



Meals on Wheels

Meals on Wheels is a daily nutrition program providing meals to homebound seniors over 60 and their spouses or disabled, dependent adult children. The program is aimed at promoting better health among homebound older adult s. Meals on Wheels provide both nutrition and help to keep the individual in their own home, reducing the chances of institutionalization.

To be eligible for the program a person must be 60 years of age or older and:

- Need help with meal preparation
- Be homebound or otherwise isolated
- Unable to attend the congregate meal program
- Live alone or with no other adult in the same home or area who is willing to prepare meals
- Be home at the time of the meal delivery (11:00am – 1:00pm)
- Live within area service boundaries.

A donation of \$4.00 per meal is suggested for persons meeting eligibility criteria, although users contribute according to their ability. No eligible senior will be denied meals due to their lack of ability to pay. Private pay customers pay \$5.00, the full cost of the meal.

What is on the menu?

- Menus are approved by a registered dietitian and follow nutritional guidelines.
- If you are diabetic or limit your salt intake, specialized menu options are available.
- Current menus are available upon request.
- Meal substitutions can be made upon the request of a recognized medical authority.

Meals on Wheels are more than just a meal! In addition to the nourishing meal, users appreciate the regular visit from the friendly volunteer. There are many in-home services to help you remain independent. If more help is needed, Community Action Team's Senior Case Manager may be able to suggest some options.

Meals on Wheels are available in five Columbia County communities and will be delivered by community volunteers.

Additional People Eligible for 'Meals on Wheels' Healthy Lunches

The Meals on Wheels programs serving Columbia County residents have created a private pay option that allows individuals who are not eligible for Meals on Wheels to receive a meal. The cost of these private-pay meals are \$5.00 per meal. (Meals are available in a limited service area. Check with your local Columbia County Senior Center for more information and availability).

Adults less than 60 years of age with temporary or long-term disabilities should contact Seniors and People with Disabilities (503) 397-5863 for more information and qualifications for home delivered meals.

Who do I Contact?

In Columbia County, the Meals on Wheels program is operated by Community Action Team, Inc. Area Agency on Aging of Columbia County in partnership with the Columbia County Senior Centers. **For information or to apply please call the Nutrition Services Coordinator at (503) 366-6584 or Toll Free (866) 432-0044.**

Meals on Wheels of Columbia County is not an entitlement program but a service to the residents of Columbia County. We are dependent on volunteers for route planning, meal preparation, packaging and delivery to home bound residents. If you are interested in volunteering or making a donation, please contact the local Senior Center or the Area Agency on Aging.

How can I help?

Volunteer!

Meals on Wheels has year around volunteer needs in St. Helens, Scappoose, Rainier, Clatskanie and Vernonia. See the Volunteer page for more information about becoming a Meals on Wheels volunteer.

Gifts!

Community Action Team Meals on Wheels program is only partially federally funded and receives no State, City or United Way support.

Meals on Wheels participants give to the program through their meal donations, but many are only able to give a minimum contribution.

Community gifts to **Meals on Wheels** supplement the participants' meal donations and limited public funds to ensure that nourishing meals can be served to our older neighbors.

Gifts should be directed to the **Senior Meals/Meals on Wheels Program** and can be designated to a particular community or to help the program as a whole. Gifts can be made:

- For the current needs of the Meals on Wheels program.
- By giving through a bequest, a will, an insurance policy or stock transfer
- Monthly pledge.

Gifts to the **Senior Meals/Meals on Wheels Program** are deductible to the extent allowed by law.

Call (503) 366-6584 or e-mail jdavis@cat-team.org for more information about contributing to the **Senior Meals/Meals on Wheels Program**