

Madison Meals-on-Wheels feeds seniors

BY WJ KEACH

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MADISON – Meals-on-Wheels volunteer drivers deliver a prepared meal to between 65 and 70 seniors daily. That's according to Glynnis Fox, nutrition site coordinator.

"Today (Aug. 13) we're having a traditional sausage sandwich on a bun with peppers and onions like you might get at a summer festival," Fox said. "It comes with spinach and carrots and a fruit Jell-O cup and one percent milk. Our meals are planned with enough

sustenance for about 24 hours."

As an alternative to having meals delivered, seniors can come to the Senior Center at 2938 Hubbard Rd. for what's called congregate dining, meaning they sit down with their peers and have lunch.

"No one is required to pay but we ask if possible for a donation of \$1.50. Homebound seniors get a monthly statement and those who come in to eat can make a donation if they feel like it at the time," Fox said.

Who's the chef?

"We have only two paid

employees, everybody else is a volunteer."

Meals are delivered by volunteers.

"We have about 30 drivers who rotate to make the deliveries on four routes," she said.

Is there any special training?

"Oh yes. Volunteers are required to have at least four hours of training. If someone doesn't answer the door when the delivery driver arrives, they're to call me and I then call someone on the client's contact list, maybe a neighbor or family member.

In 2011 we had a case of a

woman who was slurring her words badly and acting unusual. The delivery team – a husband and wife – called 911. We learned later the client was having a stroke. The drivers saved the woman's life. She was so grateful she had a plaque made in honor of all our delivery drivers. The plaque now hangs in my office," she said.

Most funding for the Madison Meals-on-Wheels is provided by a real estate levy that doesn't expire for the next five years, according to Lyle Shull, director of Community Services for The Lake County Council on Aging.