

From: Administration for Community Living <acl@public.govdelivery.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Senior Nutrition Programs: Saving Lives and Lifestyles

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Senior Nutrition Programs: Saving Lives and Lifestyles

Each March, we celebrate National Nutrition Month® to highlight the importance of proper nutrition in promoting wellness. Along with improving physical health and well-being, ACL's nutrition program creates a positive ripple effect on the personal and social lives of older people.

Keith, a 94-year-old widower in Florida, was hospitalized but lived alone and could not prepare his own meals when he was well enough to leave the hospital. His doctors were concerned when he refused to move to a nursing home or an assisted living facility. Keith was clear: he wanted to live independently, in his own home, and is doing so today, thanks to a person-centered approach to planning services and supports that match his needs and preferences. [Continue reading.](#)

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