

Homebound benefit from Red Cross meals

By LAURIE PELLICHERO
Special to The Times

The American Red Cross of Central New Jersey delivered more than 47,756 meals to 359 Mercer County residents last year.

Its Home Delivered Meals program aids people in our community who are homebound and unable to prepare meals for themselves. Volunteers from Meals on Wheels deliver well-balanced, nutritious meals Monday through Friday to residents in Hightstown, East Windsor, West Windsor, Cranbury, the Princetons, Plainsboro and Rocky Hill. The meals include a hot lunch and a cold meal to save for dinner.

Other Home Delivered Meals programs include Meals at Home and

Weekend Mobile Meals, which serve Trenton, Hamilton, Ewing and other areas.

The local Red Cross chapter's Home Delivered Meals program also provides Blizzard Bags. The bags, which contain non-perishable foods collected by area students, will be delivered soon to clients to hold in reserve in case volunteers cannot deliver meals because of inclement weather.

Along with providing meals and a friendly face, the local Red Cross volunteers who deliver meals are trained to recognize when a Home Delivered Meals client requires medical assistance.

Kathryn, a 7-year Meals on Wheels



client in Hightstown, will be celebrating her 95th birthday this month.

Visual impairment prevents her from shopping and preparing meals and, Kathryn said, she eagerly awaits the Red Cross volunteer's arrival each day, for both the food and the fellowship. She is especially appreciative of the quality and freshness of the delivered food, especially the fruit.

Once an avid gardener, Kathryn is proud of the "huge" white tulips that still grow in her back yard. "These are the prettiest flowers in my garden, and I save them for the Red Cross volunteers as a way to say thank you," she said.

Funds from this year's Times' Holiday Appeal will be used to support the services and programs of the American Red Cross of Central New Jersey.

All donations go directly to the designated nonprofit agency. The Times deducts no overhead expenses.

To contribute, make your check payable to The Holiday Appeal and mail or deliver it to: 500 Perry St., Box 847, Trenton, NJ 08605. All gifts will be acknowledged and anonymity, if requested, will be granted.

For more information about the American Red Cross of Central New Jersey, call (609) 951-8550 or visit the Web site at njredcross.org.

For additional information about Red Cross' Home Delivered Meals programs, call toll-free (877) 808-2800.