

Oswego County Opportunities
Home Delivered Meals
&
Dining & Activity Centers



It's more than a meal!

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MEAL REQUIREMENTS



- All meals are prepared with no salt added.
- Meals average less than 30% of calories from fat and less than 10% of calories from saturated fats.
- Each meal contains a good or excellent source of Vitamin C.
- At least three meals per week contain an excellent source of Vitamin A.
- Alternate, low sugar deserts are offered to those on restricted diets.
- The combination of noon meal and evening meal equals 2/3rds RDA (Required Dietary Allowance) for the day.

Each hot meal contains:



3 oz of protein from meat or a meat alternate such as cheese or eggs.



Two ½ cup servings of fruit and or vegetables.



One serving of bread or a bread alternate such as rice or pasta.



8 oz. Of 2% milk (congregate center participants may choose 2% or skim)



½ cup serving of dessert

DINING CENTERS

Dining and Activity Centers offer more than just a healthy meal. We offer an opportunity to enjoy the company of friends while dining out. There are a wide variety of activities planned monthly for you to participate in.

*Shopping
*Birthday Parties
*Speakers

*Crafts
*Holiday Celebrations
*Music

*Bingo
*Raffles
*Health & Wellness

CONTRIBUTIONS & RESERVATIONS:

Participants who are 60 or older are asked to contribute \$3.00 for their meal. Those who are under 60 or who live outside of Oswego County are charged \$5.15 and children \$2.50 for a half portion. No senior is turned away for inability to contribute.

Reservations can be made with the manager of the center you plan to attend or by calling our offices at 315-598-4712. Please call by noon the day before you plan to come. New faces are always welcome!



DINING LOCATIONS All centers are open 11AM-1PM

Fulton Center 592-3408
Fulton Municipal Building
141 South First Street
Fulton, NY 13069
Center Manager: Eileen Bartlett Lutz
OPEN: Monday through Friday
Bus Available on Friday

Pulaski/ Sandy Creek Center 298-5020
No perm. Location yet

Center Manager: Judy Parker
OPEN: Tuesdays and Thursdays at Springbrook
Bus Available on Thursday

Parish Center 625-4617
Parish Hastings Presbyterian Church
Ryder Street
Parish, NY 13131
Center Manager: Mary Lou Guindon
OPEN: Monday, Tuesday, Thursday

Hannibal Center 564-5471
Community Center
162 Oswego Street
Hannibal, NY 13074
Center Manager: Rosemary Kellogg
OPEN: Monday, Wednesday, Friday

Oswego Center 343-0232
Pontiac Terrace Apartments
225 West 1st Street
Oswego, NY 13126
Center Manager: Rosemary Kellogg
OPEN: Tuesday & Thursday

Mexico Center 963-7757
Presbyterian Church, Wilcox Hall
4316 Church Street
Mexico, NY 13114
Center Manager: Vaccant
OPEN: Wednesday & Friday
Bus Available on Wednesday & Friday

Phoenix Center 695-4841
Congregational Church
43 Bridge Street
Phoenix, NY 13135
Center Manager: Arlene Slaski
OPEN: Monday, Wednesday, Friday
Bus Available on Wednesday & Friday

Constantia Center 623-9803
Saint Bernadette's Church
County Route 49
Constantia, NY 130
Center Manager: Deidre McCarthy
OPEN: Tuesday, Wednesday, Thursday
Bus Available on Thursday

