

PROGRAM OBJECTIVE

The objective of Meals on Wheels is to provide proper nutrition to those individuals who cannot meet the need on their own. This service allows people to remain independent in their own homes and reduces premature out of home placement. Additionally, it allows patients to release from the hospital or rehab earlier, thereby encouraging the convalescing process in the familiar surroundings of one's own home. This service is available to people of all income levels either on a permanent or temporary basis without regard to race, religion, gender, age, religion, handicap or political origin.

WHO QUALIFIES?

Any individual living within the Spokane City limits qualifies if they:

- Are over 60 or disabled with a referral from their primary physician,
- Are homebound,
- Unable to or having difficulty preparing nutritious meals

And

- Are unable to perform daily activities such as cooking, shopping, eating, bathing and driving.

Applications are taken over the phone with meal deliveries beginning within two business days.

CALL : 456-6597 OR 456-0397

MISSION STATEMENT

To promote independent living of Spokane's Senior Citizens, Disabled Adults and the Homebound through outreach in: Nutrition, Advocacy, Education & Recreation services through the Meals on Wheels program and the Mid-City Senior Center.

Partial Funding for this program is provided by a grant of the Federal Older Americans Act, the Nutrition Services Incentive Program, and by voluntary participant donations. The Spokane Regional Health District administers the program through a contract with Aging and Long Term Care of Eastern Washington.



Mid-City Concerns, Meals on Wheels



1222 W 2nd Avenue
Spokane, WA 99201

Monday—Friday 8:00am—3:00 pm

CONTACT US:

Executive Director 232-0864
MOW Program Director 456-6597
Director of Volunteers 456-0397
Senior Center Director 747-3257
Care Manager 456-6597
FAX 458-7623

Email: meals@mowspokane.org

Website: www.mowspokane.org

We are a United Way Member Agency



Mid-City Concerns Meals On Wheels

Spokane Meals on Wheels has been delivering hot nutritious meals for over 40 years to homebound senior citizens and disabled adults in Spokane.



COMMUNITY
REFERRALS

ADVOCACY

NUTRITION

EDUCATION

INDEPENDENCE

GATEKEEPERS



Promoting Successful Aging through Nutrition & Independence



GATEKEEPING

The Meals on Wheels staff and volunteers serve as gatekeepers; providing safety checks and emotional and social support.

Volunteers pass on valuable information to the Meals on Wheels office staff about the people receiving Meals on Wheels.

We follow up by calling the designated emergency contact to inform of any concerns we have about your loved ones. Friends and family members have peace of mind knowing that we will call if their loved one is not home for a scheduled meal delivery.

"Family members have peace of mind knowing that we will call if their loved one is not home for a scheduled meal delivery."

Safety Policy

Please help keep our volunteers safe by following these guidelines:

- *Keep your pets in a separate room and close the door before accepting your meal.
- *Keep your sidewalk & porch clear of snow, ice and other obstacles. Call us if you need help!

If a volunteer believes any delivery to be

MENU & PREPARATION

Menus are planned by nutrition experts and analyzed to meet 1/3 of the Recommended Daily Allowance (RDA) for our recipients..

Hot meals are prepared by Airline Catering.

The meals are packed into insulated bags and ice chests to insure that they are kept at the proper temperature during delivery. The meal includes a meat entrée, vegetables, fruit, potato or pasta, bread, and 2% milk or juices. We also provide vegetarian and no pork substitutions.

Frozen meals are prepared by First Choice Food Products in Airway Heights and also meet 1/3 Recommended Daily Allowance.

There is a link on our website to view a menu or call if you would like us to mail you a current menu. 456-6597

Dog & Cat Food We deliver cat & dog food monthly to our recipients for their most beloved companions.



ADVOCACY

Do you need referrals to community services for seniors? We can help! Just call Allison and she can point you in the right direction. 456-6597

MEAL DELIVERY

HOT MEALS

Hot meals are delivered Monday through Friday between 11:00am and 1:00pm depending on the size and location of the delivery route you are assigned. Suggested donation is \$4.00 a meal.

FROZEN MEALS

Frozen meals are delivered to those requiring assistance with weekend meals and are delivered to everyone for use on holidays when the Meals on Wheels office is closed. Frozen meals are delivered once monthly on Tuesdays.

ENSURE LIQUID SUPPLEMENT

Cases of 24 cans of Ensure High Protein, Plus or Diabetic are available for those individuals over 60 years of age who have a prescription from their physician. Suggested donation for Ensure High Protein or Plus is \$18 and \$32 for the Ensure Diabetic.

MEAL CANCELLATIONS

To cancel a meal delivery it is necessary to contact the Meals on Wheels office at least one business day in advance before 11:00am.

You must be home when the volunteer arrives with your meal between 11:00am and 1:00pm. Your meal will be given away if you are not home or do not answer the door, so please remember to call if you will not be home.

456-6597