



## **NEWS RELEASE**

### **FOR IMMEDIATE RELEASE**

April 20, 2016

### **VCAAA and SPSC begin Home-Delivered Meals Program in Santa Paula**

Ventura, Calif. – The Ventura County Area Agency on Aging's (VCAAA) Senior Nutrition Program and the Santa Paula Senior Center are now offering home-delivered meals in Santa Paula in addition to its congregate meal program. The "Meals on Wheels" service, which was previously offered through the nonprofit A.I.M. Council, provides regular delivery of meals to homebound seniors throughout the city.

While all individuals age 60 years or older are welcome to participate in congregate lunch services at the Santa Paula Senior Center, the home-delivered meal program allows nutritionally balanced meals to be delivered five days a week to seniors who are homebound by reason of illness, disability, or isolation. Home-delivered meal participants receive an in-home assessment to begin meal service, which includes referrals for any additional needs for nutrition-related supportive services, such as outreach, transportation, food shopping assistance, and escort to congregate nutrition sites.

According to Patti Jaeger, VCAAA Registered Dietitian, the meals provided through this program are often the only meals participants receive in a day. She continued, "The home-delivered meals program is essential because it reaches out to those who are in most need, those who are unable to leave their homes to attend a congregate meal site or buy and prepare their own food."

More than 37 percent of the VCAAA's Senior Nutrition Program recipients are living at or below the federal poverty level. According to Feeding America, of the 160,000 seniors in Ventura County, more than 16,000 do not have the means to eat regular meals.

The City of Santa Paula operates this program with funding from the Older American Act made available through VCAAA, local contributions, and with generous donations from participants and their families. No older individual is turned away for inability to contribute.

VCAAA provides congregate and home-delivered meal services throughout the county, offering more than a meal to participants. This program not only helps to reduce hunger and food insecurity; it also promotes socialization by breaking down the barriers of isolation and loneliness. To become a volunteer driver for home deliveries, contact Angela Bautista at (805) 933-4226 ext. 356 at the Santa Paula Senior Center.

For more information on the VCAAA's Senior Nutrition Program, please visit [ventura.org/vcaaa](http://ventura.org/vcaaa).

*The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals and their caregivers to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.*

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