



## FOR IMMEDIATE RELEASE

Contact: Vel Bennett Hux, Director of Development  
Warren County Community Services, Inc. (WCCS)  
570 N. State Route 741 - Lebanon, OH 45036  
937-425-2206 or 513-695-2206  
velh@wccsinc.org

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### WCCS' "March for Meals" Campaign Underway

WCCS announced today that it is participating in the 2009 National "March for Meals" campaign. "We are excited about this year's campaign. We hope to raise awareness of senior hunger in our community and let people know who they can call for help," said Tom Cox, Director of WCCS' Nutrition program. Many homebound elderly live on fixed incomes and daily choose whether to pay for medicine, food, or utilities. Programs like WCCS' Meals on Wheels™ help to alleviate that dilemma for those senior citizens.

Seniors receive a delicious, nutritious meal. Each meal provides 1/3 of the Recommended Daily Intake (RDI) of many of the nutrients these seniors need. Donations are welcomed and help WCCS provide more meals to homebound seniors.

"March for Meals" is initiated and sponsored by Meals on Wheels Association of America (MOWAA) to raise awareness of senior hunger. Senior nutrition programs across the U.S, like WCCS' Meals on Wheels, promote and recognize this campaign during the month of March. "Seniors in Warren County are fortunate to have such a viable program," said Karen Hill, Director of WCCS' Aging Services. With community-wide support, WCCS provides about 200,000 hot, nutritious meals every year, more than 500 meals per day.

Every day a trained driver delivers a meal and checks on the senior, making sure they are safe and healthy. “We provide the meal and a safety check for each of the seniors. Last year, WCCS made 31 emergency calls for seniors who were sick, had fallen, or had passed away. It’s hard for families to be there 24/7.” explained Tom Cox.

WCCS receives reimbursement for the meals served; however, the amount received doesn’t begin to cover equipment and vehicles in need of repair and replacement. Drivers log more than 142,750 miles throughout Warren County every year. “Half of the fleet of 12 vans is 8-10 years old and all but 2 are more than 5 years old, thus, requiring considerable maintenance,” said Tom.

For more information on how to get a meal and how you can help, please visit [www.wccsi.org](http://www.wccsi.org) or call 513-695-2234.

