



***For Immediate Release***

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### **Volunteers Deliver Holiday Ham Dinners for Seniors Home Alone**

Scarborough, Maine—The Southern Maine Agency on Aging (SMAA) has organized Meals on Wheels volunteers to deliver **200** holiday ham dinners on Christmas Day. Meals will be delivered throughout York and Cumberland counties. SMAA is the only Meals on Wheels provider in Maine to deliver meals on Christmas Day.

Forty-two meals will be distributed in the Portland area by members of the Portland Rotary Club. Rotarians will pick up hot dinners between 10:15 and 10:30 AM at Maine Medical Center's Brighton Campus, 335 Brighton Avenue, Portland on December 25. This is the 32nd year that the Portland Rotary Club has joined forces with SMAA to deliver Meals on Wheels on Christmas Day.

**Representatives of the media may join one of six routes out of Brighton Medical Center in Portland. Cameras will be allowed in the Brighton Medical Center kitchen where 42 meals will be prepared for delivery.**

Dinners will be distributed directly from the kitchens of volunteers in the remaining towns in York and Cumberland counties. Areas include: Saco-Biddeford: 35 meals; Kennebunk 10 meals; Kittery 4 meals; Sanford 21 meals; and South Portland 19 meals.

Volunteers delivering meals include:

Dan Abbott, Beverly Tripp and Cheryl Cronin will deliver 21 meals in Bridgton, Casco, Naples and Sebago.

Jan Hurst, Carrie Penrose and Ken Ray will deliver 10 meals in Yarmouth, Falmouth and Cumberland.

Larry Allen, Penny Cole and Sandra Grady will deliver 21 meals in Westbrook, Gorham and part of Portland.

Barbara Wilson, George Dix and Susan Carlson will deliver 16 meals in Windham, Gray, Standish and Raymond.

Portland Rotarians delivering 42 meals include David Breneman, John Marr, Tom Talbott, John Houghton, Fred Thompson, Brian Hughes, Phillip Rhinelander, Joel Gardwick, John Yohe, Kathy Grammer and Laurence Gross.

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The Holiday Ham Dinner:

- ham with a raisin sauce
- mashed sweet potato
- broccoli casserole
- dinner roll with butter
- apple pie with whipped cream
- milk

The food delivered by Southern Maine Agency on Aging is prepared by Jeanie Marshal Foods of Bangor, Maine.

Ted Trainer, who oversees Meals on Wheels emphasizes that there is **no waiting list or income eligibility for Meals on Wheels**. For more information or to make a referral, call 1-800-400-6325 or go to [www.smaaa.org](http://www.smaaa.org) to make a referral on line. Referrals can be made 24 hours/day, seven days a week.

ELIGIBILITY:

- Age 60 or older (there are a limited number of spots available for people under age 60 with disability).
- Primarily homebound (get out with difficulty);
- Unable to regularly prepare nutritious meals;
- Without consistent daytime help to prepare meals; and,
- Able to accept meals during the delivery time frame.

FACTS:

- Research in 2009 found that 80% of people who receive Meals on Wheels in York and Cumberland counties live alone. A national study by Meals on Wheels Association of America (2008) found, "Social isolation is just as significant as poverty when determining risk of hunger."
- National research by the Meals on Wheels Association of America (MOWAA 2008) found that older adults who live alone are twice as likely as married people to be at-risk of hunger.
- The MOWAA research also found, "Seniors at-risk of hunger are significantly more likely to be in poor or fair health, more likely to have limitations in activities of daily living and are more likely to suffer from depression..."
- From 2004 to 2006, hunger in Maine grew by 3.7%, the highest growth rate in the nation. (USDA, "Household Food Security in the United States," 2006).

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