



Special Delivery of Red Roses for
Meals on Wheels Recipients
A Nice Touch for Valentine's Day

Meals on Wheels News: Eileen Whynot, Director of Community Relations
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Scarborough, Maine—

Volunteers from the Southern Maine Agency on Aging will deliver a fresh red rose to **800** Meals on Wheels participants along with their noon meal beginning Wednesday February 10 and continuing on Thursday, February 11.

WHERE— Meals on Wheels Delivery Sites (see below)

WHEN— Volunteers begin delivering meals at 10:30 AM throughout Cumberland and York counties.

MEALS ON WHEELS SITES—Representatives of the media are invited to call Eileen Whynot at 396-6512 (*office*) or 749-0211 (*mobile*) to schedule delivering roses with a volunteer or photography.

The roses are made possible by an endowment fund set up by the late Lorraine Merrill, as part of her almost \$1 million bequest to the Southern Maine Agency on Aging. Merrill started giving roses anonymously in 1995, and her bequest ensures that the tradition of delivering roses with Meals on Wheels to celebrate Valentine's Day will live on for many years.

Beyond the age of 60, the requirements for Meals on Wheels are:

- Primarily homebound or gets out with difficulty.
- Unable to regularly prepare nutritious meals.
- Without consistent daytime help to prepare nutritious meals.
- Able to accept meals during the delivery time frame.

To sign up for Meals on Wheels, to volunteer or to donate much needed funds, call **1-800-400-MEAL-6325** or see www.smaaa.org to send a message.

A donation of \$3 is requested for each meal. Donations from participants average \$1.20, far short of the cost of \$6.

Volunteers to deliver the meals and donations are always needed.

The Agency on Aging emphasizes that Meals on Wheels can be delivered indefinitely or on a short-term basis, such as after illness, injury or hospitalization. Research has

shown a lower incidence of hospital readmission if older adults get Meals on Wheels post-hospitalization.

BIDDEFORD

J. Ross Martin Community Center
189 Alfred St.

KENNEBUNK

Ross Corner Woods
124 Ross Road

KEZAR FALLS

Riverside Methodist Church

KITTERY

Community Center
2 Cole Street

NAPLES

United Methodist Church
On the Village Green

PORTLAND

Brighton Medical Center
Brighton Avenue

SANFORD

Crossroads Methodist Church
16 Grammar Rd., Sanford

SOUTH PORTLAND

Peoples Methodist Church
310 Broadway

WESTBROOK

Pride's Corner
Congregational Church
235 Pride Street

WINDHAM

Unity Gardens
Rt 115, 124 Tandberg Trail

YARMOUTH

Masonic Lodge
Mill St.

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