



Did you know there are hungry seniors living right here in the Capital Region?

Nancy, a local senior who has been receiving Meals on Wheels since being hospitalized after a bad fall in early June, was dividing up the one meal she was receiving from Meals on Wheels each day into two parts, to serve as both lunch and dinner. Fortunately for her, a Senior Services of Albany staff realized she required a second meal every day to meet her basic needs, and was able to arrange for Nancy to receive two meals a day.

Nancy is a lifelong Capital Region resident, growing up in Rensselaer and moving to Albany County when she was 18. Before an accident left her with a disability, she served 15 years on the Guilderland Rescue Squad, teaching classes and conducting trainings all across the region. She even volunteered for the local Meals on Wheels program for years during her youth. She says her driver, Paul, is amazing! He's always there right on time with a warm smile and kind words, brightening up her day. She is thankful that Meals on Wheels is able to help her stay in her home, and for making sure she is fed well and is safe and secure for the day.



Suffering from a range of chronic illnesses and limited mobility, Nancy has found Meals on Wheels to be a lifeline.

All over the Capital Region there are seniors like Nancy, depending on Meals on Wheels for basic nutrition and so much more; helping to keep them as healthy as possible for as long as possible, and providing something even more important: the ability to age with dignity. Imagine if your mother or father, grandmother or grandfather, were to go without food? Wouldn't you want Meals on Wheels to be there for them?

Every dollar helps provide a warm meal, a kind smile, and a short visit for a local senior who desperately needs it.

Please Donate today!

Senior Services of Albany
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518-465-3322, www.seniorservicesofalbany.com