

# COUNCIL ON AGING COLLECTIVE

*Newsletter of the Council on Aging for Henderson County*



## VOLUNTEERS GET GREAT REVIEWS

In a recent client survey distributed to Meals on Wheels participants volunteers received raving reviews. "We feel like we have a visit from a friend every day" - "The delivery people are the highlight of my day" - "Volunteers are caring and fabulous" - "They are so special". We want to remind you that you are doing a wonderful job & your hearts in delivering meals weekly is a tremendous blessing.

Thank you, thank you, thank you!!

## BEATING SUMMER VACATION BLUES

With school out many young ones took advantage of their spare time by joining us this summer - volunteering with MOW & at the HVL thrift store. We love seeing this next generation of volunteers begin serving alongside their parents, grandparents, and community members! It's certainly a blessing to our clients as well! ❤️





## CLIENT STORY: MEET MR. CARL

At the ripe age of 98 Mr. Carl has been a skillful woodworker since the 1940s. He is truly the real life energizer bunny. When delivering meals, it's not uncommon to find him tinkering away in his workshop, mowing his already pristine lawn, or tending to his garden where he proudly grows corn, okra, & tomatoes!

Mr. Carl is a gogetter - he started receiving meals earlier this year which empowers him to take a rest, eat lunch & drink his buttermilk! MOW also supports his adult children well in knowing someone is checking in on dad and making sure he's okay every single day!



## SAMMY CENTER SPOTLIGHT

One of the highlights of helping serve and empower seniors in our local area is watching them display passions & skills. Recently one of our active Sammy members started teaching a bi-weekly "dancing with weights" class. People are trying new things and thriving! We love it!



## FUN FACTS: CLIENT SURVEY RESULTS

- Favorite meals: Turkey & dressing, hamburger steak & veggie lasagna
- Least favorite: Mac n' cheese
- 78% of clients see no more than 1-2 people per day.

\*Stay tuned for more COA happenings!  
-Christy Zbylut, Volunteer Coordinator

