

Columbia County Senior Center Congregate Meal Sites

Community Action
Team, Inc.

For Information Contact:

Community Action Team Senior Nutrition Program

General Information:

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Case Managers:

Scappoose/St. Helens

503-366-6545

Case Managers:

Clatskanie/Rainier/Vernonia

503-366-6581



Clatskanie Senior Center
620 Tichenor
Phone: 503-728-3608

Rainier Senior Center
48 W. 7th
Phone: 503-556-3889

Scappoose Senior Center
33342 SW Meadow Dr
Phone: 503-543-2047

St. Helens Senior Center
375 S. 15th
Phone: 503-397-3377

Vernonia Senior Center
446 Bridge St.
Phone: 503-429-3912



Community Action
Team, Inc.

Senior Service Programs
125 N. 17th Street
St. Helens, OR 97051



Meals On Wheels



The Meals on Wheels in
Columbia County are
sponsored by the Area Agency
on Aging of Columbia County
located at Community Action
Team, Inc. and the Columbia
County Senior Centers.

Home Delivered Meals



What is the Meals on Wheels Program?

The Meals on Wheels (MOW) program provides meals to homebound seniors over 60 and their spouses or dependent, disabled adult children. The program is aimed at promoting better health among the homebound, older segment of the population. MOW provides both nutrition and help to keep the individual in their own home, reducing the chance of institutionalization. The program also provides social contact through meal delivery volunteers to a person who may otherwise be homebound and isolated.

What are the Benefits of the Program?

Good nutrition is a major factor in keeping seniors healthy and independent. MOW assists homebound seniors at all income levels who are unable to prepare meals for themselves. One hot, mid-day meal is delivered by volunteers.

Who is Eligible?

To be eligible for the MOW program, a person must meet all of the following criteria:

- 60 years of age or older (Spouses of any age and disabled dependent children of the eligible senior may also receive a meal).
- Need help with meal preparation.
- Be Homebound or otherwise isolated.
- Live within service area boundaries.
- Unable to attend the congregate meal program site.
- Living alone or with no other adult living in the same home or area who is able or willing to prepare meals.
- Home at the time of delivery
- Willing to eat the meal within a reasonable time.

How Much do the Meals Cost?

Program participants give as much as they are able. The suggested donation for the meal is \$4.00 per meal, but no eligible senior will be denied meals due to their lack of ability to pay. Participant donations are gratefully accepted.

How Can I Help?

Volunteer!! Meals on Wheels has year round volunteer needs. Contact the Senior Center in your local area for information on volunteering.

Gifts!! The Meals on Wheels program is only partially federally funded and receives no State, City or United Way support. MOW participants give to the program through their meal donations, but many are only able to give a minimum contribution. Community gifts to MOW supplement the participants' meal donations to ensure that nourishing meals can be served to our older neighbors. Gifts should be directed to the Senior Meals on Wheels Program at Community Action Team or to the individual Senior Center. Gifts to MOW are deductible to the extent allowed by law.

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