



## Meals on Wheels Collin County Calls on Community to Help Combat Hunger and Isolation for Local Seniors Across 27 Cities – Special Saturday Delivery Event in Preparation for Thanksgiving

**McKinney, TX – November 5, 2024** – With Thanksgiving approaching, Meals on Wheels Collin County is calling on residents across 27 cities to volunteer in an urgent effort to combat senior hunger and isolation. A special meal delivery event will take place on **Saturday, November 9th, from 9:00 a.m. to 12:00 noon** at the McKinney office. As the colder months set in, many seniors in Collin County are at increased risk for isolation, depression, and food insecurity, and our community's support is needed now more than ever.

In Collin County, nearly 1 in 4 seniors experiences loneliness and depression. For many, the meal they receive from Meals on Wheels is their only source of daily nutrition. With the added warmth of the holiday season, volunteers provide not only food but also connection and reassurance to seniors who might otherwise feel forgotten.

**“This Thanksgiving season, we’re calling on our community to help fight the isolation and loneliness so many seniors across our 27 cities face,”** said Marzella Tyson, CEO/Executive Director. **“Our seniors, many of whom are alone or without family nearby, need these visits to combat the depression and isolation that can take a toll on their mental and physical health.”**

### Event Details:

- **When:** Saturday, November 9, 2024
- **Time:** 9:00 a.m. to 12:00 noon
- **Where:** Meals on Wheels Collin County, McKinney Office

This urgent community call to action aims to reach seniors before the Thanksgiving holiday, delivering warm meals, friendly faces, and a reminder that they are valued and supported. Volunteers from all backgrounds are encouraged to dedicate a few hours to make an impact and brighten a senior's day.

One of our Plano senior recipients, Brenda, shared, **“Getting these meals means I don’t have to worry about food. But it’s also knowing someone cares enough to come by, especially with the holidays coming up. It makes me feel less alone.”**

Meals on Wheels Collin County serves seniors and homebound adults across 27 cities, working to reduce hunger and isolation through nutritious meals and essential wellness checks. Together, with the help of our community, we can make a difference this Thanksgiving and throughout the cold season. For more information on how to volunteer, please visit [mealsonwheelscc.org](https://mealsonwheelscc.org) or call **972-562-6996**.

### About Meals on Wheels Collin County

Meals on Wheels Collin County is committed to improving the lives of seniors and homebound adults by delivering nutritious meals and critical wellness checks. With support from our community, we can ensure that each client has the food, connection, and emergency preparedness needed to face the season ahead.