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MARCH IS FOR MEALS

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Malnutrition among the elderly is one of the most important, yet least known health problems in the United States. Over half of all elderly individuals hospitalized each year suffers from malnutrition that either caused their illness or prevented them from getting well.

Many elderly lack sufficient resources for nutritious daily meals. Illness, disability, and frailties related to old age may also prevent them from shopping for food and preparing their own meals.

Senior nutrition is a problem that needs attention. Community support for local Meals on Wheels programs is needed to keep the service in operation.

The Meals on Wheels Association of America has designated the month of March for taking action to preserve senior nutrition programs. March was chosen because The Older Americans Act of 1965 was amended on March 22, 1972 to create the first national nutrition program for the elderly.

March is the time to demonstrate our commitment to Meals on Wheels programs by answering the need for volunteer drivers. It's also an opportunity for reminding the Texas legislature of the importance of Meals on Wheels in helping the homebound elderly continue to live at home as an alternative to institutional care.

Information about how to support the Visiting Nurse Association's Meals on Wheels program in Dallas County can be obtained by calling (214) 689-2211. To locate Meals on Wheels programs outside Dallas County, go online at www.mowaa.org and click on "Find Meals Near You."

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