

# JOIN THE MARCH

*to raise support for Hawaii's Seniors*



## **MARCH FOR MEALS & KUPUNA CARE RALLY WEDNESDAY 03.24.10**

**10:00-10:45 AM**  
March for Meals  
from Honolulu Hale  
to the State Capitol

**11:00-12:00 PM**  
Kupuna Care Rally  
at the State Capitol

Or join us virtually  
by pledging  
your support online.

**GO TO**  
[lanakilapacific.org](http://lanakilapacific.org)  
and [aarp.org/hi](http://aarp.org/hi)



**LANAKILA**  
MEALS ON WHEELS and more!  
Food is Life

**AARP**<sup>SM</sup>  
The power to make it better.<sup>®</sup>

[lanakilapacific.org](http://lanakilapacific.org) or [aarp.org/hi](http://aarp.org/hi)

## March for Meals 2010

The Y Service Clubs in Hawaii (Y's Men's & Women's Clubs) are pleased to support this year's March for Meals with Lanakila Pacific March for Meals, to generate public awareness of the plight of our hungry seniors.



On February 25, 2010, the Metropolitan District, representing the six Y Service Clubs on Oahu, officially adopted helping Lanakila Pacific Meals on Wheels as a "Make a Difference" community project. A system is being developed for you to make donations through the Metro District so our total contribution can be presented on behalf of the Y's Men and Women.

**Join the march at 10 a.m. March 24** at Honolulu Hale. Several hundred supporters of Meals on Wheels will meet at the building that houses the mayor's office. We will join them, listen to some words of encouragement, pick up signs drawing attention to the needs of hungry seniors in our communities and march to the State Capitol. It's OK to wear our club or Hawaii Region shirts. There's no reason why our organization shouldn't get some recognition.

The organizers will provide signs for us to carry on the march.

**Donate money**, or pledge a donation. Get ready to make donations and to solicit additional help from your family and friends. Donations will be made to the Y's Men's Metro District.

A gift guideline: \$38.75 will deliver a week's nutritious meals to a senior at home. \$155 is a month's sponsorship. A year of meals can be provided for \$1,937.50. But every single dollar helps. There's a waiting list of as many as 300 people on Oahu who can't be supplied meals because of the lack of funds.

(Government rules don't permit receiving donations at Honolulu Hale or the Capitol during the March for Meals and our Metro District decided to collect the contributions.)

**Plan** future actions. Meals on Wheels can also make good use of donations of home necessities, such as toiletries. Also gift items for seniors.

**Volunteer** to deliver hot meals to lonely seniors.

**Volunteer** at one of the 19 Kupuna Wellness Centers run by Lanakila Pacific on Oahu. Maybe you have something to teach or some other way to amuse or entertain the seniors who gather at these facilities.

You can download a copy of this flyer from our web site, <http://ysmenhawaii.org>

For a lot more information on the Meals on Wheels program go to:

<http://www.lanakilapacific.org>

I will be in touch with club presidents later to get an estimate of possible participation in the march.

If you have questions, contact me.

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