PRESS RELEASE

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This news release can be found and downloaded from the "News Release" page of the Council for Older Adults web site at www.growingolder.org

FOR IMMEDIATE RELEASE **March 21, 2011**

Council for Older Adults to Host Mayors for Meals Day on March 23, 2011

The Council for Older Adults Meals On Wheels program will be holding Mayors for Meals Day, on Wednesday, March 23 as a part of the nationwide March For Meals campaign. Mayors For Meals is designed to highlight the issue of senior hunger in communities across the nation, and in support of this very important issue, the following local leaders will participate in this year's event: Patrick Monahan, mayor of Shawnee Hills; Phillip Panzarella, Berlin Township Trustee; and Carol O'Brien, Delaware Co. Prosecutor. These volunteers will pack up the lunches at the Center for Older Adults and accompany a Meals On Wheels volunteer to deliver meals throughout Delaware County.

On Thursday, March 24, Westerville Mayor, Kathy Cocuzzi will participate in the program.

Currently the local Meals on Wheels program provides daily hot meals to homebound seniors in every township, village and city in Delaware County. All food is prepared at the Center for Older Adults, 800 Cheshire Road, Delaware. Meals are also served at four dining centers in the county, including the Cheshire Road location. Last year, the Council for Older Adults served 184,181 meals on 40 different routes to home-bound older adults and at dining centers throughout the county. The Meals On Wheels program, operated on a donation-basis, improves nutritional intake of senior citizens and provides welcome interaction between older adults and volunteers.

"We are grateful that our local community leaders recognize senior hunger as a critical issue in our community. We hope their participation in Mayors for Meals will help raise awareness of this issue and the need for additional volunteers to help in our kitchen and to deliver meals," said Bob Horrocks, Council for Older Adults executive director.

The Council is seeking additional volunteers to accommodate the increasing number of meal clients. If you are interested in volunteering or learning more about this opportunity, please call (740) 363-6677 or visit our website at www.growingolder.org. The local Meals On Wheels program in funded, in part, by the local senior services levy.