



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE  
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## **VOLUNTEERS NEEDED TO MAKE MOTHER'S DAY SPECIAL** ***Meals on the Move (MOM) Sites Seek Help to Deliver Hot Dinners to 1,000 Moms (and Dads)***

MOM (Meals on the Move), a home-delivered-meal program where volunteers provide a warm meal and a smile to San Diego County seniors on Mother's Day, May 13, is in need of volunteers and donations. Were it not for MOM, a program administered by the San Diego County Health and Human Services Agency's Aging & Independence Services, many of these elderly mothers (and fathers) would have no visitors, flowers or attention on Mother's Day. Since 1991, both public and private supporters have helped the County's MOM program make a difference in the lives of homebound seniors in San Diego County.

No meal recipient pays for the dinner. The food is covered by generous community donations. Anyone interested in making a donation to MOM can call (858) 495-5279. All money donated to MOM goes to meals, not administrative costs.

Volunteers are needed at the East County, South Bay and Central San Diego sites. To donate two to three hours in the morning on Mother's Day, call one of the following sites:

South Bay:	Catholic Charities Nutrition in Imperial Beach	(619) 423-2877
Central San Diego:	Neighborhood House	(619) 263-2108
East County and Central San Diego:	Catholic Charities Nutrition in Lemon Grove	(619) 337-1425

MOM delivers more than a hot and delicious dinner with fixings; volunteers take time to listen and lend a warm, supportive hand. Local elementary children contribute to the day by making colorful Mother's Day placemats. Colorful carnations also come with the meal.

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