

Contact: Ryan Dee
Nuffer, Smith, Tucker
619/296-0605, ext. 254
rd@nstpr.com

S. MARK TAPER FOUNDATION GIVES \$40,000 TO AID SAN DIEGO'S LOW-INCOME SENIORS

Los Angeles-Based Foundations' Grant Helps Senior Community Centers in San Diego

SAN DIEGO - Jan. XX, 2009 - As food prices continue to rise and many low-income seniors struggle to meet their basic needs, the S. Mark Taper Foundation is donating \$40,000 to Senior Community Centers to help fund its well-known nutrition program.

Many of the seniors who take advantage of Senior Community Centers' nutrition program survive on limited, fixed incomes and are often forced to choose between shelter, food or other basic needs on their minimal budgets. The San Diego-based organization provides thousands of meals twice a day to low-income seniors who would otherwise go hungry.

Senior Community Centers' President and CEO Paul Downey believes this donation is a great example of how the community can help those less fortunate.

"This generous gift from the S. Mark Taper Foundation will help us ensure the health and overall well-being of our seniors," said Downey. "Just as these seniors rely on us, we rely on the support of the community to positively impact peoples' lives."

According to the Mayo Clinic, seniors who do not receive adequate nutrition increase their risk for anemia, pneumonia, and lung and heart problems. Additionally, poor nutrition can worsen existing health issues and mental confusion.

"Every year, taxpayers' money is spent on health care to treat conditions linked to malnutrition that could have been prevented," Downey said. "We view food as preventive medicine to help our seniors secure a better quality of life."

Senior Community Centers is a nonprofit agency helping low-income seniors thrive by providing meals, social, medical and mental health services, homeless and

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housing assistance, and cultural activities. To find out how you can help or for more information, visit www.servingseniors.org, or call 619/235-6572.

The S. Mark Taper Foundation, founded in 1989, is a private family foundation dedicated to enhancing the quality of people's lives by supporting nonprofit organizations and their work in the community. For more information, visit www.smtfoundation.org.

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