

## **Meals On Wheels Delivers More Than Just a Meal**

Over 1,000 volunteers...over 300 meals delivered five days a week; these are the facts we know about Meals On Wheels in Sheboygan County. But Paula Kletzien, a Meals on Wheels staff member, was willing to share “the rest of the story” with me and my readers.

There are numerous reasons why people choose to use the services of Meals On Wheels. The primary factor is their inability to obtain a nutritious meal on a daily basis. Although we are known for our service to the elderly, disabled and homebound of Sheboygan County, there is another group of people that regularly subscribe to Meals On Wheels – post-op patients. Take, for instance, the story of Tony and Harriet.

Tony and Harriet have been married for 47 years. Tony worked hard to provide for his family while Harriet raised the children, kept a clean home and cooked the meals. According to her children Harriet is one terrific cook – she makes a world-class lasagna. Tony and Harriet are enjoying an active retirement filled with travel, volunteering and grandchildren.

In April, Harriet slipped on a patch of ice, fell and broke her hip. After surgery she spent a few months in a nursing facility before returning to her own home. Tony takes great care of Harriet, but he readily admits that he is no cook. This is where Meals On Wheels steps in. While Harriet finishes her recuperation she needs proper nutrition, and let's not forget that Tony needs a good meal too. Tony and Harriet signed up to receive Meals On Wheels for one month, or until Harriet is back on her feet and able to cook again.

Their children enjoy knowing that their parents can rely on a warm nutritious meal delivered daily. Tony and Harriet enjoy meeting all the wonderful volunteers who bring them their meals.

Meals On Wheels is more than a meal...we encourage good health, we promote independence and we connect people.