



COUNTY OF SAN DIEGO

MEDIA ADVISORY

FOR IMMEDIATE RELEASE

November 25, 2009

Contact: Denise Nelesen (858) 505-6474
(Morning of event only): (619) 823-9319

VOLUNTEERS MAKE THANKSGIVING SPECIAL FOR AREA SENIORS *County's Meals on the Move (MOM) Program to Deliver Free Hot Turkey Dinners*

WHO: Dozens of volunteers with Meals on the Move (MOM) delivering a holiday meal and cheer to 1,200 homebound seniors

WHAT: Delivery of hot turkey dinners with all the trimmings to homebound seniors. Each MOM volunteer also brings a colorful placemat made by local school children and a carnation.

WHEN: 9 a.m. Thanksgiving morning, Thursday, Nov. 26
Volunteers leave to deliver meals by 9:30 a.m.

WHERE: National City Nutrition Program, 1415 D Ave., National City 91950

WHY: Many homebound seniors would have no holiday celebration without the caring of volunteers who brighten their Thanksgiving day. Meals on the Move, a service of the San Diego County Health and Human Services Agency's Aging & Independence Services fills an important gap in meal-delivery services with this program.

To set up a ride-along or photo opportunity, call (858) 505-6474.

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