

SENIOR HUNGER IN NORTHWEST ARKANSAS



- Arkansas ranks 1st nationally in senior hunger.
- 40% of Arkansans aged 60 or older—more than 240,000 people—are living with food insecurity.
- Senior hunger insecurity is caused primarily by financial hardship, lack of transportation, living in areas with few foods stores, and mobility limitations.
- Food insecurity is associated with many negative health effects, including malnutrition, poor overall health, extended hospital stays, and cardiovascular disease. These health consequences have created high costs in terms of quality of life and financial impact.
- Senior center funding has been reduced and services have been curtailed to the level that puts the health of our senior population at risk.
- Federal and state funding only pays about 50% of the total senior center operating costs.
- **WE NEED YOUR HELP!**



MAIL YOUR TAX DEDUCTIBLE DONATIONS TO:

Area Agency on Aging of Northwest Arkansas Foundation

PO BOX 1795


Harrison, AR 72602





Celebrate **LIFE** at Your Senior Center!

September 2015—National Senior Center Month

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- Senior centers provide services to our 60+ population that are proven to
 - improve the health and wellness of our senior population.
 - Senior center services include congregate and home delivered meals, transportation, and socialization.
 - Many senior centers also offer nutrition counseling, mental health activities, and evidence based physical activities designed especially for senior adults.
 - Arkansas 60+ population - 77% have 2 or more chronic diseases.
 - Arkansas has 14% of its population that is over 65 yrs. old. The national average is 12%.



Volunteer Opportunities

Call 800-432-9721 or 870-741-1144 today to find out how your business can become a Corporate Sponsor.

Volunteers are invaluable to the Senior Centers in Northwest Arkansas. Help a senior adult by volunteering at your local center.

- Deliver home delivered meals
- Lead a workshop or class for seniors teaching them new skills, fun hobbies or fitness activities
- Assisting with office work
- Assist with fundraising activities