

Siouxland Aging Services Addresses the Reality of Senior Hunger in Iowa

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The Meals On Wheels Association of America (MOWAA) recently released a groundbreaking study entitled "Senior Hunger in the United States: Differences across States and Rural and Urban Areas." A follow-up to the landmark 2008 report entitled "The Causes, Consequences and Future of Senior Hunger in America," the national research study examines senior hunger on a state-by-state level and provides substantial evidence that the number of seniors facing the threat of hunger in America is growing at an alarming rate.

The findings indicate that Iowa ranks 41st out of America's 50 states and the District of Columbia. To make matters worse, the rate of seniors at risk of hunger living in Iowa is nearly 4%. Inadequate nutrition puts seniors at risk for a decreased quality of life, including increased health issues and difficulty with ordinary self care.

In response to this enormous and complicated problem, Meals On Wheels and Congregate Meal programs of Siouxland Aging Services offer valuable nutrition and social interaction for seniors in Cherokee, Ida, Monona, Plymouth, and Woodbury counties.

"We are so disturbed and appalled to learn that so many seniors are going hungry in Siouxland. At our Meals on Wheels and Congregate Meals program, we work every day to provide our clients not only with nutritious meal, but also with companionship stated Lynn Haugen, Director of Nutrition Services. "Siouxland Aging Services encourages family and community members to remember seniors, especially at this time of the year when budgets are stretched due to economic conditions including higher winter energy bills, and the ever increasing costs of medical care. Most seniors," she continued, have more than enough bric-a-brac in their homes and often would appreciate the thoughtfulness of receiving a gift ticket for ready to eat meals to be shared with friends at a congregate meal site or delivered directly to their homes." Meal tickets for any number of meals are available from Siouxland Aging Services or any congregate meal site.

"We released our first study a year ago and now the most recent research has found that there are 20% more seniors facing the threat of hunger in America. It is a travesty that in this, the richest nation on Earth, our seniors are going to bed hungry," said Enid A. Borden, President and CEO of MOWAA.

"Hunger is a disease, but we have the cure to end senior hunger today. We just need the leadership and the courage to get it done."

How Individuals & Businesses Can Help Combat Senior Hunger in Siouxland:

1. Give: a gift of a meal ticket to use for Meals on Wheels or at a congregate meal site to a loved senior.
2. Volunteer: to deliver Meals on Wheels or to help at a local meal site.
3. Give: a generous donation of any amount to the Nutrition program at Siouxland Aging Services.

To purchase meal tickets for seniors or for more information about the many senior services offered, contact Siouxland Aging Services at 712.279.6900, 800.798-6916 or at www.siouxlandaging.org.