



DID YOU KNOW?
 Massachusetts ranks as the
 39th highest state for seniors
 suffering from food insecurity

**Old Colony Elder Services
 DOES!**
 Each day we deliver more than
 1100 meals to seniors

Sponsor a Senior

Since 1974, Old Colony Elder Services (OCES) has been providing services to people living in Plymouth County, Avon, Easton and Stoughton. Through our Nutrition Program, nutritious meals are provided to low-income, frail elders and individuals with disabilities. Many face obstacles that include mental and physical problems, financial strain and the loss of companions and friends. OCES' Nutrition Program promotes better health through improved nutrition, and social contact; this helps keep individuals in their homes rather than institutions.

OCES provided 335,000 meals last year and anticipates an increased need during 2010. Funding constraints and the current economic climate will make it difficult to keep up with demand.

You can make a difference in the life of an elderly family member, friend or neighbor. Please **Sponsor a Senior** to give them the daily nutrition needed to remain at home.

Thank you in advance for your tax-deductible donation.

**Please send donations to: Old Colony Elder Services
 P.O. Box 4469, 144 Main Street, Brockton, MA 02303-4469**

508-584-1561 www.oldcolonyelderservices.org

Old Colony Elder Services (OCES)

**provides nutritional meals to seniors
 and individuals with disabilities.**

OCES assists thousands of people living in Plymouth County, Avon, Easton, and Stoughton.

OCES is a private nonprofit organization funded in part by the Executive Office of Elder Affairs



PLEASE HELP US SPONSOR A SENIOR

- \$35 will provide one week of meals
- \$140 will provide one month of meals
- \$1680 will provide one year of meals
- \$ other _____

Each donation will benefit a local senior

Name _____

Company _____

Address _____

City/State _____ Zip _____

Phone _____ Email _____