



## Senior Nutrition is More than a Meal

When Dallas' wife died of complications from dementia, he was devastated. For more than 50 years, they were a team—each other's best friend. He was nearing 100 years old, and it was the loneliest time of his life. Aware that he was spending too much time alone, his grandchildren urged Dallas to visit the nearby Senior Center.

*"Since I began attending senior dining, I've had less worry in preparing meals, and it has brought people back into my life," he said. "I really look forward to conversations with new friends every day."*

Dallas, and almost 100 percent of older adults served, report that their mental health has improved from the socialization senior dining provides. Senior Nutrition is more than a meal—it's a lifeline for older adults like Dallas who wish to remain healthy, vital members of their community for as long as possible. Just like Dallas, our meals reach 57 other centenarians who maintain their health and independence with help from LSS Senior Nutrition!

**LSS services impact the lives of 1 in 65 Minnesotans.**



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# Older Adult Services






Active. Healthy. Independent.



## Get Involved!

At Lutheran Social Service of Minnesota, we provide nutritious meals and much-needed social contact for thousands of older adults each day, helping them stay healthy, continue living at home, and remain active in the community. This service also keeps our older neighbors out of assisted living and expensive long-term care facilities. Your financial support is instrumental in helping us maintain this important service.

An individual or congregational donation of:

- \$950**  Provides meals for an entire year for an older adult.
- \$520**  Buys "Blizzard Boxes" or shelf-stable meals for seniors for six months.
- \$190**  Pays mileage costs for 500 miles of volunteer travel to deliver meals to older adults in remote, rural areas.
- \$165**  Provide two months of meals for an older adult.
- \$78**  Buys supplies needed to deliver meals to one older adult for six months.

**Volunteers are important, too!** If you would like to get personally involved by delivering meals to older adults, volunteer drivers are always needed.

To volunteer or make a financial contribution to support the mission of LSS in your community, please contact Church Partnerships at 651.969.2334 or congregations@lssmn.org. Or, **visit [www.lssmn.org/donate](http://www.lssmn.org/donate)**.

We are deeply grateful for your continued support.

### LSS Church Partnerships Office

2485 Como Avenue | Saint Paul, MN 55108  
800.582.5260 651.642.5990

[www.lssmn.org/nutrition](http://www.lssmn.org/nutrition)

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