



## Seniors United for Nutrition

### Our Mission Statement:

The SUN Program supports and assists seniors 60 and over by providing hot, nutritious meals, home delivered or in a group setting, to promote fellowship and reduce isolation. It also provides health maintenance programming to assist in maintaining independence and involvement in the community.

# The SUN Program Needs Your Help and Support More Than Ever...

Dear Friends & Supporters of **Seniors United for Nutrition** (the SUN Program, also known as "Meals on Wheels"):

**The SUN program is currently operating at a considerable deficit.** Covid's onset decreased attendance at meal sites, and at the same time increased demand for home-delivered meals. And, state and federal funding is less for home-delivered meals.

The need for SUN meals has now grown so great but with funding so low that we can't currently make ends meet. Without an emergency influx of funds, **we may be forced to cut services.** Since we cannot bear to do that, we are sending this appeal to our donors earlier than usual this year.

Each year we set a new record for meals served and for volunteer hours contributed. We are immensely proud of our volunteers and of our program's successes. **Serving our senior population nutritionally-balanced meals, decreasing their isolation, and helping to keep**

**them in their homes longer is our priority mission.** This is a worthy program that must continue to operate.

It is humbling and difficult to ask for contributions this way. However we are at a crossroads for the continued survival of the SUN organization.

## SUN is more than a meal!

### • Every SUN meal we serve is nutritionally balanced.

Full menus are provided in local newspapers, and also online at: [adrcswwi.org/seniors-united-for-nutrition-inc-sun-program/](http://adrcswwi.org/seniors-united-for-nutrition-inc-sun-program/)

### • Dining-in meal sites provide socialization for seniors.

Diners meet with friends and community members. Activities are often included.

### • Delivery of meals permits "wellness checks."

Drivers provide daily contact during home visits, and can inquire of the participant's wellbeing.

### • Helps seniors live independently and in their own homes.

Nutritious meals and socialization promote good health, prevents hospital visits and nursing care and keeps people in their homes.

**Anyone over the age of 60—of any means—may be in need of a nourishing meal, whether homebound, rehabilitating from surgery, or unable to drive.**

## What do we ask of the participant?

The current suggested meal contribution is \$5.50 for dining at a site, and \$6.50 for home delivery—a very reasonable price for a full, nutritionally-balanced meal (the actual average cost per meal is \$14.30). **And—no senior is ever denied service due to his or her inability to pay.**



Top photo: The Darlington van displays its new logos. But every great stride seems countered by a setback: the van now needs expensive repairs. Lower photo: Seniors enjoying each other's company following a recent meal at a dining site.



Scan QR code to donate.

## Seniors United for Nutrition

Our Goal: That No Senior Goes Hungry or is Isolated in Our Community.

### Please give whatever you can.

Here are examples of what the actual full meal costs may cover...

- o \$72 could pay for **One Week's Meals** to dine at a site.
- o \$315 could pay for **One Month's Meals** for home delivery.
- o \$1,500 could pay for **Lafayette Co. rural route\* for 2 Weeks.**
- o \$3,776 could pay for **A Year's Meals** for home delivery.
- o \$5,500 could buy food for **4 cooking sites for One Month.**

\*Argyle, Wlota, Lamont, Gratiot, and South Wayne

If you are receiving an RMD and wish to donate to worthy cause, please consider SUN. Donations may be made by scanning the QR code above.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

My gift is:  in honor of  in memory of \_\_\_\_\_

Name and address for acknowledgement: \_\_\_\_\_

I would like to receive a receipt for my donation. **YOUR DONATION IS TAX DEDUCTIBLE**

*Thank you for caring...*

To donate, please scan the QR code above, or send your donation to:  
**Seniors United for Nutrition, 303 W. Chapel Street, Dodgeville, WI 53533 (608) 930-9845**