

## NUTRITION COUNSELING

A Registered Dietitian (RD) provides nutrition counseling to homebound participants referred by program staff. Counseling is provided in the home by appointment only, and includes the development of an individually written care plan, based on a physician's diet order, in addition to general nutrition education.

## NUTRITION EDUCATION

An RD Nutritionist prepares educational materials on good nutrition and provides it to recipients of home delivered meals throughout the year. Literature may include such topics as:

- \* Food Safety
- \* Diet and Wellness
- \* Food Labeling

## MAKE A DIFFERENCE: VOLUNTEER

Volunteers are needed to help deliver Meals on Wheels. They can and do make a difference each day, by bringing a smile and a greeting along with the nutritious meals. In addition, they provide a safety check to help insure the continued well-being of the participant.

Volunteers need only commit as little as 2 hours a week to deliver meals in their own or nearby communities.

Become part of this vital program! Call **227-8900** today.

## CONTRIBUTION POLICY

All Meals on Wheels participants are given the opportunity to contribute towards the cost of the meals they receive. Contributions become part of the operating budget and enable the program to serve additional meals during the year.

The contribution policy, the program's suggested contribution amount and the full cost of the meals are discussed during the initial assessment. Seniors are encouraged to contribute what they can. However, no one is denied the service due to inability or unwillingness to contribute. All contributions are considered confidential and seniors can remain anonymous if they choose.

Contributions are also gratefully acknowledged from family and friends. Anyone wishing to make a donation or a bequest to Meals on Wheels is welcome to call the Office at 227-8900.

EDWARD P. MANGANO County Executive		
NASSAU COUNTY LEGISLATURE		
Kevan Abrahams District 1	Howard J. Kopel District 7	Joseph V. Belesi District 14
Robert Troiano, Jr. District 2	Vincent T. Muscarella District 8	Dennis Dunne, Sr. District 15
John J. Ciotti District 3	Richard J. Nicoletto District 9	Judith A. Jacobs District 16
Denise A. Ford District 4	Judi Bosworth District 10	Rose Marie Walker District 17
Joseph K. Scannell District 5	Wayne H. Wink, Jr. District 11	Diane V. Yatauro District 18
Francis X. Becker, Jr. District 6	Peter J. Schmitt District 12	David W. Denenberg District 19
	Norma L. Gonsalves District 13	
		8/11

The Nassau County Meals on Wheels program is made possible with funding from Nassau County, the New York State Office for the Aging, the U.S. Administration on Aging, the U.S. Department of Agriculture, contract agencies and participant contributions.

# Nassau County

## MEALS ON WHEELS



### A PROGRAM FOR THOSE WHO

- \* NEED THE HELP
- \* WANT TO HELP

## COUNTY OF NASSAU OFFICE FOR THE AGING



## PROGRAM DESCRIPTION

The purpose of Nassau County's Meals on Wheels Program is to provide a temporary means of assisting seniors while they are recovering from illness or injury.

The Office for the Aging contracts with the following non-profit agencies to deliver meals Monday to Friday throughout Nassau County.

- \* Catholic Charities
- \* EAC, Inc.
- \* Jewish Association for Services for the Aged (JASA)
- \* The Salvation Army
- \* The Visiting Nurse Association of Long Island, Inc. (VNALI)

Agency staff visit potential participants at home to assess their needs and determine their eligibility. At the same time, referrals are made to other services that might be needed or helpful. Each year Meals on Wheels helps nearly 2,000 seniors remain safely at home.

Meal deliverers provide a regular check on the elderly participant. They are trained to note changes in a senior's behavior or health, and to report these changes to their supervisors. Such action has already saved lives.

## ELIGIBILITY CRITERIA

An assessment will be made of older persons requesting home delivered meals, utilizing the following criteria:

### A PROGRAM PARTICIPANT MUST BE:

- \* 60 years of age or older; the spouse of an eligible service recipient; or a disabled non-senior residing with a service recipient
- \* A resident of Nassau County
- \* Mobility impaired - unable to leave home unassisted
- \* Living alone and unable to have nutrition needs met by family, friends or others
- \* Unable to cook and/or shop - due to ill health; lack of food preparation facilities (stove or refrigerator); or inability to meet special dietary needs
- \* Able to understand and carry out procedures to handle meals safely

At least every 6 months, program participants are reassessed to determine if they still require the program's services, and to insure their needs continue to be appropriately met.

## MEAL DESIGN

Depending on the participant's needs and abilities, one hot meal or a hot lunch and cold supper are delivered between 11:00 a.m. and 2:00 p.m., Monday through Friday. Frozen meals may be provided to qualified individuals once or twice weekly.

The *hot midday meal* consists of:  
meat or equivalent  
vegetable  
starch or juice  
bread or roll, with margarine  
dessert  
milk

The *cold supper* consists of:  
a sandwich or cold plate  
salad  
bread or roll, with margarine  
juice  
dessert  
milk

Each meal provides one third of the participant's daily nutritional requirements, and is prepared without added salt, sugar and fat. Unsweetened desserts or fresh fruit are also available.