



LIVING CONNECTED

No Senior Eats Alone Day

September 15, 2022



Baltimore County has 190,000 older adults over 60 years of age

Sharing Meals Together Improves Health, Happiness And Social Connection!



Baltimore County Executive John A. Olszewski, Jr. and the County Council



The Baltimore County Department of Aging (BCDA) is inviting everyone to participate in No Senior Eats Alone Day on Thursday, September 15th. Our goal is to help make the older adults in our community feel valued and connected! Help make a difference—one person at a time—for the 190,000 adults over the age of 60 in Baltimore County.



Want To Be A Community Partner?
Call 410-887-2002

Your group can be a part of our outreach to older adults. In exchange for your support, your organization will be advertised in our newspaper, *The Time of your Life Digest*, on social media and on the County website. To Register, visit:

<https://bcwebservices.wufoo.com/forms/no-senior-eats-alone-day-partner-registration/>

When older adults share a meal, it can...

- 1. Increase life expectancy
- 2. Improve mental health and cognitive status
- 3. Encourage more nutritious meals with higher satisfaction
- 4. Increase feelings of motivation to care for self

- 1. Decrease in high blood pressure and cholesterol
- 2. Lower feelings of depression and loneliness
- 3. Reduce risk for physical/psychological health decline
- 4. Decrease risk of falls due to better nutrition

How To Make A Difference.

- ♥ Share a meal with an older adult that you work or volunteer with.
- ♥ Take an older grandparent or older neighbor out to a restaurant or prepare a meal at home for them.
- ♥ Provide a gathering space for older adults to eat together.
- ♥ Host a special meal with activities and entertainment through a local church, community center or organization.
- ♥ Promote the event through your friends, family and local organizations.
- ♥ Sign up for a meal at a local senior center or senior housing facility.
- ♥ Use #nosenioreatsaloneday to share photos of the older adults in your community enjoying their meal!