

Meals on Wheels delivers nutrition, companionship to recipients

Meals on Wheels, a United Way funded program, has been delivering nutrition and companionship to people who have wanted to remain living independently in their homes during their

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later years and to other people who may need assistance to live independently.

Margie and Michael started receiving meals through the program in their early 90s after he was diagnosed with cancer for the second time. Residents of Stevens Point for more than 60 years, they had no children and their closest relative lived more than three hours away.

The couple had managed to live independently through their 80s, but Margie's severe back pain and macular degeneration limited her ability to care for Michael. Both wanted to stay in their home, though, so they started receiving meals from Meals on Wheels.

At first, Michael was reluctant to accept the meals, but over time he realized the help they provided. It also opened him up to accepting volunteer help. He allowed others to bring in their mail and garbage cans, and to let others to shovel his sidewalks.



Ozz Hagen has been delivering meals to Elaine Glodowski, Stevens Point, for many years through Meals on Wheels.

Michael later died, but Margie continues to live in their home, relying on Meals on Wheels seven days a week. She said she counts on the daily visits from volunteers bringing her meals for social interaction and for the nutrition those meals provide. "Meals on Wheels has been a blessing," she said.

More information about how you can help United Way through donat-

ing or volunteering is available online at www.unitedwaypoco.org, by calling 715-341-6740, or by emailing uway@unitedwaypoco.org. More information about how to receive help is available by calling 2-1-1, United Way's free and confidential information and referral service.