



Barbara O'Brien
Tri-Valley, Inc.
10 Mill St., Dudley, MA
508-949-6640 - bobrien@tves.org

March 1, 2016
FOR IMMEDIATE RELEASE

TRI-VALLEY TO PARTICIPATE IN NATIONWIDE 2016 MARCH FOR MEALS

SUPPORT WILL HELP FIGHT SENIOR ISOLATION AND HUNGER

Tri-Valley's Nutrition Program announced today that it will be participating in the 14th annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Tri-Valley's March for Meals celebration will include visits to nutrition site locations by town and state officials, a raffle and an Italian Dinner to benefit March for meals on March 31, 4:00 pm at the Senior Center in Milford. Dinner tickets are \$7.00 and must be reserved by March 25. Contact Tri-Valley's Nutrition department at 508-949-6640 for more information.

"The services that we provide to seniors living in South Central Massachusetts are critical and the need is rapidly increasing," said Carol Muschler, Nutrition Program Director. "Together, we can keep older adults living healthier in their own homes while being more connected to their community."

Since 2002, Meals on Wheels America has led the annual awareness campaign in an effort to fill the gap between the seniors served and those in need. That gap is widening due to increased demand with a rapidly aging population combined with declining public and private resources, and rising food, transportation and operational costs. This March, hundreds of local Meals on Wheels programs, like Tri-Valley's, will reach out to their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's seniors all year long.

"The Meals on Wheels 'more than just a meal' model addresses three of the biggest threats of aging: isolation, hunger and loss of independence," said Meals on Wheels America President and CEO Ellie Hollander. "More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large." For more information on how you can volunteer, contribute or speak out for the seniors in your community and across the country, visit www.marchformeals.com.

About Tri-Valley's Meals on Wheels Program:

The Meals on Wheels program provides meals for individuals who are 60 years or older, homebound, and unable to prepare their own food due to illness, disability or the absence of a caregiver. The program depends on the generosity of hundreds of volunteer to pack and deliver the meals. The program delivers over 19,000 meals each month in 25 communities.

All donations to [Tri-Valley March for Meals](#) are welcome and can be mailed to: 10 Mill Street, Dudley, MA 01571 or online at www.trivalleyinc.org. For more information, call 508-949-6640.

Tri-Valley is a private, non-profit agency. The agency receives funding from the Commonwealth of Massachusetts through the Executive Office of elder Affairs and from the Federal government, under the Older American's Act, processed through the Central Mass Agency on Aging. Funds are also received from other public and private sources.

About Meals on Wheels America

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, or to find a Meals on Wheels provider near you, visit www.mealsonwheelsamerica.org.

###