

**Yes,** I can help local seniors receive hot, nutritious meals!

**Enclosed is my gift:**

- \$15 to supplement a senior's meal contribution.
- \$35 to serve a table of 6 in a community dining center.
- \$50 to provide a senior meals for two weeks.
- \$100 to supply 2 months of weekend frozen meals.
- \$200 to provide one days meals in a dining center.
- \$ \_\_\_\_\_ to nourish a senior.



**SENIOR MEALS PROGRAM**  
*Good Food.....Good Friends.....Good Times*

Enclosed is my check payable to Senior Meals Program.

Please bill my gift to:  MC  VISA

Amount \$ \_\_\_\_\_ Exp. Date \_\_\_\_\_

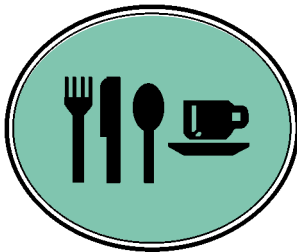
Card # \_\_\_\_\_

Signature \_\_\_\_\_

Please designate my gift to services in:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Coburg        | <input type="checkbox"/> Florence      | <input type="checkbox"/> Springfield               |
| <input type="checkbox"/> Cottage Grove | <input type="checkbox"/> Junction City | <input type="checkbox"/> Veneta                    |
| <input type="checkbox"/> Creswell      | <input type="checkbox"/> Lorane        | <input type="checkbox"/> Where it's<br>needed most |
| <input type="checkbox"/> Eugene        | <input type="checkbox"/> Oakridge      |  |

Senior Meals Program does not loan, sell or publish the names of its donors.



**SENIOR MEALS PROGRAM**

*Good Food.....Good Friends.....Good Times*

1015 Willamette Street  
Eugene, OR 97401-3113  
541-682-4038

**As we grow older, we encounter changes in our health and families that, if unchecked, can threaten our independence. For some of our older neighbors and friends, these changes can pose greater risks ... even be life threatening.**

Instead of eating the nutritious, balanced diet needed to maintain energy, health and independence, too many seniors simply "get by" on snack or convenience foods. **A poor diet can easily affect chronic health problems including diabetes, heart disease and high blood pressure or slow the recovery process.**

Chronic illness or loss of mobility may change dietary needs or limit the ability to shop or cook. The rising cost of food, energy and medicines may restrict the food budget. The loss of a life partner or family member can change our interest in meal preparation and take the pleasure out of eating.

Fortunately in Lane County the **Senior Meals & Meals on Wheels Program** understands this need and is reaching out to seniors. Charitable gifts from people like you and countless hours given by dedicated volunteers help us nourish our older neighbors.

**Seniors are served in 12 community dining rooms** around Lane County where people age 60 and over gather to meet new people, visit with old friends and catch up on local news. Sharing a meal with others replaces loneliness and isolation with conversation and a sense of belonging in the community.



*Good Food*



*Good Friends*



*Good Times*



*In Our Community Dining Rooms*



*Or Your Home*

*Over Please*



Please visit our website: [www.sdslane.org/srmeals.html](http://www.sdslane.org/srmeals.html)

## Additional Giving Opportunities

My company participates in a Matching Gift Program and I have enclosed their form.

I have remembered the Senior Meals Program in my will.

**Please send me more information on:**

Senior Meals and Meals on Wheels services.

Volunteering.

Electronic Funds Transfer or Monthly Giving.

Including the Senior Meals Program in my will.

Senior Meals Program Endowment.



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[www.sdslane.org/srmeals.html](http://www.sdslane.org/srmeals.html)

Larry S., age 74, says, "I live alone and often wake up with aches and pains, but if I get out of the house and down to the Center for lunch with my buddies, my spirits are lifted and I always feel better! We have a great time together during holiday celebrations and special events."

**For most participants, this is their "one good meal for the day."** They have a choice between two main dishes each day. Menus provide at least a third of the daily nutritional requirements and incorporate a variety of favorite recipes which have been modified to limit salt and fat.

**Meals on Wheels are delivered to our homebound, older neighbors by caring volunteers who bring a smile, a reassuring safety check and even the newspaper, along with the noon meal.** Many people need Meals on Wheels for the long term while others need help for just a few weeks during a recovery period. For some of these folks, the Meals on Wheels volunteer is the only visitor they have in a day. These special volunteers are dedicated to brightening the day of each Meals on Wheels recipient.

**Many of our participants live on low, fixed incomes** and the cost of health care takes a big bite out of their grocery budget. **Senior Meals & Meals on Wheels helps them access a healthy diet.** While some can make a contribution for their meals, others are unable to make even a minimal donation. We rely on community and family gifts for 23% of our funding; which translates to \$275,000 for this year. The rising prices of food and fuel have increased our costs but we are dedicated to serving as many of our older neighbors as we can.

Your gift will help our volunteers continue to provide good food, good friends and good times for our senior neighbors. **Please give as generously as you can to the Senior Meals & Meals on Wheels Program.**

Your partners in giving,

Sandy Karsten  
Program Manager  
Senior Meals & Meals on Wheels

P.S. Please think about setting aside a little each month for the Senior Meals Program by checking the box on the reply form to set up a monthly gift. Or you may send a donation at any time. **On behalf of all our neighbors, thank you for giving.**

P.P.S. If you can give the gift of time to help serve meals and fun in one of our dining rooms or deliver Meals on Wheels, please call 541-682-4483!