

Beginnings.

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During the early 80's, the Home Delivered Meals Program was started after Federal funding became available. Additional state money was added to this program in the early 90's, significantly expanding this service. Currently this program serves about 375 people and has over 60 volunteers who help deliver the meals. We are serving over 300 Home Delivered Meals a day.



Volunteer Drivers are always needed.

Caring volunteers are the backbone of the Home Delivered Meals Program and are needed to deliver hot noontime meals, Monday through Friday to the home-bound frail elderly in Niagara County. All you need is some free time around lunchtime and a reliable vehicle. You receive reimbursement for your mileage. If you are interested call the Home Delivered Meals Program for more details.

The Niagara County Office for the Aging is funded by the New York State Office for the Aging using Older Americans Act and New York State funds, and by Niagara County.



Niagara County Office for the Aging

111 Main Street
Suite 101
Lockport, NY 14094

Phone: 438-4033
Fax: 438-4029

Email: OFA@niagaracounty.com

Niagara County Office for the Aging



Home Delivered Meals

Telephone: 438-4020
Fax: 438-4029
E-mail:
OFA@niagaracounty.com

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Home Delivered Meals

The HDM program delivers meals to Niagara County residents 60 and older who are homebound due to illness, physical handicap, or advancing age, and who are unable to prepare their own meals. Services are available based on need without regard to income.

Home Delivered Meals utilizes a corps of volunteers who deliver meals to eligible recipients. The volunteer is a communications link and friendly visitor to those who may not normally see or have contact with the community beyond their homes.

Home Delivered Meals referrals are accepted from clergy, physicians, friends, relatives, hospitals, health and social agencies, in addition to self-referrals. Volunteers are essential to this program. If you have a few hours to spare, please call to volunteer.

Home Delivered Meals can deliver hot meals and cold meals to participants' homes, Monday through Friday, between the hours of 11:00 a.m. and 1:00 p.m., 52 weeks a year. **Hot meals** include meat, chicken, or fish, vegetables, and/or salad, bread, dessert and a carton of 2% milk. **Cold meals** include a sandwich or salad, dessert or fruit and a carton of milk. **Frozen weekend meals**, which are the same as hot meals, are delivered on Fridays. Some special diets are accommodated. Meals can be delivered as few or as many days as needed. There is no delivery on holidays.

How to Order Meals

Phone the Niagara County Office for the Aging at **438-4031**, Monday through Friday between 9 a.m. and 5 p.m. Calls are toll free in Niagara County.

Can Service Be Canceled?

Yes, the service may be discontinued at any time, or can be interrupted if vacations, trips, or hospitalization take place. Just notify the Office for the Aging at the number above before 9:30 a.m. on the day you wish to cancel delivery.

Suggested Contribution

The suggested contribution is \$3.00 per meal. Collection of your contributions is arranged at the time you request the service.

No one will be refused service if they cannot afford the suggested contribution.

Visit <http://www.mypyramid.gov/> for more information on ways to better your health.



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