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THE CALIFORNIA WELLNESS FOUNDATION AWARDS TWO MAJOR GIFTS TO SENIOR COMMUNITY CENTERS

Foundation Gives \$225,000 and \$40,000 Donations to Help Fund Operations and Upgrades

SAN DIEGO - Feb. XX, 2009 - As many low-income seniors in San Diego struggle to meet their basic human needs, the California Wellness Foundation has pledged \$265,000 to Senior Community Centers to help local seniors improve their quality of life.

Over a three-year period, the California Wellness Foundation will give \$225,000 to Senior Community Centers to help fund its Health and Wellness Program. Additionally, the organization is receiving \$40,000 to upgrade its food service and clinical information systems technology.

Senior Community Centers' Health and Wellness Program provides low-income seniors with medical and mental health services, transitional and supportive housing options, social service case management and referrals to other community partners.

According to Senior Community Centers, the technology upgrade will enable the organization to more efficiently track client outcomes and increase productivity in several key areas, including its Senior Nutrition Program through which nearly 500,000 meals will be served this year to seniors who might otherwise go hungry.

"Our goal is to help our seniors thrive as they age," said Paul Downey, president and CEO of Senior Community Centers. "We want each one to live healthy and independent lives for as long as possible and this support from the California Wellness Foundation will assist us in achieving that goal."

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CALIFORNIA WELLNESS FOUNDATION GRANT 2-2-2-2-2

Downey said he hopes that the California Wellness Foundation’s donations inspire the community to get involved.

“The community holds the power to significantly impact the lives of low-income seniors,” said Downey. “In following the generous example set by the California Wellness Foundation, we’re optimistic the community will use that power.”

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

Founded in 1992, The California Wellness Foundation’s mission is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention. For more information, visit www.tcdf.org.

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