



NorthWest Senior and Disability Services

Senior Meals and Meals on Wheels Program



For more information about Senior Meals and Meals on Wheels, please call the North Salem office at 503-304-3474 or see our website at nwdsd.org.

August 2011

Clatsop	Marion	Polk	Tillamook	Yamhill
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This year NWSDS served over 221,000 meals, which is an average of about 875 meals per day. We operate 18 meal sites in 15 cities. Meals on Wheels drivers deliver to homebound seniors in 40 communities.

Dining Center Locations

Dallas	503-623-6232
McMinnville	503-472-4214
Monmouth	503-838-2084
Mt Angel	503-845-9464
Nehalem	503-368-3622
Newberg	503-538-1490
Pacific City	503-965-7900
Salem (4)	503-304-3474
Seaside	503-738-9323
Sheridan	503-843-2000
Silverton	503-873-6906
Stayton	503-769-7995
Svensen	503-458-6888
Tillamook	503-842-9660
Woodburn	503-981-3470

Please call one of these phone numbers if you know of someone who is 60 or older that might benefit from Meals on Wheels.

Meals on Wheels are delivered within the city limits of the listed locations (except Salem), and to many of the surrounding areas.

Volunteer Opportunities



Senior Meals relies extensively on over 550 volunteers for the operation of the Meals Program. Volunteers are needed at the sites to package and serve meals. Meals on Wheels drivers are essential to deliver meals to homebound seniors. A background check is a requirement to volunteer for the Senior Meals Program.

Program Eligibility

Persons 60 and older and their spouses (of any age) are welcome to join us at one of our dining centers. Persons age 60 and older who are homebound and need help with meal preparation are eligible for Meals on Wheels.

All meals are served at a suggested donation. The donation is what people feel they can afford to give. While the majority of those served have limited incomes, age is the only eligibility criteria that must be met. Subsidized meals are available as funding and capacity to deliver meals permits.

About Our Meals

Each day the participants have a choice between two entrees. The menus supply



1/3 of the recommended daily nutritional requirements for an older adult.

Diet substitutions are available upon request.

The remaining components of each meal consist of servings of vegetables and a salad, a roll or bread, milk, and fruit for dessert.

Many recipes are modified to control sodium and fat.

Menu Planning

A dietitian works with Senior Nutrition staff and the kitchen manager to develop menus that meet the program's nutritional guidelines. Special consideration is given to providing menu variety, tastes, textures and appearance.

All menus meet the budget requirement, the production capacity of the kitchen equipment, and the space considerations on the truck to deliver the meals to the site.

Each recipe has been entered into a data base which allows a complete nutritional analysis of each meal to be prepared. A copy of the menu nutritional analysis is available to the participant or their healthcare provider upon request.

Production Kitchen

All meals are prepared fresh each day in either our Salem or Pacific City kitchen. Frozen meals are packaged individually at the Salem kitchen and distributed to the site locations for weekends and days the sites are not in operation.

Delivery Vehicles



The food is portioned in large pans at the kitchen and placed on trucks with individually heated and refrigerated compartments. The delivery driver adheres to a time-scheduled delivery system to each site location.

Meals are packaged by staff and volunteers and then delivered to the Meals on Wheels clients. Dining and socialization are available for those eating a noon meal at the site.



Our delivery trucks are rolling billboards. Call (503) 304-3475 about advertising your company on one of our trucks.

More than a meal

A friendly visit with the Meals on Wheels driver is often the only interaction some homebound seniors have during the day. Besides providing meals, the volunteer provides a safety check, which keeps seniors living at home with dignity and independence.



Shelf Stable Meals

Emergency Meal Boxes provide a safety net during inclement weather. These foods are safe to eat in the event of a power outage.

Each November volunteers deliver every client an Emergency Meal Box containing canned and packaged foods which do not need refrigeration and require minimal preparation.

Program Funding

Senior Nutrition Programs serve a nutritious meal through a network that relies on a combination of public funding and community support. For many programs this funding falls short.

Federal funding through the Older Americans Act supports much of this program. Community contributions and participant donations are accepted.

Donations

Your generous gift is tax deductible to the extent of the law. NorthWest Senior and Disability Services is a tax exempt agency. Your donation will make a difference to a senior living in your community.

100% of every donation is used to purchase food for the Senior Nutrition Program.

Estate Planning Information

A charitable bequest is a distribution from your estate to a charitable organization through your last will and testament. There are different kinds of bequests. For each, you must use very specific language to indicate the precise direction of your assets, and to successfully carry out your final wishes.

You can leave your legacy by making a gift from your estate to benefit NorthWest Senior and Disability Services' Senior Meals and Meals on Wheels Program. Estate planning contributions provide important and lasting support in making a difference in the lives of seniors.



A Profile of Older Americans: 2010

- Over one in every eight, or 12.8% of the population is an older American.
- The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 and then to 50 million in 2020.
- The 85+ population is projected to increase from 4.2 million in 2000 to 5.7 million in 2010.
- Persons reaching age 65 have an average life expectancy of an additional 18.6 years.
- Older women outnumber older men at 22.4 million older women to 16.5 million older men.
- Older men were much more likely to be married than older women- 72% of men versus 42% of women.
- Half of older women age 75+ live alone.
- Social Security constituted 90% or more of the income received by 35% of all Social Security beneficiaries.
- The median income of older persons in 2008 was \$25,503 for males and \$14,559 for females.
- About 3.7 million elderly persons or 9.7% are below the poverty level.



YES! I will help feed my homebound elderly neighbors.

- ___ \$25 to supplement a senior's own meal contribution.
- ___ \$50 to furnish nutritious meals for 2 weeks.
- ___ \$100 to supply 2 months of weekend frozen meals.
- ___ \$200 to provide a complete meal for 40 seniors.
- ___ \$_____ to nourish a senior.



Please make your check payable to
NorthWest Senior & Disability Services (or NWSDS)
P.O. Box 12189
Salem, Oregon 97309