

Opinion: Cuts to senior meals unacceptable

Dear Supervisors,

Last week, the CAO proposed budget cuts to senior programs that we believe would have a grave, negative impact on the quality of life for the some of the most vulnerable citizens in our community.

Eliminating nutrition sites would increase the likelihood of inadequate or improper diet and would put seniors at an even greater risk of poor health. For some seniors, the meal they receive at the nutrition program is the only meal they will eat that day.

Senior nutrition sites offer more than just a healthy meal. Many seniors live alone and would live a life of isolation if not for the opportunity to come together with their peers over lunch. The value of this social contact should not be underestimated.

Attendance at the food program also gives the program coordinators and volunteers an opportunity to observe any signs of change or poor health in an individual. Staff can then engage the person of concern in appropriate resources prior to need for more extensive intervention.

Our seniors are greatly valued by all of us here on the South Shore, as they should be in the entire county, state and country. Please use your considerable power and unite to protect these treasured members of our community.

Sincerely,

David Kelly, chairman Tahoe Area Coordinating Council for the Disabled