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FOR IMMEDIATE RELEASE

## MEALS ON WHEELS OF JOHNSON & ELLIS COUNTIES CELEBRATES 16<sup>TH</sup> ANNUAL MARCH FOR MEALS

SUPPORT WILL HELP TO FIGHT SENIOR ISOLATION AND HUNGER!

*Cleburne, Texas, February 22, 2018* – Meals on Wheels of Johnson & Ellis Counties (MOWJEC) is participating in the 16<sup>th</sup> annual March for Meals – a month-long, nationwide celebration of Meals on Wheels and its impact on local communities. During March for Meals, meal programs across the nation take part in efforts to encourage local participation such as donating or volunteering to make a difference in the lives of our homebound neighbors.

“The services that we provide the seniors of Johnson and Ellis counties are critical and the need is rapidly increasing,” said Christine Hockin-Boyd, Executive Director of Meals on Wheels of Johnson & Ellis Counties. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age.”

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 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 Meals on Wheels of Johnson & Ellis Counties, 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 annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“This March, hundreds of local Meals on Wheels programs will rally their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's most at-risk seniors all year long,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With the demand for Meals on Wheels increasing along with our country's senior population, we need to ensure that seniors are not forgotten.”

MOWJEC's March for Meals celebration will include kicking off March for Meals at the Alvarado Chamber of Commerce monthly luncheon meeting on March 1, 2018 with *special guest State Senator Brian Birdwell*. MOWJEC will also participate in “Community Champions Week” March 19 – 23 with local community leaders and elected officials delivering meals in their communities. MOWJEC will also be recognizing local supporters throughout the month.

Sponsorships for March for Meals are still available at many levels, ranging from \$200 to \$5,000 with exclusive publicity opportunities for top sponsors. More information can be found at: [www.mowjec.org](http://www.mowjec.org). 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](http://www.marchformeals.com).

**About Meals on Wheels of Johnson & Ellis Counties**

Meals on Wheels of Johnson & Ellis Counties is a community-based organization focused on helping homebound elderly and disabled persons remain independent and healthy in their homes by providing nourishing meals, a friendly visit and a safety check. For more information about how to receive meals or volunteer to deliver, please contact Meals on Wheels at 817.558.2840 or 972.351.9943 or online at [www.mowjec.org](http://www.mowjec.org).

**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](http://www.mealsonwheelsamerica.org).

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