



## Meals on Wheels and Senior Outreach Services

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### **Being Involved is a Blessing** – *continued*



Meals on Wheels



C.C. Cafés



Care Management



Fall Prevention



Home Care Referral



Friendly Visitors

As a retired RN and an Assistant Professor of gerontology and chronic illness, Joan Liston is particularly concerned with senior issues.

“Senior needs are more important now than ever before. We have an obligation to take care of our elders as if they were our own family members. I studied nursing in Boston and spent my summers working with older adults. I loved it. Many of my patients were born in the late 19th Century and they had the most amazing stories! Too often, young people only see the grey hair and wrinkles, but their histories are real gifts and provide us with an opportunity to reflect on our own choices and future.”

To learn more about the Outreach Committee of St. Perpetua Catholic Church, visit their website at [stperpetua.org/outreach](http://stperpetua.org/outreach).

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