



FOR IMMEDIATE RELEASE

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LifeSpan Resources, Inc. Senior Nutrition Program Announces Celebration of National Nutrition Awareness Day, March 20, 2019

NEW ALBANY, IN (February 13, 2019). – LifeSpan Resources, the designated area agency on aging for the Indiana counties of Clark, Floyd, Harrison and Scott, will celebrate Nutrition Awareness Day on Wednesday, March 20, 2019 at six of its senior meal sites. A special hot lunch and nutrition education program will be provided to seniors at the centers that day at approximately 11:00 a.m. Reservations are required by noon on Tuesday, March 19. Donations of \$2.50 per meal are appreciated.

National Nutrition Awareness Day is presented in conjunction with National Nutrition Month®, an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

LifeSpan is one of fifteen area agencies on aging in the state of Indiana, who each participate in the annual celebration. Nutrition programs across the state take the opportunity to invite local elected officials and other dignitaries into a senior congregate center to learn more about the nutrition programs serving the elderly, and to enjoy lunch with senior citizens.

“We are very excited to share our programs with our special guests on this awareness day. All fifteen of our state area agencies will be providing the same special menu on this day, which will feature an Asian-themed entrée packed with veggies,” said Ramona Miller, Nutrition Director for LifeSpan Resources.

Miller said that seniors and guests are encouraged to visit one of LifeSpan’s congregate centers that day for the special lunch and educational programming and activities. “It will be a great way for those seniors who haven’t checked us out yet, to come for this special day, meet other seniors at the

congregate center and get a great meal.” Miller said there has been a continuing effort to enhance the healthiness of the senior meals provided through the nutrition program, including adding chef salads at the congregate centers, and diabetic meals for the homebound program. Transportation is also available for seniors to get rides to the meal sites.

LifeSpan’s Senior Nutrition Program is administered through six congregate centers in Clark, Floyd, Harrison and Scott Counties. Meals for the homebound are delivered weekdays through LifeSpan’s Meals To Go! program. All meals are prepared by Mastersons Catering of Louisville. For information on the nutrition program or to participate in Nutrition Awareness Day 2019, please contact the center listed:

Clark County, Indiana:

Yellowwood Terrace, 2100 Greentree North, Clarksville
Traci Fetz (812-206-7936)

Floyd County, Indiana:

Riverview Towers, 500 Scribner Drive, New Albany
Pat Sullivan (502-345-8699)

Peggy’s Place, 1730 Audubon Drive, New Albany
Ramona Miller (812-948-8330)

Harrison County, Indiana:

Joe Rhoads Senior Center, 123 S. Mulberry Street, Corydon
Rick Haines (812-738-7603)

Palmyra Senior Center, 13584 Greene Street NE, Palmyra
Jenny Kirkham (812-364-6106)

Scott County, Indiana:

Bacala Senior Center, 69 Wardell Street, Scottsburg
Shawna Lewis (812-206-7962)

Photo caption: LifeSpan congregate site manager, Rick Haines (center) and volunteers, serve up food and fun for seniors at the Joe Rhoads Senior Center in Corydon, Indiana.

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