



**Southern Maine Agency on Aging Marks 33rd Year
Volunteers Deliver Holiday Ham Dinners for Seniors Home Alone**

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Contact Laurence (Larry) Gross at 207-232-1619

Scarborough, Maine—The Southern Maine Agency on Aging (SMAA) has organized Meals on Wheels volunteers to deliver **231** (up from 200 in 2010) 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.

More than 100 meals will be distributed in the greater Portland area by members of the Portland Rotary Club. Rotarians will pick up hot dinners between 10:15 and 10:30 AM at the Community Center, 426 Bridge Street, Westbrook on December 25. This is the 33rd 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 a route leaving from the Westbrook Community Center. Cameras will be allowed in the Community Center's kitchen where 100 meals will be heated for delivery in Portland, South Portland, Westbrook, Scarborough, Gorham and Falmouth. Dinners will be distributed directly from the kitchens of volunteers in the remaining towns in York and Cumberland counties.

Portland Rotarians delivering meals include David Breneman, John Marr, John Houghton, Fred Thompson, Brian Hughes, Phillip Rhineland, Joel Gatwick, Ken Ray, Sharon Sudbay, Michael Fortunato, Richard Herman, Mark Rajotte, Michael Fantasia and Bruce Moore. The Breneman, Houghton and Thompson families have made delivering Christmas meals a family tradition for the past 33 years.

The food delivered by Southern Maine Agency on Aging is prepared by Jeanie Marshal Foods of Bangor, Maine. The Holiday Ham Dinner includes:

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

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 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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