



News from Livingston County, N.Y.

FOR IMMEDIATE RELEASE

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Senior Nutrition Program 50th Anniversary *Supporting nutrition services for older adults since 1972*

MOUNT MORRIS, N.Y., March 1, 2022 — In March, the Livingston County Office for the Aging will join the Administration for Community Living and senior nutrition service providers across the country to celebrate the 50th anniversary of the national Senior Nutrition Program.

Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Senior nutrition is now more important than ever. Each year in the U.S., up to half of adults age 65 and older are at risk of malnutrition, and more than 10 million face hunger. In communities throughout the U.S. – including our own – older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

As part of the Senior Nutrition Program network, Livingston County Office for the Aging helps older adults in our community by promoting healthy eating, decreasing social isolation, and improving health. Our program also provides connections to home and community-based services that can support independence and overall well-being. Throughout the pandemic, the Livingston County Senior Nutrition Program never missed a day of service. During 2021, the program provided 62,925 home delivered meals. Sue Carlock, Director, would like to recognize the wonderful staff and volunteers who make the program possible and the tremendous support of the Livingston County Board of Supervisors and the United Way.

For 50 years, senior nutrition services have helped create healthy, strong communities where all members can flourish regardless of their age. ***That's why we proudly recognize this***

milestone anniversary of the national Senior Nutrition Program and its tremendous impact on the health and well-being of older adults in our community. Join us in celebrating our seniors, our program, and our community. Together, we look forward to another 50 years and beyond!

In recognition of this milestone month, Board of Supervisors Chairman David L. LeFeber will be helping to serve meals at the Avon Nutrition site on March 22, 2022 during Community Champions week.

To learn more about the Livingston County Office for the Aging and its Senior Nutrition Program, visit the website [here](#) or call 585.243.7520.

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