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**Mayor Buddy Dyer Joins Seniors First to ‘End the Wait’ for Seniors during
March for Meals**

ORLANDO, Fla. (March 3, 2025) — Seniors First participates in March for Meals, a nationwide initiative led by Meals on Wheels America to raise awareness and support for senior nutritional programs. As part of this month-long campaign, Mayor Buddy Dyer joins Seniors First to personally deliver meals to local seniors on Monday, March. 3. Being the sole provider for all Meals on Wheels deliveries in Orange County each weekday, Seniors First highlights the vital role that home-delivered meals play in ensuring the health and independence of seniors in the community year-round.

“Seniors First is honored to have Mayor Dyer join us in delivering meals and bringing attention to the challenges many older adults face,” said Marsha Lorenz, President and CEO of Seniors First. “We believe food is medicine, and access to healthy meals plays a critical role in maintaining seniors' overall well-being and independence.”

Each year, Seniors First brings together community leaders, volunteers and advocates to recognize the impact of meal delivery programs including Meals on Wheels, that help fight senior hunger and isolation. With nearly 7 million older Americans experiencing food insecurity in 2022—a number projected to reach 9 million by 2050—and 37% of adults aged 50 to 80 reporting feelings of loneliness, this initiative emphasizes the importance of supporting senior nutritional programs at both the local and national levels.

Seniors First invites local officials, businesses and residents to show their support by volunteering, donating or advocating for seniors in the community.

For more information about Seniors First and how to support Meals on Wheels, visit www.seniorsfirstinc.org.

About Seniors First Inc.

Driven by the mission of enhancing the quality of life of seniors, Seniors First, Inc., a 501(c)(3) nonprofit, is dedicated to providing services and resources for seniors that maintain their independence and dignity. Since 1966 the nonprofit has served Central Florida seniors through programs that promote nutrition, community engagement and independence. These programs include Meals on Wheels, Neighborhood Lunch with Transportation, Community Food Pantry, In-Home Care, Guardianship and Stepping Stone Medical Equipment Bank. Seniors First connects seniors across Orange, Seminole, Polk, Osceola and Brevard Counties with various programs that benefit their mental, emotional and physical wellbeing to offset social isolation and hunger. To learn which programs are available in your area, visit seniorsfirstinc.org.

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