



Can you Benefit from Meals-on-Wheels ? Call (248)682-9450

⇒ **What are Meals-on-Wheels?**

The Meals-on-Wheels program provides a tasty, hot, nutritious noon-time meal to Waterford's homebound seniors. The program is based on individual nutritional needs not income. The hot noon meal provides one third (1/3rd) of average daily nutritional requirements. Optional cold evening meals, frozen weekend meals and Ensure liquid meals (with doctors prescription) are also available. Another benefit is a daily reassurance visit from our dedicated volunteer drivers. The Meals-on-Wheels program is administered by the Waterford Senior Center.

⇒ **How does it work?**

You may order meals to be delivered Monday through Friday between 10:30 a.m. and 1:00 p.m. A volunteer driver will deliver the meal right to your door!

⇒ **Who is eligible for the meals?**

- ◆ A person must be 60 years or older.
- ◆ Must be homebound; does not leave the home under normal circumstances.
- ◆ A person must be unable to obtain food or prepare complete meals.
- ◆ If there is no adult living at the same residence or in the vicinity that is able and willing to prepare all meals.
- ◆ The persons dietary needs must be appropriately met by the program.
- ◆ The person must be able to feed themselves.
- ◆ A person must agree to be home when meals are delivered, or contact the program when absence is unavoidable.

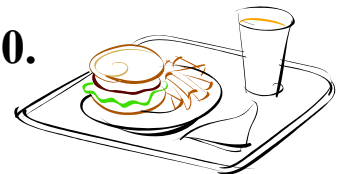
⇒ **But what about the cost?**

The meals are provided to you on a "donation only" basis. This means that it is your decision as to whether you are able to pay for the meals or not. The amount of \$3.00 per hot meal is suggested.

⇒ **Great! How do I get started?**

Call the Waterford Senior Center at (248) 682-9450.

Before you know it you'll have a meal at your door!



Waterford Senior Center - 3621 Pontiac Lake Road- Waterford- MI - 48328 - 248-682-9450



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The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795