

## *CCAAA Hosts Mayors for Meals Day on March 17, 2008*

The Clearfield County Area Agency on Aging, Inc. announced their participation in the National Mayors for Meals Day as a part of their March for Meals campaign. Clearfield Borough Mayor, Patty Gilliland, participated in the event to show her support for the community's seniors. Last year, 30 government officials throughout Pennsylvania communities took part in this national program.

CCAAA's Mayors for Meals Day event included home delivery of shamrocks in celebration of Saint Patrick's Day and meals to area Meals on Wheels and More recipients. "This is our first year participating in the Mayors for Meals Day program and we are pleased to have Mayor Gilliland take part. We hope to raise awareness of the need for additional volunteers to guarantee the success of this essential program," said Rikki Ross, Marketing and Events Coordinator for CCAAA.

March for Meals is a national campaign, in which CCAAA is a participant, to raise awareness of the need for good nutrition for senior citizens, and to encourage the local community to take an active part in meeting the need. Senior nutrition programs across the United States promote March for Meals in their local communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives. Mayors for Meals Day is a component of March for Meals that utilizes the involvement of local Mayors. In conjunction with these events, Governor Edward G. Rendell proclaimed last week as *Older Pennsylvanians' Nutrition Awareness Week*. Area Agencies on Aging and Senior Community Centers will be celebrating this year's theme "*Nutrition: It's a Matter of Fact*" for National Nutrition Month and "*Eat Well, Stay Active, Live Longer*" for Older Pennsylvanians' Nutrition Awareness Week.

For additional information regarding volunteering or contributing to the local Meals on Wheels and More Program, please contact the CCAAA at (814) 765-2696.



*Clearfield Borough Mayor, Patty Gilliland, celebrated St. Patrick's Day and National Mayors for Meals Day by serving as volunteer Meals on Wheels and More deliverer to recipients in part of Clearfield Borough. She is shown delivering meals and a shamrock necklace to Lois Bremigen.*