

Meals on Wheels' Seniors Recieve a "Share the Holiday Gift" from Siouxland Aging Service and Subaru

December 23, 2009

Siouxland Aging Services and Jensen Imports/Subaru are co-sponsoring an event as part of the Subaru "Share the Love" Holiday meals program. On December 23, Jensen Imports/Subaru will bring holiday cheer to many seniors by delivering Meals on Wheels, driving a new Subaru – of course! Meals on Wheels participants in Sioux City will receive an extra holiday gift of one additional frozen meal to use over the holiday weekend. This "Share the Love" campaign is funded by an initial \$1000 grant from Subaru Inc. and an additional \$1,000 grant for partnering with our local Subaru dealership, Jensen Imports. Siouxland Aging Services is the only Iowa recipient of the Meals on Wheels Association of America/Subaru Inc. grants to provide holiday meals for homebound seniors.

Siouxland Aging Services' Meals on Wheels program brings nourishing meals to community members who are 60 years or older and their spouses. These meals provide 1/3 of the recommended daily allowance of nutrients, helping seniors to maintain or improve their health. For many, the Meals on Wheels' driver may be their only social contact during the day and helps to check on their well-being. Siouxland Aging Services' main kitchen in Sioux City supplies approximately 300 meals per day for Meals on Wheels' participants and for seniors who eat at local congregate meal sites. Meals which cost \$5.75 to prepare are available to seniors on a contribution basis, with a suggested donation of \$3.25-\$5.75. Generous contributions, such as the grant and time donated by dedicated volunteers, help provide homebound seniors with possibly their only hot meal of the day. For more information about Meals on Wheels or other services that enable Older Iowans to live with maximum dignity, well-being, and independence, contact Siouxland Aging Services at 712-279-6900, 800-798-6916 or at www.siouxlandaging.org.