



## Volunteer Opportunities



*The administrative team at our annual volunteer appreciation dinner*

Many volunteer opportunities exist and participants are encouraged to get involved!

- Deliver Meals to the homebound
- Center Volunteer
- Packaging Meals at the Kitchen
- Senior Advisory Council
- Friendly Visiting— with someone who needs a friendly chat.
- Telephone Reassurance—contact our seniors who are at risk and make sure they are safe
- Office Assistant—Light office tasks such as copying or filing
- Car Pool—Take seniors who cannot drive to their Dining & Activity Center

Programs in this brochure are administered by Senior Services, a division of Oswego County Opportunities.



## Oswego County Opportunities, Inc.

### MISSION STATEMENT:

Building Partnerships that improve the quality of life for residents of Oswego County to create successful communities

Programs are partially supported through grants from our partners:

Oswego County Office for the Aging

New York State Office for the Aging

Oswego County Department of Health

The United Way of Greater Oswego, Inc.

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## Oswego County Opportunities Meals on Wheels

### Senior Services Division



*Senior Services Staff serving our honored guests: our volunteers!*

Providing meals and more to all of Oswego County.

For Under 60, Please Call

**315-598-4712**

If your loved one is over 60, please call OFA at

**315-349-3484**

Maintaining the independence and quality of life for Oswego County residents by providing meals, recreation and transportation.

## Home Delivered Meals

**"It's more than a meal!"**

- Meals are available Monday through Friday, depending on the needs of the individual
- Each day participants will receive one hot noon meal and a cold dinner meal
- Nutritionally balanced meals provide 2/3rd's of the daily RDA.
- A daily check on your loved-ones well being by our kind and caring staff and volunteers.



*Living in a snow belt doesn't stop us!*

### **Contribution & Fee Outline:**

Meals provided to Senior Citizens 60 or older are funded in part through Office for the Aging grants and participants of this program have a voluntary and private opportunity to contribute toward the cost of their meals. Those under 60 are charged a fee for services.

60 & Over: \$3.00 per day Contribution

Under 60: \$9.00 per day Fee

In most circumstances, financial assistance is available to those who cannot pay. Inquire about options and availability.

## Dining & Activity Centers



*Pat and Sally take a break from the Cowboy Roundup to pose for a picture*

For our active seniors, call to make reservations at one of our eight Dining and Activity Centers and enjoy your lunch in the company of friends:.

Fulton: 592-3408	Oswego: 343-0232
Phoenix: 695-4841	Hannibal: 564-5471
Pulaski: 298-5020	Mexico: 963-7757
Parish: 625-4617	Constantia: 623-9803

**A few of the things we do:**

**\*Bingo**

**\*Birthday Parties**

**\*Trips and Outings**

**\*Shopping Days**

**\*Crafts**

**\*Health & Wellness**

**\*Candlelight Dinners**

**\*Games & Activities**

The first visit is free! For those 60 or older who live in Oswego County, a \$2.50 contribution is requested. All others are charged \$4.50.

*"As we get older we know the true value of time; and enjoy every moment of it."*

## More Programs & Services

- **Transportation to and from Dining and Activity Centers**
- **Nutrition Education & Counseling by a Registered Dietician**
- **Health and Wellness Information**
- **Referral-helping you connect with other services in Oswego County**
- **Medical Rides- to Medical Appointments outside of Oswego County**

Individual & Corporate Gifts

*We love what we do, so we completely understand how you could too!*

**Giving Options:**

- General Program Donations
- Memorial gifts in memory of your loved one
- Donations to the Emergency Blizzard Bags Fund
- Recreational and Craft supplies to Senior Dining & Activity Centers
- Under 60 Match-a-Meal Program

**For more information please**

**contact us at 598-4712.**