



Meals Together

MealsTogether is a COVID-19 response initiative by The Youth Movement Against Alzheimer's (YMAA) 501(c)3.

After YMAA suspended its caregiving initiative to protect the health of its participants, YMAA went on to develop an initiative to address the needs of caregivers and older adults during this time of incredible isolation. MealsTogether arranges virtual dinner meetings via Zoom to connect younger generations with older adults. These phone and video call sessions aim to uplift the spirits of isolated seniors and create a platform of trust between generations.



How it works



1) Sign Up

Share a bit about yourself and let us know when you're having your meals.



2) Get Matched

We'll match you with someone from another generation based on your availability, language preference, and interests.



3) Share a Meal

Get your meal ready and connect with your FoodFriend over a video call or dial-in virtually.

"During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness"

- Dr. Vivek Murthy, Former U.S. Surgeon General

Meet your next friend:

www.mealstogether.org