DINING CENTER GUIDELINES

- Ⓢ If you wish to cancel a meal, please call your Dining and Activity Center or OCO Senior Services Division offices at least 48 hours in advance.
- Ⓢ If you reserve a meal and do not show up, we will be concerned about you. Your Dining and Activity Center manager will attempt to locate you in an effort to check on your well being.
- Ⓢ Those who wish to bring “treats” for senior dining are asked to okay it with the center manager ahead of time.
- Ⓢ Non-perishable cold items, such as fresh or canned fruits, bread, crackers, cookies, and cakes may be taken home by participants.
- Ⓢ Perishable cold items, such as pudding, meat, egg salad, and cottage cheese may not be taken home.
- Ⓢ Milk may be taken home in an OCO or similar style cooler bag, which may be purchased from the center manager.
- Ⓢ Participants who eat their lunch at the center can request a night meal to be taken home for their dinner. A home assessment is required before night meals begin.
- Ⓢ Participants can request Home Delivered Meals on the days they do not go to the center or on the days when the center is not open.
- Ⓢ If you wish to partake of the activities at the center but the menu offered that day is not allowed because of dietary restrictions, you can make arrangements in advance for one of the following choices: have an SNS frozen meal available that day which will be served with the milk and dessert components of that days menu **or** the participant can choose to bring a lunch from home in an insulated cooler bag. If participants choose this option then no milk or dessert will be provided.

ADDITIONAL ACTIVITIES

Evening elegant dinners, picnics, senior art gallery showings are examples of extra activities that could be available at the Centers. With a different experience at each center, there are many opportunities for fun.



Contact your center manager for more details or to make your reservations!

NUTRITION COUNSELING

Nutrition counseling by a registered dietician is available to any participant of Senior Dining or Home Delivered Meals. Dietary advice is offered on a variety of subjects including special diets, nutritional supplements, weight gain/loss and other aspects of nutritional health.

There is no charge for this service for our participants who are over 60.

VOLUNTEERING



It should come as no surprise that many studies show that volunteering in later life is associated with healthy aging!

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

- Ⓢ **Center Volunteer:** Assisting center manager with setting and clearing tables.
- Ⓢ **Center Activity Committee:** Help plan the monthly activities, speakers and demonstrations at the center. Put your hobbies and interests to good use!
- Ⓢ **Packaging Home Delivered Meals in the Pulaski Kitchen.**
- Ⓢ **Delivering Home Delivered Meals to homebound seniors,** meals are picked up at a location convenient for you.
- Ⓢ **Friendly Visiting:** visit with homebound seniors in your community.
- Ⓢ **Telephone Reassurance:** Contact seniors and check on their well being.
- Ⓢ **Office Assistant:** Assist with light office tasks such as copying or filing at the Fulton offices.
- Ⓢ **Car Pool:** volunteer to pick up seniors who cannot drive and bring them with you to the center for lunch.
- Ⓢ **Help fill, package, or distribute Blizzard Bags.**

For More information about these and other volunteer opportunities, Contact Chris Parks, Volunteer Coordinator at 315-598-4712.

HOME DELIVERED MEALS MEALS ON WHEELS

Those who are OVER 60:

Home Delivered Meals are available Monday through Friday to homebound individuals who are 60 and older and live in Oswego County. Participants are asked to contribute \$4.00 per day of delivery for both the noon and evening meal. No one over 60 is turned away for inability to donate.

If you or a family member could benefit from home-delivered meals or would like additional information, please contact Oswego County Office for the Aging at 349-3484.

Staff from the Office for the Aging will visit your home to explain the program and gather additional information to determine eligibility.

BASIC ELIGIBILITY:

- ④ You must be 60 years of age or older. Your spouse and/or disabled dependants with you are eligible regardless of their age.
- ④ You must be homebound with the exception of assisted outings such as medical appointments, family gatherings, etc.
- ④ You must be unable to participate in Senior Dining at your local senior dining center because of physical or emotional barriers.
- ④ You must be unable to obtain food and prepare nutritious meals for yourself on a daily basis. A caregiver is unavailable or is unwilling to prepare daily, nutritious meals for you.

Those who are UNDER 60:

If you are under 60 meals and delivery are \$9.00 per day.

Those who are on Long Term Home Health Care, Food Stamps, or Social Services should contact Senior Services at 315-598-4712. These programs might help offset the cost of meals.

