



United Way of the Ohio Valley

## Ohio Senior Services Case Story



My homebound meal saved my life!

You probably think I am going to tell you how having a hot, nutritious meal delivered to my home 5 days a week has changed my life. Well, it has! I am physically stronger and my health is much better. I eat a good, nutritionally balanced lunch daily. But my meal literally saved my life one cold February day.

My lunch was delivered as usual. After eating lunch, I took a bath. When I tried to get out of the tub, I fell. I could not pull myself out of the tub. I spent all night, laying in that tub, naked and afraid. The only warmth I had that night was to occasionally turn on the hot water. The only comfort I had was knowing that around 10:30 the next morning, my meal driver would arrive with my lunch. Looking back, I am very lucky that my door was not locked before I got in the shower. At 10:25 the next morning, ahead of schedule, my meal driver arrived and saved me! She entered my home and called 911. Finally, my ordeal was coming to an end!

If it had not been for the daily visit of the meal driver, I might not have been found in time for this positive outcome. Literally, my homebound meal saved my life!

# How Dollars Help Our Clients



**\$100**

This would be a small grocery order for four homebound seniors when they don't have enough money to feed themselves.

**\$500**

This would be enough money to provide a weekend meal for all my clients for 1 month.

**\$1,000**

This would be enough money to feed 1 home bound client 32 weeks.