



## NEWS RELEASE

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### WISE & Healthy Aging Earns a 2010 Distinguished Site Award For Its Senior Healthy Lunches Program

**SANTA MONICA (Dec. 15, 2010)** - The Los Angeles County Area Agency on Aging and the Distinguished Site Committee of CNS/Foodsafe have awarded the WISE & Healthy Aging with a Distinguished Site Award, according to an announcement by Donna Fraize, RD, CFSP, project manager for CNS/Foodsafe.

"The staff and volunteers should be very proud of this accomplishment," she said. "It was evident that a lot of time and care is put into making the program a place where lunch is more than just a meal."



*DISTINGUISHED SITE AWARD – The WISE & Healthy Aging Healthy Lunches Program has been honored with a Los Angeles County Distinguished Site Award. Eva Jimenez (left), Congregate Meal supervisor, Consuelo Morales (center), Congregate Meal associate; and Frankie Aggers (right), director of Adult Day Services for WISE & Healthy Aging, display the award.*

"For many seniors, mealtimes are among the most difficult times of the day," said Grace Cheng Braun, president and CEO of WISE & Healthy Aging. "We've worked hard to make sure the Healthy Lunches Program is something participants look forward to – a chance to be with friends, celebrate a season or a holiday and learn something educational, be entertained or collect some information. We're very pleased to be recognized with this award."

To receive the award, a program is evaluated on the basis of its physical facility; hospitality in welcoming participants; atmosphere including tables that allow easy interaction, seasonal décor and centerpieces, lighting and background music; food quality, options and service; and programming.

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#### About WISE & Healthy Aging

WISE & Healthy Aging, a social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a Nov. 2007 merger of WISE Senior Services and Center for Healthy Aging. WISE & Healthy Aging, headquartered in Santa Monica, serves the greater Los Angeles area.

### **About the WISE & Healthy Aging Healthy Lunches Program**

Under the direction of Karen Smith, Nutrition Services Manager, the WISE & Healthy Aging Lunches Program offers healthy lunches in group settings to adults 60 and older throughout the City of Santa Monica. Lunches are served at five locations – the Senior Recreational Center, 1450 Ocean Ave.; Reed Park, 7th St. and Wilshire Blvd.; the Ken Edwards Center, 1527 4th St.; Virginia Avenue Park, 2200 Virginia Ave. and WISE Adult Day Service Center, 1510 Pico Blvd.

Funded by the County of Los Angeles and City of Santa Monica, a donation of \$2.50 is suggested from each person eating. The meal locations are open from 10 a.m. to 2 p.m. Mondays through Fridays in all but one location. (At Virginia Park, lunch is served on Thursdays only.) A variety of educational programs are presented at the meals.

### **About CNS/Foodsafe™**

[CNS/Foodsafe](#) is a food safety auditing organization. Its professional affiliations include the American Society on Aging and the California Association of Nutrition Directors for the Elderly.