Frozen meals are provided on Program holidays and additional emergency meals are given in the event that we cannot reach you during an emergency situation.

HOME DELIVERED MEALS GUIDELINES



1. Meals are delivered between 11:00 am and 1:00 pm. The time your meal arrives each day may vary somewhat due to necessary changes or delays in the delivery route.
2. Please try to answer the door promptly when the meal arrives. If you have difficulty hearing or getting up to answer the door, you can arrange for your driver to knock and enter.
3. In the winter it is your responsibility to arrange for your sidewalk and driveway to be cleared of snow and ice to ensure the safe delivery of your meal.
4. Please be patient with the driver, especially with those that are new.
5. For the safety of the drivers, please restrain dogs and other pets at the time of delivery.
6. Be sure that your house address can be seen easily from the street.
7. Please notify us when you are not going to be home to receive a meal. 48-hour notice is preferred. In an emergency situation, where you cannot give 48-hours notice, please call the office as soon as possible at 598-4712. You may also make arrangements for someone else, such as a neighbor to receive your meal if you cannot be there.
8. We do not allow drivers to leave meals in coolers or on counters when you are not there. If you are comfortable leaving your door unlocked, the driver can put your meal in the refrigerator..
9. Participants aged 60 or older are asked to send contributions monthly to Oswego County Office for the Aging. Make checks payable to "OFA". Participants under 60 are asked to send payments to OCO Senior Nutrition Services. Please make checks payable to "SNS".
10. **It's more than a meal: Our delivery people provide a daily check on your well being. If you are unaccounted for we will worry about you and call your emergency contact; so please let us know when you don't plan to be home. Thank you!**





WEATHER RELATED CLOSINGS

The safety of our drivers is of the utmost importance to us. Therefore, when road conditions are questionable, drivers are asked to use their best judgment about delivering meals and the decision may be made to close some of our routes.

If we anticipate doing this, we will run a general closing notice on local television and radio stations. If you are on a route that we are not running, we will do our best to notify you personally by phone.

The best thing you can do is to contact our offices at 598-4712 if you are unsure.

If you are on a route that is running, we ask that you clear your driveway and sidewalk so that the driver can reach you. If road conditions are difficult it may take extra time to get your meal to you.

If your route has been closed we ask that you use the emergency meal that was sent to you previously as your meal for the day. If your noon meal arrives after you consume the emergency meal, you can freeze the just delivered meal for another day.

For those of you who are isolated and have no family or neighbors to check on you, please let us know. We will make every effort to contact you in an emergency situation.

CONTACT INFORMATION

MAIL

PHONE

Over 60, mail contributions to:

OFA

349-3484

County Office Complex
70 Bunner Street
Oswego, NY 13126

Under 60, bills are mailed to:

SNS

598-4712

Oswego County Opportunities
239 Oneida Street
Fulton, NY 13069

ADDITIONAL RESOURCES

Oswego County Opportunities Phone: 598-4712	Office for the Aging Phone: 349-3484
Emergency Shelters	Telephone Discount
Elder Abuse Assistance	HEAP
Foster Care	HUD
Youth Mentoring	Property Tax Exemption
No Cost Cancer Screenings	STAR
WIC	Transportation
Medical and Public Transportation	Employment
After School Programs	Home Aid Assistance/Respite
Head Start and Day Care	Food Pantries
Family Planning	Insurance Information
Facilitated Enrollment	Prescription Drug Assistance
Senior Nutrition	Food Stamps
Mentally Ill assistance and case management	Medical Assistance/Information
Family Development Training	Weatherization/Home Repairs
Permanent Housing for Homeless	Senior Nutrition
Community Housing for mentally ill and recovering adults	Home Delivered Meals
Domestic Violence intervention	Legal Advice
24 Hour domestic violence hotline	Alzheimer Information
Employment training	Personal Emergency Response Systems