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Supervisor Gordon Mar delivers meal to Chinese community elders for “March for Meals”

[San Francisco] Supervisor Mar delivered a meal to the home of a Chinese community elder in the Sunset District as part of “March for Meals”, a program of Meals on Wheels which helps seniors to living independently with dignity and respect in their own homes.

“We have a disproportionate and growing senior population in the Sunset District, many who are immigrants and non-English speakers, and Meals on Wheels is striving to meet the need to keep seniors in their own homes with dignity”, said Mar.

“We are grateful for Meals on Wheels. We have a limited fixed income and high healthcare costs, including expensive kidney dialysis three times a week, so receiving 14 nutritious meals each week is incredibly important for us”, said Mr. Koo, the client receiving the meal.

Ashley McCumber, Executive Director of Meals on Wheels, said, “The meals and services are a lifeline. By providing daily nutritious meals and wellness checks, we help decrease food insecurity and isolation, and assure their homes are a safe place for them to live.”

Supervisor Mar has been focusing on the vast unmet needs for seniors, meeting with providers, senior advocates, and the Department of Aging and Adult Services. “I am committed to expanding senior services and senior affordable housing because they are essential to our community. A society that doesn’t take care of its seniors is a society that will not succeed”, said Mar.