

## Officials serve seniors at March for Meals luncheon

Thursday, 21 March 2013 09:49

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Liberal Vice Mayor Joe Denoyer serves seniors meals Wednesday at the Liberal Senior Center during the March for Meals luncheon.

• Liberal Senior Center March is the month to recognize the meal services provided by the Liberal Senior Center. The national designated day for this event was Wednesday. Thanks go out to Liberal vice mayor Joe Denoyer, who stood in for the mayor, Seward County Commission Chair Ada Linenbroker and Darryl Long, President of the Seward County Council on Aging board for making this a special day for seniors.



These representatives stood up for the March for Meal campaign. They came in and served the friendship meals Wednesday, and they all agreed that this is an important program and were happy to serve the meals in support of the Friendship and Meals on Wheels programs. These meals help make sure that seniors get a good nutritional meal, and the fellowship they receive also helps fill social and emotional needs. When asked, several different people had good things to say such as; “Wonderful meals,” “We like the nice relaxing family environment present here,” “We enjoy the meals here so much they have become a habit,” and “I especially like the nutritional education programs.”

Many meal recipients attend regularly because they have come to realize that the meal is only part of the benefit to them. The social benefits received not only help those who attend make friends and keep up on the local news, but also some have realized that they have an increased appetite when eating as part of a social group.

The Friendship Meals are not only a benefit to the people who attend the meals provided at the Senior Center, they also benefit the delivery recipients. Many of the Meal delivery recipients

have commented on the friendliness of the drivers, sometimes it is the only person they see during the day.

The family members of the meal recipients often comment that it makes them feel better that there is someone stopping by each day, providing contact for their loved one and checking on them. The drivers are welcomed as friends by many of the people to whom they deliver daily and leave a good feeling in the hearts, and the stomachs of the recipients.

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