



Senior Dining Sites

Purpose

A noon time meal is available for Union County residents, 60 years of age or older, and their spouses, regardless of their age, at various locations throughout the county.

Who is Needed?

Volunteers to assist the site manager with tasks and activities at dining sites. The volunteer works under the direct supervision of the site manager. She/He may assist in serving the lunch time meal to participants at the meal site and/or packing meals for homebound delivery.

Where am I Needed?

At any one of the four nutrition sites throughout Union County.

When am I Needed?

Between 8 a.m. and 12 p.m. Monday - Friday. You may volunteer for one or two days a month or more.

What is Required?

You must be willing to take direction from the site manager, be sensitive to the needs of the elderly and be willing to offer a smile to clients and other volunteers.

Will I Receive Training?

Training sessions will include orientation of the Senior Nutrition Program and its policies and procedures and particular tasks performed at the site. The training sessions include one-on-one or small group training sessions with the site manager or nutrition staff.

Home Delivered Meals

Purpose

Home delivered meals help maintain and improve the health of the impaired, and homebound elderly by providing nutritionally balanced meals served in the home. Frequently, the volunteer who delivers a noontime meal is the only person the homebound senior sees during the day.

Who is Needed?

Volunteers to deliver meals on a route that can be completed in approximately one hour.

Where am I Needed?

At any one of the four nutrition sites throughout Union County.

When am I Needed?

Meals must be delivered within 2 hours based on food delivery to meal sites. Meal delivery times vary from site to site. You may volunteer for one or two days a month or more.

What is Required?

You must have a valid driver's license and a reliable automobile, have patience and understanding with seniors and persons with disabilities..

Will I Receive Training?

You will receive on-the-job training by a staff member or an experienced volunteer. Printed guidelines are also supplied.

Supplemental Nutrition Products



Purpose

For Union County seniors who are chronically or critically ill, and whose nutritional health is a significant risk, Ensure Plus is available. You can help insure ill senior citizens receive nutritional supplements.

Who is Needed?

Volunteers willing to assist in distributing Ensure Plus to seniors or their family members responsible for pick up.

Where am I Needed?

At the Nutrition Office site located at 610 Patton Ave., Monroe N.C.

When am I Needed?

Between 4 p.m. and 7 p.m. on one of the first three working days of each month.

What is Required?

Ability to lift up to 10 lbs. and obtain signatures from the person picking up.

Union County provides three Nutrition services for senior citizens:

1. Home Delivered Meals

For seniors unable to leave their homes, unable to cook for themselves, and/or are 60 years of age or older.

2. Dining Sites

For seniors who are active, 60 years of age or older, want to socialize with others, enjoy educational and recreational activities, and want to actively promote good health.

3. Supplemental Nutrition Products (Ensure Plus)

For seniors who are chronically or critically ill and whose physicians authorize the use of supplemental products.

Where am I Needed?

Dining Sites:

Indian Trail

- Indian Trail United Methodist Church
113 Indian Trail Road

Marshville

- Hope House
313 Church Street
Marshville

Mineral Springs

- Mineral Springs United Methodist Church
5915 Old Waxhaw-Monroe Road

Monroe

- Community Center of the Senior Housing Complex
624 N. Bragg Street

**Show Them You Care!!
To Register call
704-283-3712**

Union County Senior Nutrition



Want to Help?

Be a Volunteer

Call 704-283-3712