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Silver Key is the local provider for Meals on Wheels in the Pikes Peak region!

We are on a mission to ensure that the value, worth, and needs of all seniors are identified and honored. **Meals on Wheels (MOW)** is just one service that Silver Key is proud to provide to local seniors in which this vision and mission is respected. Meals on Wheels is a national program that has grown deep, local roots. This year MOW is celebrating 50 years!

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Even after we make it through the COVID-19 pandemic, there will still be millions of vulnerable older adults who rely on that familiar knock on the door that provides peace of mind and hope beyond the meal itself.

Silver Key serves over **250 seniors weekly** with a home delivered meal and a friendly visit, but the needs continue to expand. In order to keep pace, we need you!

During **March for Meals**, please consider setting up a monthly scheduled donation or make a one-time gift that will allow more seniors to enjoy our vital services.

With your help, we can ensure that our older neighbors are seen, heard, and cared for by compassionate community partners like you.

continue



ELLIE HOLLANDER
President and CEO
Meals on Wheels America

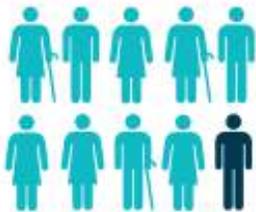
What is March for Meals?

On March 22, 1972, President Richard 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.

For **50** years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals **to ensure that our seniors are not forgotten**. You can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be. We encourage you to become a Silver Key Champion because Silver Key provides a cost-effective solution that serves us all.

FREQUENT IN-HOME VISITS PROVIDE UNIQUE OPPORTUNITIES TO MEET NUTRITIONAL NEEDS, COMBAT SOCIAL ISOLATION, ADDRESS SAFETY HAZARDS AND PROVIDE HOLISTIC CARE



9 OUT OF 10
say Meals on Wheels helps them live independently



Daily home-delivered meals help keep **8 OUT OF 10 RECIPIENTS** who have previously fallen from falling again

A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences.

2 OUT OF 3 RECIPIENTS

report the meals make up half or more of all food eaten that day

8 OUT OF 10 RECIPIENTS

say they see their friends more often because of the congregate meals



58% of home-delivered meal recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day

MEALS ON WHEELS PROVIDES A COST-EFFECTIVE SOLUTION THAT SERVES US ALL



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME



Participate in March for Meals by becoming a Silver Key Champion!

Silver Key Champions are partners in the community who embrace the vision of Silver Key. They actively ensure that the value, worth, and needs of all seniors are identified and honored. By valuing and sharing our mission to support a healthy quality of life for seniors, allowing them to age safely with dignity and independence, these stakeholders are true Champions for seniors in our community. As a Silver Key Champion, your contribution of \$25 or more each month will allow thousands of local seniors to enjoy the critical services that Silver Key provides such as:

- Companionship Services
- Reserve & Ride Transportation Services
- Home Delivered Meals | Meals on Wheels
- Behavioral Health and Case Management
- Emergency Food Pantry, Connections Cafe & more!



As our sincere "Thank You", and for you to show off your Champion spirit, we'd like to send you a special Silver Key Champion t-shirt that recognizes your important role in the community helping older adults thrive.* Please use the enclosed envelope or visit silverkey.org/champion to schedule your monthly giving to become a Silver Key Champion! Thank you. If you are unable to commit to a monthly gift, please consider these four additional ways to support local seniors:

- 1) Make a one-time donation online at silverkey.org/donate or use the enclosed envelope
- 2) Become a V.I.P. Volunteer
- 3) Donate. Shop. Repeat. Silver Key Friends Thrift Store
- 4) Connect with us on social media and share our mission @SilverKeySeniorServices



Visit SilverKey.org or call our Silver Line: 719.884.2300
Ask us about receiving a complimentary Five Wishes advance care planning booklet.

*See SilverKey.org/champion for restrictions and details.



1625 S. Murray Blvd.
Colorado Springs, CO 80916
Silver Line: 719.884.2300 | SilverKey.org

"Sometimes when you live alone, you get tired and you don't feel like making anything. You may only get a slice of bread. Silver Key delivers well balanced meals---sometimes things I've never had the opportunity to try before! The volunteers that deliver the meals are so friendly. We always have a good talk." -Betty, Silver Key MOW client

Celebrating March for Meals Month!



-For Seniors-



#MarchforMeals

#SilverKeyChampion