



NEWS RELEASE

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10th Anniversary CRT Golf Classic Keeps 'Meals on Wheels' Rolling *Golfers play for a vital nutrition service for CT seniors*

A golf tournament set to tee off on September 8 at Blue Fox Run in Avon will help the Meals on Wheels program in Connecticut keep on truckin.' The event will mark Community Renewal Team's (CRT) 10th Anniversary Golf Classic that delivers an economic boost to the senior meals program.

Spots to play still remain. Golfers who register are treated to perks up and down the course grounds, including: breakfast, lunch and dinner; beverage tickets good all day; raffle drawings starting early and continuing often; and different on-course contests for cool prizes. One lucky raffle winner will have the chance to ride around in a hummer cart packed with an assortment of goodies to be enjoyed on and off the course.

CRT is a leader in nutrition for Connecticut seniors, providing meals to nearly 800 homebound elderly each day through Meals on Wheels and at 42 Community Cafés, located within senior centers, housing complexes and other locations convenient to participants throughout the state.

In the past four years alone, CRT has served more than 3.5 million healthy meals to seniors' homes and centers. Meals on Wheels recipients are asked for a suggested donation of two dollars, but none are refused if they are unable to pay.

"There has never been a more important time to provide healthy and affordable meals to seniors," says Nancy W. Sheehan, Ph.D, of the University of Connecticut's Center on Aging. "The downturn in the economy, in conjunction with the rising cost of food, means that low income seniors are struggling as never before. Meals on Wheels is a key part of a service continuum that enables people to maintain good health and stay in their own homes for as long as possible." Dr. Sheehan is an Associate Professor at UConn's Department of Human Development & Family Studies in Storrs, specializing in issues and policies that affect the elderly.

Top sponsors so far include: All Waste, Inc.; Evans, Pires & Leonard; Constitution Advisory Group; Siegel, O'Connor, O'Donnell & Beck; Xerox Corporation; Sandler and Mara; Hartford Hospital; CSHM- Small Smiles.

To inquire about sponsorship opportunities for the event or to register to golf, contact Nancy Shapiro at (860) 560-5471 or visit www.crtct.org/golf.htm.

Community Renewal Team, Inc. is the designated Community Action Agency for Middlesex and Hartford Counties and is the largest non-profit provider of human services in Connecticut. The agency's mission is Preparing Our Community to

Meet Life's Challenges. The mission is achieved each day by helping people and families become self-sufficient while making sure basic needs are met. CRT's programs include Head Start, Meals on Wheels, energy assistance, supportive housing and shelters, and many others, serving people in more than 60 cities and towns in both our core catchment area and throughout Connecticut.