

**FOR IMMEDIATE RELEASE:**

**St. Lawrence County Office for the Aging in Critical  
Need of Volunteers for Nutrition Program**

The St. Lawrence County Office for the Aging is in critical need of volunteers to assist staff at 8 Nutrition Centers located throughout the County. Volunteers are needed in Brasher Falls, Canton, DeKalb, Gouverneur, Morristown, Ogdensburg, Potsdam and Star Lake. Volunteer opportunities include: delivering hot meals to homebound seniors and helping staff with meal preparation at the Nutrition Centers. Volunteering even a few hours a week makes a big difference to the program and the older adults served. To find out how you can help, please contact the office at (315) 386-4730.

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**About St. Lawrence County Office for the Aging:**

The Office for the Aging provides service and advocacy for county residents 60 years and older. Programs and services includes: Nutrition Centers and Home Delivered Meals; Home Care Services; Family Caregiver Support; Medical Transportation; Legal Services; Health Insurance Information Counseling and Assistance. The Office's mission is to develop a service system specifically designed to best meet the social and human needs of the elderly.

**Contact:**

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**Department Head**

**St. Lawrence County Office for the Aging**

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