



## PRESS RELEASE

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### **Pleasant Hill Mayor Proclaims March 2022 as March for Meals Month**

**Pleasant Hill (March 24th, 2022)** – Mayor Michael G. Harris, OD, Mayor of the City of Pleasant Hill, proclaimed March 2022 as the "20th Annual March for Meals Month" in Pleasant Hill.

Harris urged all citizens to "take this month to honor the work of Meals on Wheels Diablo Region, the seniors they serve, the volunteers who care for them as our recognition of, and involvement in, the national 2022 March for Meals celebration." This women-led non-profit organization has served over **500,000 meals** to **6,700 seniors** since the pandemic, made **7,200 Friendly Visits and Calls** to prevent isolation, and fall-proofed **228 homes** throughout the county.

In response to receiving the proclamation, Executive Director of Meals on Wheels Diablo Region, Caitlin Sly, said, "thank you to the Mayor and the City Council; we appreciate all of the support and the recognition. We could not do it without community members like you who come out, volunteer, and genuinely support our work."

Meals on Wheels Diablo Region has served Contra Costa County communities admirably for more than 50 years and provides a powerful socialization opportunity to help millions of seniors to combat the negative health effects and economic consequences of loneliness and isolation.

Earlier this month, Meals on Wheels Diablo Region announced that they are participating in a special March for Meals celebration honoring the 50th anniversary of the Older Americans Act Nutrition Program. This federal legislation helps to fund community-based programs like Meals on Wheels.

Meals on Wheels programs from across the country are celebrating 50 years of success and garnering the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

For more information on how you can volunteer, contribute, or advocate for the seniors in our community, visit [www.mowdiablregion.org](http://www.mowdiablregion.org).