



## **WellMed Charitable Foundation celebrates 51st anniversary of Senior Nutrition Program**

March marked the 51st anniversary of the Senior Nutrition Program. The program supports nutrition services for older adults throughout the country and is funded by the Older Americans Act.

Older adults face several challenges that contribute to food insecurity every day. The WellMed Charitable Foundation serves meals at all 12 of their senior centers across Texas and Florida to adults 60 and over. Since 2020, the WCF has distributed over 1 million meals to members.

When the centers closed their doors during the pandemic, center staff continued to serve meals curbside every day and delivered meals to home-bound older adults in need.

Rhonda Jones is the Nutrition Site Supervisor at the Elvira Cisneros Senior Center in San Antonio.

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“It gives me great gratification knowing our members get at least one nutritious meal a day. It gives me peace of mind that we can provide a daily hot meal and that they can enjoy it in the company of their friends,” said Rhonda.

Jose and Lourdes Trevino are members of the center and benefit from the nutrition program.

“Being able to eat with our friends and socialize is a lot of fun,” said Lourdes. “It benefits us all because a lot of us are sometimes on a tight budget, and the economy is expensive. A lot of people can’t cook for themselves. Here, they come and are served warm food with good company. It’s a great blessing.”

Jose adds the program has healthy options for all.

“We eat what we’re supposed to be eating. It helps us stay healthy,” said Jose.

The WellMed Charitable Foundation offers 12 different senior center locations where older adults can stay active and eat healthy. To learn more and refer a friend, loved one or patient to the program, visit

[https://www.wellmedcharitablefoundation.org/senior-activity-centers/.](https://www.wellmedcharitablefoundation.org/senior-activity-centers/)

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