



ADOPT A MORGANTOWN AREA MEALS ON WHEELS CLIENT TODAY!

Approximately 30% of the Morgantown Area Meals on Wheels (MAMOW) clients pay between \$1.00 and \$5.00 a meal and many of these clients have difficulty with paying this small amount. If you want a way to help and don't have time to drive, consider adopting a client in need. You can provide them

- ✓ a week of healthy meals for \$30
- ✓ a month of balanced and delicious meals for \$150 or
- ✓ a year of nutritional security for \$1,800

Contact MAMOW by email at morgantownareamow@gmail.com or call (304) 599-1954.

Thank you for your kindness!

CHALLENGES SENIORS FACE EVERY DAY

Today, the average life expectancy is at a record high of 79 years. As we get older, even the most independent among us may experience physical declines or financial hardship that strips away our independence. Add to that an increase in geographic mobility of our families, and the result is millions of seniors left behind, hungry and alone.



NATIONALLY

7.1 MILLION SENIORS LIVE IN POVERTY

That's an income of \$234 a week or less, which, after housing, utility and medical expenses, leaves very little for food.

Older adults living at or below poverty are nearly twice as likely as those living above the poverty level to have limitations in their ability to live independently.