

## Editorial ? Meals on Wheels marching

This is National March for Meals Community Champions Week, and a number of community leaders have been showing their support by helping out with Meals on Wheels.

It's good to see any effort at any level in support of this very worthy program.

It is, alas, reality that we have an aging population, meaning the number of people, in percentage terms, who have trouble taking care of themselves as they get older is increasing.

True, those of us who are still active, who get up and go to work everyday, are able to pretty much take care of ourselves. But many of us still have parents, or other elderly people in our circle who need assistance, and that's where programs like Meals on Wheels are a real benefit.

It would be nice if such a program wasn't needed. But the fact is that it is, and if the benefit is there are people in the community willing to staff it and others willing to put in the volunteer hours to deliver the meals.

And it's not just food they deliver. In some cases, these deliveries provide a social contact to some people who find them limited, as they can't get out and about the way they used to.

During this week, many prominent people in the community, including politicians and business leaders are pitching in to spread the word about Meals on Wheels. And when it comes to spreading the word, especially if it helps attract more volunteers, every little bit helps.