

Cultivate Fundraising Campaign May 2024

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At the Council on Aging, our **Meals on Wheels** and **Community Dining** programs are at the heart of our mission to support all Central Oregonians to age well wherever and however they choose.

Through our meal delivery programs, community dining, and nutrition education initiatives, we're making a tangible difference in the lives of aging adults. But with the fiscal year coming to a close, we're facing unprecedented demand and financial strain.

Join us in our efforts to enrich the lives of older adults across all stages of aging by supporting these essential nutrition programs.

Donate to Support Senior Nutrition

We'd like to introduce you to Samuel, an example of just how important the Council on Aging is to cultivating wellness for older adults.

"Meals on Wheels made me feel like a person again. It made me feel wanted and loved and cared for, just like I felt when I was going to lunch every week."



When Samuel was in his seventies, he loved coming to Community Dining where he could get a hot meal and meet with friends, both old and new.

Now, at age 83, Samuel has developed osteoarthritis, which has left him homebound and lonely. Once we signed Samuel up for Meals on Wheels deliveries, everything changed. He stopped losing weight from malnourishment, and his mood improved when he got to chat with the volunteers delivering his meals.

Samuel's story is a testament to the Council on Aging's mission to cultivate community, independence, and health in Central Oregon.

The logo for Cultivate Community. It features the word "Cultivate" in a large, bold, orange font. Above the "i" in "Cultivate" is a small green leaf icon. To the right of "Cultivate" is the word "COMMUNITY" in a smaller, orange, all-caps font.



The Council on Aging and our partners at six sites across the tri-county served **38,931 meals** at Community Dining last year. Each lunch brings a sense of camaraderie and friendship that is cultivated around the dining table. These gatherings plant the seeds of lifelong friendships for people just like Samuel.

INDEPENDENCE Cultivate



When an older adult loses mobility, they may face a loss of independence. Meals on Wheels helped solve this problem for Samuel. He is part of the **92% of Meals on Wheels clients in the U.S.** who agree that home-delivered meals help them continue to live independently. With each meal, each friendly chat, and each wellness check, we help more than **900 homebound older adults** age with dignity.

HEALTH Cultivate



Like Samuel, **1 in 4 older adults** are malnourished or at risk of malnutrition, resulting in an increased risk of falls, longer hospital stays, and more disease complications. That's why our nutrition programs are vital to ensure Central Oregon's older adults remain healthy. We proudly cooked, served, and delivered **154,596 nutrient-rich, dietitian-approved meals** in 2023, and with your help, we can grow that number this year.

We invite you to join us in cultivating a future where every older adult in Central Oregon can thrive. Your contribution, no matter the size, will make a meaningful difference in the lives of people like Samuel.

Donate to Feed Older Adults in Central Oregon

If you prefer to give by check, please send your donation to: The Council on Aging of Central Oregon, 1036 NE 5th Street, Bend, OR 97701. Please include your email address, phone number and return address so we can thank you! Our tax identification number is: 93-0661229

The Council on Aging of Central Oregon is a 501(c)(3) organization. Tax ID is 93-0661229. Donations are tax-deductible to the extent allowable by law.

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