

STOP SENIOR HUNGER

PHILANTHROPY IN THE PANTRY COMFORT KEEPERS® KEEPING PLEDGE TO STOP SENIOR HUNGER

By Debra Goldie Jones

The startling fact is at least one in nine seniors is at-risk of going hungry due to the inability to obtain sufficient food for their household or having to choose between food and medical care (and sometimes pets), according to a study by Feeding® America. An even more worrisome fact is that the number of food-insecure seniors is projected to increase by 50 percent when the youngest of the Baby Boomer generation reaches age 60 in 2025.

Lori Nesler sees this problem every day. As owner of Comfort Keepers®, a home health company, her many services include planning, shopping and preparing nutritional meals for seniors. In 2008, her company initiated the STOP Senior Hunger™ Food and Funds Drive to raise awareness and get donations directly into the hands of area seniors. "Hunger can lead to malnutrition and other serious health problems. The lack of an adequate diet can have an immediate impact on body, mind and safety," says Nesler.

During October and November, Comfort Keepers will have bins at over 100 locations with a goal of collecting 17,500 pounds of food and \$20,000 in donations. Nesler estimates every dollar raised equals three meals and every five dollars provides fifteen meals.

In Dallas County, the 2016 recipients will be The Senior Source and Sharing Life Community Outreach. In Collin County the recipients are Meals On Wheels and Metrocrest Services. Teresa Jackson is executive director of Sharing Life Community Outreach, which distributes over a million (verify)

pounds of food each year to Mesquite and southeastern Dallas. "I'm so proud of Lori and her team," noted Jackson. "What started as a small endeavor a few years ago has grown into a highly-successful event with significant impact."

The food drive culminates with the 8th Annual Denim and Diamonds event on Wednesday, November 2, from 4 to 8 p.m. at Dave & Buster's in Dallas. In addition to corporate sponsorships, volunteers are always needed to distribute food collection boxes, pick up donations, work awareness tables, collect money at sponsor businesses or donate a \$50 item for the Diamonds and Denim silent auction.

Make a difference in a seniors' life; take your food donations to Comfort Keepers In-Home Care offices at 12970 Pandora Dr. Suite 150, Dallas and 1925 E. Belt Line Rd. #214, Carrollton or one of the drop-offs listed at www.STOPSeniorHunger.info.

Man does not live
by beets alone.
Remember, seniors
want the same types
of tasty foods we all
like to eat. Lori Nesler
suggests the following
food donations:

Jelly
Oatmeal
Canned soups
Tuna
Peanut butter
Mac and cheese
Canned fruit
