



FOR IMMEDIATE RELEASE

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Grand Harbor Community Outreach gives a boost to Meals on Wheels

Vero Beach, FL April 14, 2016 Senior Resource Association (SRA) recently received a \$10,000 grant from Grand Harbor Community Outreach for their Meals on Wheels Waitlist Relief program. The program seeks to reduce the long list of older adults within Indian River County who are in need of daily hot, nutritious meals.

In addition to the 56,626 hot meals delivered to seniors in Indian River County last year, Senior Resource Association also delivered 5,626 Emergency Meals on Wheels and 32,256 congregate meals were served at various locations throughout the county. The nutrition program supports the organization's mission to help older adults remain in their home for as long as safely possible.

"We are grateful to the generosity of Grand Harbor. Their grant will provide 1,667 meals on wheels deliveries this year," Shawna Callaghan, SRA Director of Programs said.

Senior hunger and isolation are serious issues facing communities across America. Lack of transportation, functional limitations and health problems can prevent older adults from getting much-needed, nutritious meals. In order for SRA to maintain their current volume of local meal deliveries, it requires 90-125 volunteers each week. **Individuals wanting to volunteer their time, or that of their company's employees, to deliver Meals on Wheels can contact Shawna Callaghan at 772.569.0760.**

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Grand Harbor Community Outreach Program

Grand Harbor Community Outreach Program is a non-profit and member-driven organization engaged in fundraising to address the unmet needs of groups and individuals in the areas of health, education and human services in Indian River County.

Senior Resource Association

The Senior Resource Association (SRA) is a 501 (c)(3) non-profit organization and the Lead Agency on Aging in Indian River County. For nearly 40 years SRA has been recognized as a valuable resource for seniors in the community. SRA provides programs and services that support and advocate for independence and dignity of older adults, including Meals on Wheels, Adult Day Care, Information Referral, and Transportation services.

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