



HELPING HANDS VOLUNTEER NEWSLETTER

August 2022



Goodbye
SUMMER
hello
AUTUMN!



MEALS ON WHEELS VOLUNTEER SHARE:

Karen

"I am a fairly new volunteer to Meals on Wheels, driving my first route in April of this year. I am thrilled to be a part of this wonderful group of people who provide such a necessary service to others. Meals on Wheels has been familiar to me for a very long time but I did not realize just how critical it was until I became friends with an older neighbor. Our relationship began during Covid when I became concerned about the needs of several senior neighbors who I knew were feeling isolated and often feared going out. I started distantly visiting with some of these neighbors, calling to check on them, and dropping goodies at their door to try to keep their spirits up. One of these neighbors Sandy and I formed a particularly close relationship.

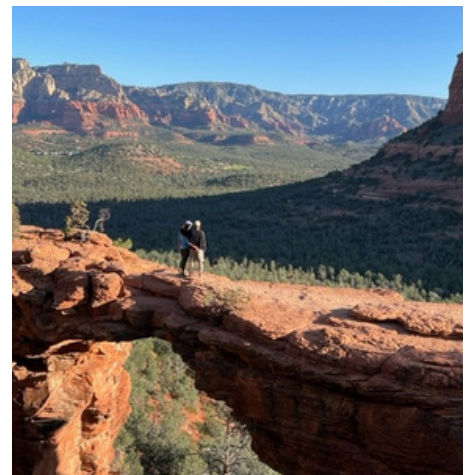
At a lunch with another friend a few months ago I learned about Cobb Senior Services and how helpful they had been to her mom. I talked with Sandy and we made an appointment to see how she could also benefit. This is where I learned more about the Meals on Wheels program and decided to become a volunteer. I retired in 2019 and had become a volunteer with another organization but that ended with the start of Covid. I missed giving back to the community and was eager to get started with my new venture. But I was concerned about my schedule

One reason I retired early was because I have a passion for travel. It was difficult to travel as much as I would have liked while I was working. Thankfully, my husband and I were able to get a few trips in after I retired and before the pandemic began. The highlight being Panama. With things opening up, our travel has picked up again and I was hesitant to make a commitment I couldn't keep. And then I learned about the need for sub drivers. I love coming back from a trip and picking up a few Meals on Wheels shifts!

I get to drive different routes often and learn about new parts of the county I have lived in for over 30 years. And I absolutely love knowing I'm helping to make sure other's loved ones have healthy meals each week. I have had so many special connections with people I have delivered to but one of the best ones happened just this week. I delivered to a couple who have very limited mobility so are not able to get out. The wife and I began talking. She seemed eager to learn about what my life was like and how I spent my time as she was once also very active and misses that greatly. It was a joy to be able to take the time to talk with her and give her some companionship. But what was even better was being able to get to know her and learn about her history. There was a reason they were my last delivery that day so I could comfortably take the time to talk knowing I did not have any other meals to deliver. Our seniors are such special people with so much to offer. I am so thankful that Meals on Wheels provides me the opportunity to serve them!"



Karen, and her husband, Kevin,
in Washington Park



Veteran Connection: See who(& what!) you have been missing:



Vanessa Burton; heal
Director, Broker & Partner Channels



Prize
winners!!



Michael Payne;
Veteran Services Coordinator
@Chattahoochee Tech



High School student, Jeff , of the Young
Marines



Ray Fordyce, Veteran, Author,
Historian & Docent @the Aviation Wing
of the
Marietta Museum of History

The things that make YOU (us too!) smile:



Carol , with a MOW client on her route, enjoying cookies baked by our volunteers



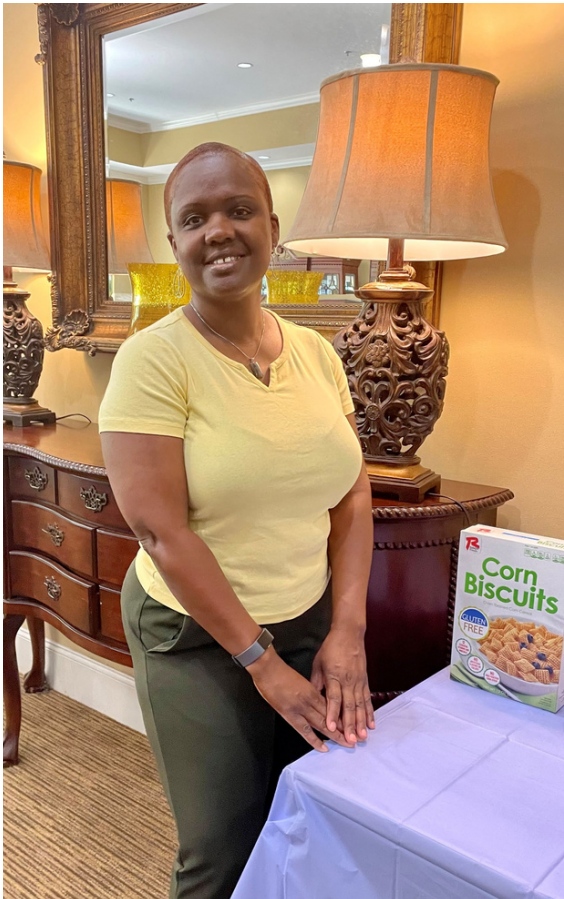
Congratulations Barbara on the birth of your grandson.



Abigail takes Finn to assist with MOW. The big guy makes everyone smile



RSVP Presents:



Karen presented *Money Smarts* at Parkland Manor



L: Connie organized our Assisted Technology Lab, which highlights items that help seniors live more independently. R: Presenting at Benson Manor apartments.



Kathy presented *Diabetes: You're in Charge* at the Senior Wellness Center



Mary Ann presented *Consumer Resources & Services* to the Kiwanis Golden K Club at Tim D. Lee Senior Center

Welcome New Volunteers:



Stan



Tom



Skip



Catherine





Women Veterans: Making Connections

Sharon Blok , meeting
facilitator



Our second meeting took place on July 26, with the awesome Kim Scofi, founder & president of United Military Care, as guest speaker.

For more information :
mike.nichols@cobbcounty.org
770-528-1448

Next meeting:
Wednesday, August 24
6pm-7pm
@Switzer Library
266 Roswell St.
Marietta, GA 30060

VETERAN CONNECTION



Veteran Connection is a monthly gathering for all Veterans age 55+ (women and men) to enjoy fellowship, entertainment, and guest speakers.

Tuesday Aug. 9, 10:00AM

**Freeman Poole Senior Center
4025 South Hurt Road
Smyrna, GA 3082**

Wednesday Aug 10, 10:00AM

**Cobb Senior Wellness Center
1150 Powder Springs St.
Marietta, GA 30064**

Tuesday Aug 16, 10:00AM

**West Cobb Senior Center
4975 Dallas Highway
Powder Springs, GA 30127**

Wednesday Aug 17, 10:00 AM

**Tim D. Lee Senior Center
3332 Sandy Plains Road
Marietta, GA 30066**

Thursday Aug 25, 10:00 AM

**North Cobb Senior Center
3900 South Main St.
Acworth, GA 30101**

For more information contact Mike Nichols

770-528-1448

Stay In Shape and make new friends with Cobb Senior Services Hiking Groups:



For more information:

Tim D. Lee Senior Center
770-509-4900

North Cobb Senior Center
770-975-7740

West Cobb Senior Center
770-528-8200

<http://northcobbhikingclub.weebly.com/>



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