



# Helping Seniors Remain Independent

*When you give to United Way, you are making a way better difference in the lives of senior citizens in our community. We are pleased to share highlights about one of the programs funded in part by United Way contributions: Senior Meals on Wheels program.*

“I attribute my good health to this program,” Robert Parks says with great pride. At 82 years old, the Rockford resident says that he is grateful to be able to live alone and be self-sufficient. “Senior Meals makes my independent life possible. Without this program, I would not be eating well. I just know that I owe them my quality of life,” he says.

His introduction to the Senior Meals on Wheels program came at the suggestion of his doctor, who was treating his wife for Alzheimer’s disease in 2002. “Our doctor said that we should sign up for this program. My wife forgot how to cook, and since I am not much of a cook either, we really could have found ourselves in trouble,” Robert says.

Although his wife passed away, Robert says that the wonderful group at Senior Meals looks out for him in so many ways, with nutritious, home-delivered meals at least three times a week.

“The drivers and staff are just great. I feel that I get such special attention. Without them and the care they provide, I know I would be sad and suffering.”

Robert keeps busy with a group of retiree friends and likes to walk and stay active, not letting his age be a barrier. “It can be hard being alone, but this program gives so much to me. I get wonderful meals delivered by wonderful people.”

“I want to thank everyone who gives to this program,” he says. “You keep me going, and going strong.”

*Special thanks to Tamera Mick and the staff at Senior Meals on Wheels for asking Robert Parks to share his story.*