

## PRESS RELEASE

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### Still Living at Home at 103



**(July 08, 2022 – Contra Costa County)** Walnut Creek’s Bunny B. celebrated her 103<sup>rd</sup> birthday and Meals on Wheels Diablo Region helped make her day special with flowers, a card, and a special visit. “Bunny is a perfect example of how MOW Diablo Region is able to help seniors remain at home,” says Sherry Nadworny, Director of Development and Community Relations. “No matter how good the care, most seniors do not want to live in institutions. They want to be in their homes, surrounded by their beloved possessions and cherished memories. The meals and supportive services we deliver allow elders to live independently.”

Meals on Wheels Diablo Region is the only meals on wheels in the County that delivers both meals and supportive services like Fall Prevention, Care Management, and Friendly Visitors, Callers, and Helpers. “Food insecurity can lead to other health and social issues and conversely, social and health issues can contribute to food insecurity,” says Nadworny. “At MOW Diablo Region we provide more than a meal to keep seniors nourished, healthy, and safe.”

While Bunny’s hearing and eyesight are not what they once were, her mind is still alert, and she radiates happiness. She says her secret to being happy and positive is that she never allowed herself to hold a grudge or get too angry at people. “It’s not worth getting all upset about things,” she adds. “I think that’s the secret to my long life.”



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**About Meals on Wheels Diablo Region:** Helping over 7,500 seniors each year, our mission is to enhance the lives of older adults in Contra Costa County by providing coordinated care that enables them to live independently and with dignity. Our dedicated staff of experts connects seniors with essential services in Contra Costa County. We work to keep our elderly neighbors nourished, healthy, safe, and independent because we provide more than a meal. Learn more about our work here. As our list of seniors in need grows, so does our need for more volunteers. Help us support more seniors in the county! If you would like to get involved, [please visit our website](#). We have several open positions for employment, [click here to join the team](#).

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