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Senior Support™ Testimonials

How Has the Free Vitamin Program Helped You?

“I have high medical expenses. Every little bit helps. I do have more pep and energy [since taking the vitamins]. I feel much better, and I can take better care of myself because of the extra energy.”

Dorothy Bevers, 79 years old, Riverside Parks and Recreation, Riverside, CA

“Taking vitamins keeps me at the YMCA (more energetic).”

Anonymous, 80 years old, YMCA, Riverside, CA

“I am able to cut back on a combination of various medicines on doctor’s orders.”

C.W. Skilling, 76 years old, Riverside Parks and Recreation, Riverside, CA

“I’m more active and don’t get tired as much as I used to. I walk more and work more in my garden.”

Aurora Romo, 79 years old, Riverside Parks and Recreation, Riverside, CA

“More energy, more physically active, more flexible, less pain, eating better, sleeping better, better mentally and emotionally, better concentration. And I feel better about myself.”

John A. Sarkauskas, 91 years old, Riverside Parks and Recreation, Riverside, CA

“My biggest surprise was more flexibility – small but being disabled and chronically ill, it’s big for me. Subtle changes are emotional and mental – I just plain old feel better.”

Ruth Outlaw, 63 years old, Riverside Parks and Recreation, Riverside, CA

“The vitamin program keeps me active and alert. I now have something [that helps me]. I can be active and moving around. It is a simple thing, [but I have] to keep *moving*.”

Anonymous, 80 years old, Riverside Parks and Recreation, Riverside, CA

“At my age (88), it is unusual to feel as well – physically well!”

Anonymous, 88 years old, Riverside Parks and Recreation, Riverside, CA

“Having my vitamins has enriched my well-being and has contributed to better relations with my family.”

Helen V. Hayward, 79 years old, Riverside Parks and Recreation, Riverside, CA

“I have rheumatoid arthritis and I feel much better and less pain when on these vitamins along with my doctor-ordered medications.”

Linda V. Coe, 84 years old, Riverside Parks and Recreation, Riverside, CA

“I was subject to colds and flus, and I feel a [daily] vitamin has built up my resistance and as a result I get fewer sicknesses. Also, as an added plus, I have an overall feeling of well being.”

Janet Crano, 77 years old, YMCA, Riverside, CA

“It gave me a good appetite. I sleep better. I feel more physically fit.”

Jovita Vicente, senior, Riverside Parks and Recreation, Riverside, CA

“I feel better, sleep better, eating better and active. I walk, exercise. I feel real good.”

Emma Samuel, 70 years old, Riverside Parks and Recreation, Riverside, CA