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FOR IMMEDIATE RELEASE

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SARATOGA COUNTY OFFICE FOR THE AGING MAKES URGENT REQUEST FOR VOLUNTEERS TO DELIVER MEALS TO HOMEBOUND SENIORS

BALLSTON SPA, NY -- The Saratoga County Office for the Aging is in urgent need of volunteers to deliver meals to homebound seniors throughout Saratoga County.

This important program helps many seniors, age 60 and older, remain independent in their homes by providing them with a nutritious ready-to-eat lunch each weekday. Seniors also have the option to receive a frozen meal they may enjoy later for dinner.

The Saratoga County Office for the Aging needs delivery volunteers so the agency may return to delivering fresh, hot meals each weekday. Throughout the pandemic, the program provided frozen meals once a week.

Volunteers are especially needed in the Saratoga, Schuylerville, Hadley, Edinburg, Galway, Greenfield, Malta, Mechanicville, Moreau, and Wilton areas.

Meals are prepared, packed, and ready for transport at 11AM, Monday through Friday. Volunteers simply pick up meals at one of nine sites throughout the county and deliver them to a pre-determined list of participating seniors. Delivery typically takes about an hour. Volunteers' schedules are flexible to meet their availability.

To become a volunteer, individuals must submit paperwork, including references, to the Saratoga County Office for the Aging. Volunteers must have a valid driver license and their own vehicle. Training and orientation are provided to all volunteers.

Being a volunteer for this program is a gratifying experience as seniors look forward to seeing a friendly face with their meals.

Those interested in becoming a volunteer may contact Billie Jo McConkey at The Office for the Aging at **(518) 363-4020** for details.

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