food provided, but the kind people who stopped to chat for a few minutes when delivering the food.

Seven year ago, I saw a short article in our local newspaper asking for MOW volunteers and I thought I should check into it – kind of a “thank you” for the help my folks received. I'm still at it and love the weekly connection. I feel “fed” in the ways of the heart.

In 2018 Redwood Coast Seniors (RCS) Meals on Wheels provided 34,545 meals to homebound seniors. Chef Sal and his dedicated crew do an excellent job providing nutritious meals that the volunteers deliver throughout town and down to Mendocino. On my Friday route alone, for example, it's not uncommon for delivery to 30 -34 people here in town and as far away as Inglenook. On Fridays and before holidays, frozen meals are also included when requested. It's a heartwarming opportunity to meet folks, spend a little time chatting and spreading a chuckle or two when possible. Our town is so full of interesting people with such incredible stories.

Here is the problem; RCS is short of drivers. The time to connect with the clients is getting more and more limited; it's become the “dine and dash” way of distributing the meals. I miss the chance to visit, and I think other drivers do too.

If you have even one day a week with 2-3 hours available to help, you'd find yourself so appreciated and feeling grateful for the opportunity to deliver the Meals on Wheels.

Call the Redwood Coast Senior Center at **964-0443** and talk with Steve Jordon, Program Manager about volunteering. You'll be glad you did!

Thank you,

Jean Mann

Volunteer MOW Driver