

Dear Friends,

As most of you know, the Hardy County Senior Center provides meals on a daily basis at the Center and to shut-in seniors via Meals on Wheels. As a result of the Pandemic, the Center is closed but the kitchen remains open. A few seniors are coming by the Center to pick up a meal and Meals on Wheels is still "on the road." However, the staff has identified a problem as a result of the "stay home" mandate. Few, if any, of the meals on wheels clients have emergency food on hand. Consequently, these seniors, who are among the county's most at-risk, are feeling the need to go shopping for emergency items. The Center Staff has devised a plan to help solve this problem. But, they will need the help of many good people in Hardy County to pull it off.

The Center staff plans to deliver a "Meal in A Bag" to shut-in's, and they would like to provide each shut-in with enough "bags" for seven (7) days. These "bags" would be delivered in addition to the regular meal. This is ambitious, but it can be done if we, as individuals and groups, pitch in. The "bag meals" will be given free of charge. Hopefully, this will eliminate going to the store for "emergency" foods, and it may also help relieve some of the anxiety seniors have about their wellness and well-being in this highly stressful period of time.

The following food items are needed: small cans or plastic fruit cups, pudding cups, packs of cheese or peanut butter crackers, cans of soup, and small bottles of water or juice boxes. These foods have an extended shelf-life and present no storage problems. No home-made items can be included. While the food items will be a big help, make no mistake, monetary donations are needed and appreciated.

Because I know we live in a generous and caring community, I am asking you to network with groups to which you belong, or your business, your church, your office, or any organization or individual willing to collect food or provide funds so that the staff at the Senior Center can provide a "Meal in a Bag" to their clients. Meals are provided in Moorefield, Lost River, Baker, Mathias and Wardensville -- actually to every corner of Hardy County. For an idea of the current meal distribution: on Monday, March 23, they provided 87 meals-on-wheels and 10 seniors picked up a meal at the Center. Another 45 clients are receiving home services, which could include a meal in a bag.

If you have questions, plan to organize something, want to make a donation or drop-off food, please contact Mary Summers, Senior Center Director, at 304-530-2256 ext. 229. If you want to drive up to the Center with donations or funds, ring the bell and a staff members will greet you at the door to take your donation. Any help you can give will be sincerely appreciated.

And one last thought, remember MAC House needs food too....let's not make this a one or the other food drive!

Please take care of yourself and stay well, and thanks for being the caring person you are!

Thanks to all of you who are responding to my message in so many positive ways! Sorry that I forgot this important information -- make checks to the Hardy County Committee on Aging. Thanks to those of you who reminded me that I forgot it -- old age is the pits Have a great day and stay well!