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FOR IMMEDIATE RELEASE

Senior Resource Association's *March for Meals* Helps Raise Awareness for Local Meals on Wheels Programs

Friday, April 12, 2024, INDIAN RIVER COUNTY, Fla. – Senior Resource Association (SRA) welcomed community leaders, supporters and prospective volunteers for its annual *March for Meals Community Champions Week* to ride along with volunteers delivering meals to hungry and homebound seniors throughout Indian River County.

"We were honored to have so many community members support our Meals on Wheels program," said Karen Deigl, SRA President/CEO.

For 50 years, SRA's Meals on Wheels program has reduced hunger and improved the health of thousands of seniors by delivering hot, nutritious meals to seniors' doors five days a week. In 2023, Meals on Wheels delivered nearly 107,000 meals and daily wellness visits to more than 800 seniors in the county. On a given day, there are approximately 350 seniors on the waitlist to receive meals and 10 more call for food every month.

The annual *March for Meals* celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This critical support and federal funding have fueled the growth of the Meals on Wheels network for more than 50 years.

In honor of the Older Americans Act, six local municipalities recognized the importance of Meals on Wheels with proclamations honoring the programs, the seniors SRA serves, and the volunteers who care for them.

Deigl explained, "Meals on Wheels is so much more than a meal. The daily wellness check is critical to ensure seniors remain healthy and live independently as long as safely possible. For many older adults in our community, the volunteer's visit is the only social interaction they experience."

Both SRA's Vero Beach and Sebastian locations participated in *March for Meals Community Champions Week*, proudly sponsored by Sherry Ann and Ned Dayton.

Individuals who wish to volunteer to deliver meals can choose a day(s) that suits their schedule. Routes take less than two hours to complete, are grouped in close proximity, and a free smart phone app gives information and directions. A valid driver's license, auto insurance, and background screening are required.

Call 772.569.0760 or email info@sramail.org to learn more.

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Senior Resource Association, Inc. (SRA) is a 501(c)(3) nonprofit organization and the Area Agency on Aging's designated Lead Agency for home and community-based care for the elderly in Indian River County. Since 1974, SRA continues to provide essential services and support for the community's older adults and their families. Promoting independence and dignity for all adults, SRA programs include Meals on Wheels, DayAway Adult Enrichment & Respite, In-Home Services, and Public Guardianship, as well as public and door-to-door transportation services. SRA is the Community Transportation Coordinator for Indian River and



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Martin counties, as designated by the Florida Commission for the Transportation Disadvantaged and has operated Indian River County's public transit program, GoLine, since 1990. To learn more, visit www.SeniorResourceAssociation.org.