

Think Spring!!!

WITH MEALS ON WHEELS



MOOMERS HOMEMADE ICE CREAM

7263 North Long Lake Rd, Traverse City

HOT FUDGE SUNDAE BAR

Saturday, March 21, 2015

11:00am — 9:00pm

Small \$5.00 ~ Large \$7.50

All proceeds from the Hot Fudge Sundae Bar go directly towards providing hot, nutritious meals, compassion, security, and independence for homebound seniors in our community.

For more information, to donate, or volunteer:

www.MealsWheelsLove.org

'Like' us at: www.facebook.com/MealsonWheelsofNorthwestMichigan
Meals on Wheels — Northwest Michigan Community Action Agency
3963 Three Mile Road, Traverse City, MI 49686. 231-346-2112



MANY THANKS TO OUR GENEROUS SPONSORS



Oleson Foundation ... *Helping Others Help Themselves*



Not a TCAPS-sponsored event



Meals on Wheels of Northwest Michigan Community Action Agency (NMCAA) is participating in the **March for Meals Campaign**, a national movement initiated by Meals on Wheels America, to **raise awareness about senior hunger and isolation** and to **spark action** on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Meals on Wheels of NMCAA, are promoting March for Meals through partnerships with local businesses, fundraising initiatives, and volunteer recruitment. **This local support is more crucial now than ever before!**

About Meals on Wheels of NMCAA

Meals on Wheels of NMCAA is a non-profit 501(c)(3) corporation. Last year, Meals on Wheels provided approximately 160,000 well-balanced meals and “so much more” to over 1,100 homebound seniors in Grand Traverse, Leelanau, Manistee, Missaukee, and Wexford counties. Meals on Wheels is an effective and proven program that improves the health and well-being of homebound seniors, by providing vital nutrition, friendly visits and safety checks, enabling the seniors to live nourished lives with independence and dignity. For more information, to donate, or to volunteer visit www.mealswheelslove.org. ‘Like’ us at www.facebook.com/MealsonWheelsofNorthwestMichigan.

About Northwest Michigan Community Action Agency (NMCAA)

The mission of NMCAA is: “helping people by linking services, resources, and opportunities”. We help families and individuals achieve greater self-sufficiency, thereby helping and strengthening our communities. NMCAA serves the ten counties of Northwest Lower Michigan. As an umbrella agency, core services operated by NMCAA include Senior Nutrition and Meals on Wheels programs (in our five southern counties only), housing development, home energy conservation, weatherization, home repair and rehabilitation programs, Head Start and a variety of other preschool, school readiness and family development programs, a variety of basic needs safety-net emergency programs which are all tied to financial management and asset-building programs, including home buyer training, credit repair and management, along with other asset management programs. Programs are designed to help individuals more effectively manage their particular circumstances, cultivate productive relationships, better anticipate their future, improve their quality of life, increase their economic independence, and better position themselves to reach their potential. For more information, visit www.nmcaa.net.

About Meals on Wheels America (Formerly Meals On Wheels Association of America)

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior isolation and hunger. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time. For more information, visit www.mealsonwheelsamerica.org.