



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Contact: Jenni Dovyak-Lewis

F-32 URG PO Box 500

Rio Grande, OH 45674

Phone: 1.800.582.7277

E-Mail: jdovyak@aaa7.org

It's Farmers' Market Time for Ross County Seniors!

What could be better than fresh fruits and vegetables straight from the garden! Eligible seniors will have the opportunity to apply for coupons to purchase fresh fruits and vegetables at the Ross County Farmers' Market from area farmers who participate in the Senior Farmers' Market Nutrition Program.

The Senior Farmers' Market Nutrition Program is a partnership through the United States Department of Agriculture, the Ohio Department of Aging, the Area Agency on Aging District 7, Inc. (AAA7), Ross County Committee for Elderly, and The Ohio State University Extension South Centers. Ross County residents who are age 60 or older and meet income guidelines can receive \$50 worth of coupons that can be used to purchase fresh produce and herbs from participating farmers at the Market. Examples of produce that can be purchased include but are not limited to: apples, berries, cherries, grapes, pumpkins, beans, cabbage, carrots, corn, potatoes, tomatoes, rhubarb and herbs, as well as honey.

This unique offer was first available to seniors in 2009 at the Ross County Farmers' Market and since that time has proved very successful. Fortunately, this special benefit will once again be offered to qualifying seniors who are registered for the program.

Applications for the program will be accepted at the Ross County Senior Citizens Center, 1824 Western Avenue in Chillicothe, on Wednesday, May 6th beginning at 8:30 am (doors will open at 7:00 am). Enrollment in the program is on a first-come, first-serve basis. As a limited number of coupons are available, registration will be closed once all coupons have been distributed. The AAA7 will maintain all applications of those who register in the case additional funding should come available. Individuals wishing to enroll in the program **must reside** in Ross County, present proof of age, and must meet the following **household** income guidelines - \$21,775 for a one-person household; \$29,471 for a two-person household; and \$37,167 for a three-person household. Additional information is available for households with four or more occupants.

"Providing seniors with ways to make healthy foods more accessible is our goal," says Nina R. Keller, Assistant Director for the AAA7. "Utilizing the success of the Ross County

Farmers' Market and its wide variety of fresh and local produce makes it a true win-win situation for all – farmers and seniors.”

The Senior Farmers' Market Nutrition project has been funded, at least in part, with federal funds from the US Department of Agriculture and the support of the Ohio Department of Aging and the Area Agency on Aging District 7, Inc., an equal opportunity provider.

For more information, please call Rita Pauley with the AAA7 toll-free at 1-800-582-7277 (TTY: 711), or Jodi Riley with the Ross County Senior Center locally at (740) 773-3544.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a nurse or social worker who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home consultation at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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