Press Release

For Immediate Release

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Sioux City, IA: Many homebound seniors were taken by surprise as Humvees roared into their driveways and members of the Army National Guard hopped out, delivering their noon meals on Friday, February 5. Reacting to Connections Area Agency on Aging’s urgent need for volunteers to deliver Meals on Wheels, the D Company 334 BSB of the Sioux City National Guard, donned their uniforms and brought the hot nourishing meals to the doors of over 160 elders. Their Commander felt it was appropriate for the younger guard members to experience the needs and gratitude of the meal recipients, many of whom are veterans or spouses of veterans.

Meals on Wheels are delivered Mon-Friday by volunteers in Sioux City. “During the winter, the number of our volunteers drops due to those who snow-bird or need to have more secure footing.” said Vicky Lohry, Healthy Living Manager for the Sioux City Connections AAA office. She continued,  “The well-balanced meals taken to home-bound  and often frail seniors today by the National Guard, also brought many friendly smiles. The combination of meals and volunteers help the recipients feel more secure in their homes. Often their Meals on Wheels driver is the only face they see each day.” The National Guard today brought enough members to deliver every one of the 17 routes in Sioux City, each of which takes about an hour to complete. They challenge other agencies, community organizations, businesses, and community members to display civic commitment to the elders who have contributed greatly to our city and nation.

For more information about how to volunteer for Meals on Wheels, contact Connections Area Agency on Aging at 712.279.6900 or at [www.connectionsaaa.org](http://www.connectionsaaa.org)