



PAWS FOR OUR CAUSE WALK



FAMILY WELLNESS FAIR



Amy Flynn
Chief Executive Officer
Meals on Wheels of Mercer County
609-695-3483
aflynn@mealsonwheelsmercer.org

FOR IMMEDIATE RELEASE

MEALS ON WHEELS OF MERCER COUNTY PET WALK & FAMILY WELLNESS FAIR

[Ewing, New Jersey] (July 26, 2024)

Meals on Wheels of Mercer County (MOWMC) is hosting the **Paws for Our Cause Walk & Family Wellness Fair** on October 19, 2024, beginning at 1PM at Rosedale Park in Pennington, NJ. The 2024 event Co-Chairs are Jennifer Keyes-Maloney, Executive Director of the New Jersey Association of State Colleges and Universities, and Michael Cucciniello, Vice President-Branch Manager at OceanFirst Bank.

The Walk & Family Wellness Fair will be raising essential funds to support the Meals on Wheels of Mercer County (MOWMC) senior nutrition program and Pet Pantry. Meals on Wheels of Mercer County feeds nearly 600 homebound seniors per year, as well as their pets. According to Ms. Keyes-Maloney, "MOWMC not only ensures our seniors receive essential nutrition, they also help ensure they are not alone – through the visits their volunteers provide and maybe as importantly, ensuring they can keep their beloved pets. Research shows that pets have many health benefits for older adults, including improved cognitive, mental and physical health. I am so proud to be able to be part of making this a reality." The MOWMC Pet Pantry supplies pet food to program participants who need it - keeping seniors and their pets healthy, happy AND together!

Family members of all ages can participate in pet-related activities and other activities that encourage a healthy lifestyle. Programs on this day will include Pet Costume Contest, Pet food collection, family exercise demos, nutritional counseling, music, basket auction, pet adoption with Easel, and much more!

Co-Chair Michael Cucciniello urges the community to join come out and enjoy the days with us and support our important services, "Poems are constructed not only with words but also from the spaces between words. This is true for our relationships with other people, and it is also true for their connection to their family members, their pets."

About Meals on Wheels of Mercer County:

Meals on Wheels of Mercer County (MOWMC) is a comprehensive nutrition program committed to providing nutritious meals and related services, while easing the social isolation of our homebound participants. The goal of our services is to assist participants who wish to remain in their homes, maintain independence, dignity, health, and well-being. Founded in 1973, MOWMC served close to 105,000 meals in 2024 to homebound individuals in Mercer County. Dedicated volunteers deliver food and perform wellness and safety checks daily.

The **Paws for Our Cause Walk & Family Wellness Fair** will raise funds for the Meals on Wheels of Mercer County Pet Pantry and senior services to keep homebound seniors and their furry friends happy, healthy and together.

Event questions? Contact Jabeen Obaray at jobaray@mealsonwheelsmercer.org or 609-695-3483