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FOR IMMEDIATE RELEASE

“Dine Out” October 14th Feeds Seniors in San Mateo County

Help feed homebound seniors in our community by dining out on October 14, 2014

September 10, 2014 (Menlo Park, California) – What could be easier than feeding hungry seniors by going out to eat yourself? On Tuesday, October, 14, participating restaurants in San Mateo and Santa Clara Counties will donate a percentage of the day’s sales to support Peninsula Volunteers, Inc.’s (PVI) *Meals on Wheels* program and feed local homebound seniors.

“When you are hungry nothing else matters! Over 15,000 seniors in San Mateo County are threatened by hunger **Every Day!** Please help us to feed them,” said Marilyn Baker-Venturini, *Meals on Wheels* Director for PVI.

Support local restaurants and make a difference in the lives of Peninsula seniors.

Peninsula Volunteers *Meals on Wheels* program serves cities within San Mateo County, preparing and delivering over 130,000 hot nutritious meals per year to those in need, over half of these meals are to homebound seniors. In addition to the meal, each day these seniors receive safety-wellness checks. The *Meals on Wheels* driver is often the only human contact the homebound senior has during the whole day!

The recession, along with state and local budget cuts, has caused a dramatic reduction in funding of safety net services for frail and low income seniors. At the same time, food and transportation costs are escalating. As our community ages, the Peninsula Volunteers *Meals on Wheels* program receives *more requests* each year, and we’re already serving record numbers.

67% of meal recipients live alone and 100% suffer from illness, incapacity and other conditions affecting their independence.

Meals on Wheels services fill in when homebound elders have no other alternative. When in-home care is delayed, stopped, or unaffordable, when transportation to shop for food supplies is eliminated, when helpful neighbors or family move away, when hospitals discharge patients who need sudden assistance, *Meals on Wheels* provides an essential life-line. ***We are often a life-saver!***

To learn more about *Meals on Wheels* “Dine Out” and locate a participating restaurant near you, visit www.PenVol.org/events.

About Peninsula Volunteers, Inc.

For 67 years, Peninsula Volunteers has created and provided high quality and nurturing programs for the aging in the mid-Peninsula area, allowing them to pursue long and useful lives. Each year Peninsula Volunteers provides over \$5 million in services, including 130,000 hot meals to seniors and the homebound, and impacts over 4,500 households through its programs: *Meals on Wheels*; *Little House* – The Roslyn G. Morris Activity Center; *Rosener House Adult Day Services*, and Peninsula Volunteer Properties, Inc. The latter provides 82% of the affordable senior housing in Menlo Park at *Crane Place* and *Partridge/Kennedy Apartments*. For more information please visit www.peninsulavolunteers.org.