



Associate Spotlight: Simply EZ!

Today, we celebrate one of our longtime Associate Members, [Simply EZ](#), which delivers nutritious meals to homes across Ohio. Many of you know people who rely on Simply EZ's services, and those of you who have joined us at our Annual Conference will recognize Simply EZ from their popular exhibitor's table.

Founded in 1998 and with just one van and one driver, **Simply EZ now delivers over 150,000 meals per month to residents in 60 Ohio counties.** Their daily menus are diabetic-friendly, low sodium, and designed by a licensed dietitian.

Simply EZ's philosophy centers on *choice* and *independence*, just another reason why o4a is proud to have the valuable service as a loyal [Associate Member](#).

"Nutrition in the aging population is essential, as diet quality has a huge effect on physical condition, cognitive condition, bone health, eye health, vascular function, and the immune system," said Carol Rose, o4a's Operations Coordinator.

"o4a's Associates program is a wonderful networking tool, and affords us great exposure to the people who need our services," Simply EZ explained.

"Our Associates are partners in supporting the work of moving policy and the budget in Ohio toward more home and community-based services and less reliance on institutional care," said Larke Recchie, o4a CEO.

"While we all may have different perspectives, we can come together to support working to improve Ohioans' lives," said o4a Chief Policy Officer Beth Kowalczyk.

Thank you to Simply EZ and all of our valued Associates!

Want to explore o4a's Associate Program?

Visit [here](#) or contact Carol Rose at 614-481-3511 or rose@ohioaging.org



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