

**Connecticut Association of Nutrition and Aging Services Providers (CANASP)**  
**Testimony to the Aging Committee**  
**Regarding HB 5284**  
**February 25, 2016**

Good morning Senator Flexer, Representative Serra, and members of the Aging Committee. We are all college students currently doing an internship at New Opportunities, Inc. Elder Services Division.

We would like to thank the committee for showing support for the elderly nutrition programs by raising the much needed bill to increase funding for these programs. We know that you have heard the argument as to why this funding is needed, so rather than repeat what has been said, we thought it would be nice to read letters from real life clients who depend on meals on wheels to keep them healthy as they age in place.

My name is: Lorena Maposito and I am a student from Southern Ct University.

I am, Theodus Carroll, 87 years old and I am pleased to write about the wonderful benefits Meals on wheels offers to its subscribers. Five days per week I receive well prepared nutritious daily meals that satisfy appetite and thirst. A Blessing as my family members are unable to provide adequate food to keep me up and going.

One minor complaint, the meals usually require a bit of spice, no problem, all of us probably have salt and pepper in our cupboards. Meal delivery is between 9 and 10 am however during inclement weather I may wait until noon or not at all, therefore I open the extra packages given to me for a weather emergency. This is wonderful service and is always prepared. Of course!! It is maintained and operated by very capable, dedicated workers.

Which brings me to the first note volunteers - where do they find such marvelous people? All volunteers! Are they trained in kindness and consideration? Or are volunteers born this way? All of them have great smiles and happy attitudes. I don't care where these traits come from...they brighten my unwell days.

And yes I do feel that perhaps they are checking in on me, is my health improving, am I walking better with my walker, do I have a good attitude/appetite? I enjoy their presence. Without Meals on wheels and the contributing people making it all possible I feel that I would approach my personal down hill slope. Thank you for your part in making this program possible and on going at its present level.

Sincerely,

Mrs. Theo C. Carroll, Southbury

My name is: Jennie Ritchie and I am a student from Southern Ct University.

To the Aging Committee,

Meals on wheels, has benefited me in many ways. I am a single elderly woman on a fixed income and I depend on Meals on wheels as I can not cook on my own. Meals on wheels, ensures that I have a balanced, nutritious meal every day. When I run out of milk and bread I am assured that I will have milk and bread through this program. I really depend on Meals on wheels and without this program I believe I will truly suffer. Additionally, I feel that the driver is a true gem. I am very comfortable with Bill as the delivery man. I feel safe with him as well. He is very nice and delivers in all kinds of weather. I would appreciate if Meals on wheels would continue to be delivered to my home and Bill would continue to be the delivery person. Thank you for this consideration.

Sincerely,

Jean Luce, 83 years old, Waterbury CT

My name is: Samantha Goodson and I am a student from Southern Ct University.

To the Aging Committee:

Meals on wheels, is a tremendous help to me in many ways. I no longer drive so delivery is wonderful. I know I should eat well, but no longer feel like cooking, getting meals that are nutritious and mostly taste good. The amounts given are wonderful - No leftovers!

A limited income can be hard to live on and getting my meals has saved me financially and emotionally - I no longer worry about every penny. Thank you for all Meals on wheels has done for me.

Marilyn Balla, 79 years old, Southbury, CT

To the Aging Committee,

I'm a volunteer driver for meals on wheels and I understand that you are wanting to make cuts to the program.

Most of the recipients are of an age where they are either alone and no longer able to cook for themselves, nor drive, and many are disabled.

I sincerely hope that you will not be taking even more away from them.

Pat Callan, MOW Volunteer