

NUTRITION COUNSELING

A Registered Dietitian (RD) provides nutrition counseling to homebound participants. 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. Topics include:

- * 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 communities.


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.

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.

 BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE		
NASSAU COUNTY LEGISLATURE		
Kevan Abrahams District 1	Howard J. Kopel District 7	Laura Schaefer District 14
Siela A. Bynoe District 2	John J. Guiffre District 8	John R. Ferretti Jr. District 15
Carrié Solages District 3	Richard J. Nicoletto District 9	Arnold W. Drucker District 16
Denise A. Ford District 4	Mazi Melesa Pilip District 10	Rose Marie Walker District 17
Debra Mule District 5	Delia DeRiggi-Whitton District 11	Joshua A. Lafazan District 18
C. William Gaylor III District 6	James Kennedy District 12	Steven D. Rhoads District 19
	Thomas McKevitt District 13	

The Office for the Aging is in full support of the Americans with Disabilities Act. If an individual with a disability needs special accommodation, please mention when you call.

Nassau County Department of Human Services Office for the Aging



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

MEALS ON WHEELS

**For more information
please call
(516) 227-8900**



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 to deliver meals throughout Nassau County.

- * Catholic Charities
- * EAC, Inc.
- * Mom's Meals

Case Managers 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

MEAL DESIGN

Frozen or chilled meals are delivered between 11:00 a.m. and 2:00 p.m. Monday through Friday.

All food is cooked fresh and then flash frozen to maintain the highest quality.

Frozen meals allows more flexibility with what time to eat and food choices.

Instructions regarding the heating time and temperature will be affixed to each meal. Instructions will be in large print.

Each meal will have a label listing the nutritional content of the meal.

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.