



NEWS RELEASE

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LUNCH IS SERVED: WISE & HEALTHY AGING IS SERVING UP HEALTHY LUNCHES FOR SENIORS IN FIVE SANTA MONICA LOCATIONS

As the economic situation worsens, local nonprofit agency is reaching out to those who may not be able to afford nutritious food or even regular meals

SANTA MONICA (May 4, 2009) - It's no secret that the economic situation is tightening, and many seniors and those with disabilities are feeling the pinch more than others – sometimes to the point of being unable to afford nutritious food. To help meet this need, WISE & Healthy Aging is offering healthy, tasty meals for those who are 60 years of age or older and for those with disabilities. The lunches are served at five Santa Monica locations each weekday.

“Good nutrition is important at any age, but especially for seniors in order to stay healthy and help ward off illness,” said Grace Cheng Braun, president and CEO of WISE & Healthy Aging. “With the current economic crisis, we’re finding that some seniors are not able to afford nutritious food or sometimes even regular meals, so we’re serving lunches every Monday through Friday, from noon to 1:30 p.m.”

While the primary goal of the lunches is to provide seniors with healthy, nutritious meals, many participants are finding that it provides an opportunity for them to socialize with each other. “Seniors are often isolated,” says Cheng Braun, “so the Healthy Lunches program offers a time when they can make new friends, visit with each other, and enjoy sharing a meal together.”

The five sites are:

1. The Senior Recreation Center, 1450 Ocean Ave., 310-458-2219
2. Reed Park, 7th Street and Wilshire Blvd., 310-458-8315
3. Ken Edwards Center, 1527 4th Street, 310-395-8478
4. WISE Adult Day Service Center, 1510 Pico Blvd., 310-452-7802
5. Virginia Avenue Park (Spanish Speaking), 2200 Virginia Ave. (Thursdays only), 310-452-7802

Advance reservations are required, and may be made by calling the site a day ahead between 10:30 a.m. and 12:30 p.m. There is a suggested donation of \$2.50 for any reserved Healthy Lunch.

(more)

Healthy Lunches for Seniors 04-23-09

For seniors who are unable to get out of the house, Meals on Wheels West offers an in-home meal delivery service. For information on Meals on Wheels West, please call 310-394-5133.

The Healthy Lunch program is supported through funding from the City of Santa Monica, County of Los Angeles and WISE & Healthy Aging. For more information, please call 310-452-7802 or visit any lunch location.

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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. If you have received this advisory in error, or if it should be directed to someone else in your organization, please let us know by calling 1-800-396-1002 or e-mailing sandy@prpacific.com. Changes may also be faxed to 808-697-1249. Thank you.