

Spindle items

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**BRYAN
JACKSON**

**Cheektowaga
Editor**

day, and right now, one in particular, Meals on Wheels for WNY, has an urgent need for more volunteers in the Maryvale area, the group has announced.

The Maryvale site is located at the Maryvale Presbyterian Church, 425 Maryvale Drive, where meals arrive around 11 a.m. Monday through Friday. Deliveries take about an hour,

and volunteers choose the frequency they want to volunteer; different days of the week are also available.

● **HELP WANTED** —

The holiday season often turns into a busy time for volunteering, and with good reason. However, service organizations' need for volunteers does not disappear after the holi-

Volunteers deliver two nutritious meals — a hot lunch and a cold dinner — and share a few moments of personal connection with the clients. They also serve as a well-being check, reporting any concerns about the clients' health or condition back to the office for follow up by one of Meals on Wheels' social workers or registered dietitians.

Meals on Wheels for WNY has been serving Cheektowaga for 32 years and assists more than 500 town residents out of three Cheektowaga sites. Overall the program has 25 sites in Erie County and serves more than 3,400 clients per year who are homebound, disabled or otherwise unable to safely shop for and prepare meals.

Chris Procknal, Meals on Wheels for WNY's president and CEO, said a steady volunteer base is essential for helping Cheektowaga residents..

“Our goal is to make sure that

nobody has to be hungry or hopeless. Our volunteers are the most dedicated and caring of people. We literally could not serve the hungry throughout WNY without their help,” he said. “Please consider joining our volunteers in caring for the less fortunate in the Maryvale community,”

According to the organization, the meals are medically appropriate with various diets available, including regular (low fat, low cholesterol, low sodium), renal, diabetic, ground, bland and made without gluten (brand new). The majority of clients qualify for one of the programs that receives partial government funding, meaning that there is no means testing. Clients are asked for a voluntary contribution, but no qualifying individual is turned away because of an inability to contribute toward the cost of meals.

To learn more about volunteering or to sign up, people can contact Ashley Yerdon at 822-2002, ext. 21, or ayerdon@mealsonwheelswny.org or visit www.mealsonwheelswny.org

● **A BLUE FAREWELL** — The Cheektowaga Bee would like to wish a happy retirement to Cheektowaga Police Officer Jeffrey Heisler, who retired Friday after 27 years with the department.

As is tradition in the department, Heisler's fellow officers sent him on his way with a salute and he was given a motorcade escort home following his final day.

● **PLANNING AN EVENT?** — The Bee likes to keep its readers abreast of all the happenings in town.

If you're hosting a fundraiser or community event, small or large, send us the information and we'll publish it in our What's Going On section. We may even choose to cover your event as a feature story.

The best way to submit information regarding a What's Going On, story or other matter is to email me at bjackson@beenews.com, or call 204-4915.