



**A Message From
Lois Wexler
Broward County Commissioner
District 5**

Recently, I spent a day volunteering for an organization that provides a very important service in our community: Broward Meals on Wheels. I gave my time as a part of the organization's March for Meals Campaign, an organized effort by the national Meals on Wheels umbrella organization with a twofold goal. The first goal is to draw attention to the many services and programs offered by the organization; the second is to stress the need for volunteers to assist the organization in carrying out its mission.

The Broward Meals on Wheels chapter offers meal delivery for homebound seniors; common feeding sites that allow seniors to socialize with one another while receiving a hot meal; Meals For Pets, which provides meals to senior citizen's animal companions, as well as grocery shopping assistance for seniors able to do their own shopping and cooking with a little bit of help.

I was paired up with a volunteer and nutritionist, and we set out to deliver meals to a number of homebound seniors who are physically unable to get to the grocery store or cook their own meals. I spent time with each person we visited, discussing their problems and suggesting some ways that some of the many programs the County offers could help them with their respective issues.

In addition to bringing attention to the daily operations of Meals on Wheels, the March for Meals campaign urges people to support Broward Meals on Wheels by volunteering to pack and deliver meals to the over 3,000 senior citizens that the group serves.

"We have the food and we have seniors who need it," says Bill Guthrie, Chairman of Broward Meals on Wheels' Board of Directors. "Now all we need are a few kind souls willing to give a few hours of their time to package and deliver to the community."

It is only a small percentage of Broward County's elderly population that needs the services that Meals on Wheels provides, whether it be meal delivery or grocery shopping assistance. But the organization makes such a profound difference in the lives of the seniors who need these services. I want to help make a difference in those people's lives, and I can only hope that you feel the same and will volunteer some of your time to assist this fine organization.

If you do not have the time to give to Meals on Wheels, maybe you will consider making a donation to the organization. It takes only twenty-five dollars to provide meals for one senior for one week. Just this little bit can truly make a world of difference in a person's life.

Broward Meals on Wheels is especially in need of groups of volunteers willing to package food for delivery during the upcoming hurricane season. The organization has received a number of large donations that are sitting in its warehouse and need to be packaged in order for it to be delivered. The hurricane packages tend to be larger and heavier than those delivered on a weekly basis, and extra volunteers are needed to both pack and deliver the food and water. If you can help, please call Marlene at (954) 731-8770, extension 108.

For more information about Broward Meals on Wheels, visit <http://www.bmow.com> or call (954) 731-8770.