



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 1,200 Moms (and Dads)

Some elderly mothers (and fathers) in San Diego County would have no visitors, flowers or attention on Mother's Day were it not for MOM (Meals on the Move), a home-delivered meal program where volunteers provide a warm meal and a smile.

Since 1991, both public and private supporters have helped the MOM program make a difference in the lives of homebound seniors in San Diego County. MOM is coordinated by Aging & Independence Services, a division of the County of San Diego's Health and Human Services Agency.

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 and scout troops contribute to the day by making colorful Mother's Day placemats. Colorful carnations also come with the meal.

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:

Neighborhood House, 841 South 41st St., San Diego, Ca. 92113; Phone: (619) 263-2108

Salvation Army Nutrition Site, 1011 Main St., El Cajon; Phone: (619) 440-2457

Salvation Army (Metro), 2799 Health Center Dr., San Diego, Ca. 92123; Phone: (858) 505-3943

Salvation Army, 648 Third Ave., Chula Vista, Ca. 91910; Phone: (619) 498-0298

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