

## PRESS RELEASE

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### Meals on Wheels Diablo Region Celebrates Older Americans Month May 2022



**Walnut Creek, CA (May 18<sup>th</sup>, 2022)** - During May, we honor the older Americans in our lives and recognize the important role they play in shaping the world we live in. Older adults are our family members, friends, neighbors, mentors, volunteers, civic leaders, members of the workforce, and more.

The Administration for Community Living announced that this year's focus is "aging in place" – exploring the ways older adults can plan to stay in their homes and live independently in their communities for as long as possible. The ACL 2022 theme "Age My Way" is an opportunity for us to explore the many ways older adults can remain in and be involved with their communities.

Meals on Wheels Diablo Region is dedicated to addressing the needs of the older adults we serve year-round. In fiscal year 2021 we were able to provide **512,448** meal deliveries, **1,860** grocery bags, **228** home safety modifications, **66** elder abuse interventions, **1,164** friendly visits, and **13,770** friendly calls. We offer more than a meal to over **6,700** seniors every year, and the number of older adults requesting our help is growing. "We are proud to honor Older Americans throughout Contra Costa County and beyond. We deliver more than a meal to seniors to help them live safely, independently, and with dignity," said Caitlin Sly, Executive Director.

MOW Diablo Region's celebration will continue throughout the month of May as we support the older Americans in our community through our health and wellness programs.

For more information on how you can volunteer, donate, or advocate for the seniors in our community this May, visit <http://www.mowdiablregion.org>.