



FOR IMMEDIATE RELEASE

May 1, 2019

Contact:

Shawn P. Middleton
Director of Communications
(781) 324-7705 ext. 320
smiddleton@mves.org

Mystic Valley Elder Services Offers **Malnutrition Awareness Clinics as part of Older American Month**

(Malden, MA)— Good nutrition is critical to overall health and well-being — yet many older adults are at risk of inadequate nutrition. Mystic Valley Elder Services is dedicated to combating malnutrition and poor diet practices in older adults. Malnutrition is a serious senior health issue. It is related to an excessive or imbalanced diet (a diet that lacks essential nutrients) or can be tied to clinical conditions that impair the body's absorption or use of food.

The Executive Office of Elder Affairs Massachusetts's Elderly Nutrition Program provided more than 9 million meals to approximately 75,000 seniors in order to improve nutrition, reduce hunger, and promote socialization. Mystic Valley Elder Services provided nearly 713,000 meals in the last year to older adults.

As part of Older American Month (May), Mystic Valley Elder Services will be offering **malnutrition** awareness clinics at the following locations:

Chelsea: Buckley Towers, 14 Bloomingdale Ave. on Tuesday, May 14, at 11:45am
Melrose: McCarthy Apartments, 910 Main Street on Wednesday, May 15, at 12:30pm
Stoneham: Finnegan Hall, Duncklee Ave. on Thursday, May 16, at 12:30pm

These are three of 76 **malnutrition** awareness clinics and events that will be held across the state. Know the causes and signs of nutrition problems in older adults, as well as steps you can take to ensure a nutrient-rich diet for an older loved one. The clinics will include individual malnutrition risk screenings, an educational presentations, free snack giveaway, healthy diet information and a Q&A session with Candace Quigley, RD, a registered dietician with Mystic Valley Elder Services. No reservation is needed; these are walk-in clinics.

-30-

Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.