

# SEK AAAA meals



## NOURISHING BODIES & SOULS

**DID YOU KNOW** the Southeast Kansas Area Agency on Aging provides hundreds of affordable, nutritious meals daily to seniors in need across SEK? With the help of partnering organizations focused on enhancing health and quality of life for older Southeast Kansans, SEK AAA operates an extensive meal program which annually delivers more than 200,000 meals to clients' homes and serves up approximately 32,000 meals each year at SEK AAA's congregate meal sites.

The service not only offers nutritious, balanced, dependable meals for seniors who otherwise may lack the ability or motivation to cook for themselves, SEK AAA's gathering sites are providing another health necessity that is often lacking among our senior population...**SOCIAL CONNECTION!**

### SEK AAA SERVES THESE 9 COUNTIES:

ALLEN - BOURBON - CHEROKEE - CRAWFORD - LABETTE - MONTGOMERY - NEOSHO - WILSON - WOODSON

### U.S. SURGEON GENERAL'S ADVISORY ON THE HEALING EFFECTS OF SOCIAL CONNECTION AND COMMUNITY

- Lack of social connections is a risk to health and longevity.
- Social connection is a fundamental human need, as essential to survival as food, water and shelter.
- Social isolation among older adults alone accounts for an estimated \$6.7 billion in excess Medicare spending annually, largely due to increased hospital and nursing facility spending.
- Substantial evidence also links social isolation and loneliness with accelerated cognitive decline and an increased risk of dementia in older adults.

Read the full advisory here



### YOU CAN HELP!

**VOLUNTEERS** and **DONATIONS** are two vital keys to maintaining our much-needed services for SEK seniors. If you'd like to help, please call **(620) 431-2980**.

## SEK AAA Meal Sites & Schedules

<b>ALTAMONT</b> 12 noon Tues & Wed 414 Hudson St. (620) 251-7313	<b>COFFEYVILLE</b> 11:15 a.m. Mon-Thurs 618 Union St. (620) 251-7313	<b>FORT SCOTT</b> 11:30 a.m. Mon-Thurs 735 Scott Ave. (620) 305-1539	<b>FREDONIA</b> 11 a.m. Mon-Thurs 629 N. 7th St. (620) 251-7313	<b>GIRARD</b> 12 noon Mon-Thurs 221 S. Ozark (620) 232-7443
<b>INDEPENDENCE</b> 12 noon Mon-Thurs (620) 251-7313	<b>IOLA</b> 11:15 a.m.-1 p.m. Mon-Fri Allen Co. Hospital (620) 431-2980	<b>OSWEGO</b> COMING SOON	<b>PARSONS</b> 11:15 a.m. Mon-Thurs 18th & Belmont (620) 251-7313	<b>PITTSBURG</b> 11:30 a.m. Mon-Thurs 3003 N. Joplin (620) 232-7443



[www.sekaaa.com](http://www.sekaaa.com)  
(620) 431-2980

Helping you age your way!

*Southeast Kansas*  
**AREA AGENCY  
ON AGING**

