

berks**encore**  
delivers



## Serving local seniors in Berks County for 60 years!

Meals on Wheels      Senior Wellness & Activity Centers  
Grocery Shopping Assistance      Health & Wellness Education  
Friendly Visitor Program      Elder Law Legal Assistance  
Medicare Counseling

**We are here to help! 610-374-3195**  
BerksEncore.org

## BERKS ENCORE DELIVERS FOR BERKS COUNTY SENIORS FOR 60 YEARS

Every day, millions of seniors across the United States face a troubling reality: isolation, financial hardship, and deteriorating health. Nearly *one in three seniors reports feeling lonely, and half of those living alone struggle to afford basic necessities.* Amid these challenges, Meals on Wheels provides a vital lifeline — providing more than just food, but hope, health, and human connection.

Meals on Wheels delivers nutritious meals directly to the homes of older adults who are unable to shop or cook for themselves. For many, it's about more than the meal — it's the reassurance that someone cares. A staggering *92 percent of recipients say the program helps them live independently.* The health benefits are just as profound. *Over 77 percent of participants report improved health due to regular, balanced meals.* This consistent support can make the difference between staying in their home or entering assisted care.

As our population continues to age, solutions like Meals on Wheels are not just helpful — they are essential. It is a commitment to care for those who once cared for us.



Berks Encore delivers Meals on Wheels Berks County. For 60 years, Berks Encore has been supporting the needs of local seniors. With six senior centers — Douglassville, Fleetwood, Reading, Shillington, Strausstown, and Wernersville — Berks Encore provides nutrition, fitness, socialization opportunities, education and advocacy. Berks Encore delivers Meals on Wheels Berks County and so much more



to impact the well-being and dignity of aging neighbors. To

learn more please call 610.374.3195 and visit [www.berksencore.org](http://www.berksencore.org)

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