



**For Immediate Release**

Contact Dawn Cole, Executive Director

**Meals on Wheels Now Available in Carthage**

January 30, 2020 – Watertown Urban Mission, Inc. (the Mission) is pleased to announce that the Meals on Wheels program is now available to residents living in and near the Village of Carthage. Meals on Wheels provides home-delivered, nutritious meals to those who lack reliable means of getting groceries and/or safely preparing meals. The program is ideal for those who are homebound, recuperating from an illness or surgery, elderly, or otherwise unable to travel to the grocery store and prepare their own meals.

Meals on Wheels has a long history of serving the Watertown market, having launched in 1968. In 2015, the program merged with the Mission. Meals for Watertown residents are prepared at Samaritan Keep Home under the supervision of a registered dietician. They then are delivered to an average of 70 people each day with the help of a cadre of volunteers.

Meals on Wheels in Carthage is offered in partnership with Meadowbrook Terrace Assisted Living Facility, which is owned and operated by Carthage Area Hospital. Expansion to Carthage is made possible with support from Fort Drum Regional Health Planning Organization (FDRHPO), who contracted with the Mission in an effort to ensure that underserved populations have access to affordable and nutritious food.

“The goal of this collaborative effort with Meadowbrook Terrace and Fort Drum Regional Health Planning Organization is to avoid nutrition-related hospital admissions,” said Dawn Cole, executive director for Watertown Urban Mission, Inc. “The Mission is grateful for this opportunity to help improve the health and well-being of our most vulnerable citizens in the neighboring community of Carthage.”

“Because of FDRHPO’s past experience working with the Mission, we knew they were an excellent fit to oversee the expansion of the Meals on Wheels program into Carthage,” explains Erika Flint, Executive Director of FDRHPO. “With our continuous focus on social determinants of health (access to nutritious food being one of them), adding the Carthage community means that our efforts are helping even more people stay healthy and out of the hospital.”

The Mission is actively seeking Meals on Wheels participants and volunteers to deliver in the Carthage area. Meal plans are modestly priced and are available at no cost for those in need.

For more information, contact Donna White at [mow@watertownurbanmission.org](mailto:mow@watertownurbanmission.org) or 315-782-8440, extension 231.

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