

FOR IMMEDIATE RELEASE

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Meals on Wheels Drivers Needed

Augusta, March 19, 2007 - Senior Spectrum, your path to living well, delivers over 130,000 hot, nutritious meals annually in six of Central Maine's counties through a remarkable network of *volunteers*. These meals are delivered to individuals who are 60+, and who cannot cook or shop for themselves.

As our senior population grows older, the need for more volunteer drivers becomes extremely critical. All it takes is a couple hours a day, a week, or even a couple of hours a month. It is not the amount of time that counts, but rather that you give your time that counts. Your homebound neighbors need your help

Here's what one of our Meals on Wheels drivers has recently said, "I speak from my heart when I say how much pleasure and satisfaction I receive as I deliver meals. Please consider joining me in this worthwhile community effort. Any time you can give is always appreciated."

For more information on becoming a Meals on Wheels driver please call 1-800-282-0764, and ask for Suzanne Kearns or e-mail skearns@seniorspectrum.com or stop into your local Senior Spectrum Center.

The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for additional information or to join the Senior Spectrum Volunteers Corp. The Agency's website is located at www.seniorspectrum.com

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