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FOR IMMEDIATE RELEASE

**Connections Area Agency on Agency Joins Meals on Wheels Programs from across the country in 15th annual march for meals celebration**

*Support will help to fight senior isolation and hunger in the SIouxland*

***[Sioux City, IA] (March 10, 2017)*** – Connections Area Agency on Aging announced today that it will be participating in the [15th annual March for Meals](https://youtu.be/f-gum6a8F-0) – a month-long, nationwide celebration of Meals on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Connections Area Agency on Aging’s March for Meals celebration will have mayors and local dignitaries serving at senior centers and/or delivering meals in communities throughout Siouxland and the Connections Area Agency on Aging’s 20 county region during March. (See listing below)

”The services that we provide the seniors are critical and the need is rapidly increasing,” said Vicky Lohry, Healthy Living Assistant Director at the Sioux City office for Connections Area Agency on Aging. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age.” Lohry continued, “The support from the community leaders has, in turn, helped Connections secure small yearly national Meals on Wheels Association grants to supplement the meals program.”

Since 2002, [Meals on Wheels America](http://www.mealsonwheelsamerica.org) has led the annual awareness campaign in an effort to fill the gap between the seniors served and those in need that is widening due to increased demand with a rapidly aging population combined with declining public and private resources, and rising food, transportation and operational costs. This March, hundreds of local Meals on Wheels programs, like the one from Connections Area Agency on Aging, will reach out to their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's seniors all year long.

“March is a time for us all to rally around Meals on Wheels,” said Ellie Hollander, President and CEO of Meals on Wheels America. “Our ability to meet the needs of vulnerable seniors lies in the willingness and generosity of businesses, government and concerned individuals of all ages to contribute in their own way. It not only makes economic sense to enable seniors to stay healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large.”

For more information on how you can volunteer, contribute or speak out for the seniors in Iowa and across the country, visit [www.marchformeals.com](http://www.marchformeals.com).

Akron March 22nd 11:30 City Council Member(s)

Akron March 23rd 11:30 Mayor Sharon Frerichs

Atlantic March 24th 11:30 Mayor David Jones

Aurelia March 22nd 11:45 Mayor Gene Suhr

Carter Lake March 23rd TBD Mayor Gerald Waltrip

Cherokee March 22nd & 23rd 11:15 Mayor Mark Murphy & Council Member

Correctionville March 23rd 11:45 Mayor Nathan Heilman

Council Bluffs March 21,23, 24 10:00 Mayor Matt Walsh

Council Bluffs March 24th 10:00 Council Bluffs Police Department

Council Bluffs March 24th 10:00 Council Bluffs Fire Department

Ida Grove March 23rd 11:15 Mayor Devlun Whiteing

LeMars March 23rd 11:15 Mayor Dick Kirchoff

Malvern March 24th 11:00 City Hall Staff

Mapleton March 22nd 11:30 Mayor Donna Shaw

Marcus March 22nd 11:15 Mayor Gary Husman

Merrill March 23nd 11:15 Mayor Rich Husman

Moville March 22nd 10:45 Mayor Jim Fisher

Red Oak March 24th TBD Mayor Bill Billings

Remsen March 23rd 11:15 Mayor Joel Fisch

Sergeant Bluff March 22nd 11:15 Council Member Carol Clark & City Clerk Michelle Colvert

Sioux City March 23rd 10:15 Council Member Ronda Capron

Ute March 22nd 11:45 Mayor Richard Hageman

**Connections Area Agency on Aging** serves seniors in 20 counties in western and southern Iowa. With a mission of enhancing the quality of life for elders in our service area through education, planning and coordination of services, Connections AAA’s nutrition services provide a vital link for many older Iowans to remain healthy and within their own homes and communities. Whether at home or at local senior centers, the well-balanced meals provide good nutrition, social contacts, and wellness checks on the communities most vulnerable citizens. Anyone, age 60 and over, is welcome to join their friends and neighbors for lunch at the local senior centers. There are no income guidelines to be eligible. The suggested contribution for a meal is $3.50-6.50. Reservations for meals must be made by 10:00 on the weekday prior to the meal, allowing for the correct number of meals to be made for each senior center. Meals on Wheels are provided for those who are homebound. For more information, contact Connections AAA at 800.432.9209 or at [www.connectionsaaa.org](http://www.connectionsaaa.org).

**About Meals on Wheels America**

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America’s seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, or to find a Meals on Wheels provider near you, visit [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org).