



*Sometimes you may need meals for a short time because you just got out of a hospital and can't make meals until you recover. Or, you may need meals for a longer time because you can't do many of the things you did for yourself before. For Greene County residents, age 60 and older, who can't prepare meals for themselves we bring healthy, nutritious, balanced meals to their residence, up to five days a week. Up -to-date information about healthy eating, wellness and healthy habits is given out to those who get meals. Our registered dietitian can help any older person with questions about diabetes, weight loss or gain and healthy eating in private nutrition counseling.*

**Who is Eligible?** Greene County residents, age 60 and older. A referral can be made by a senior or anyone who feels that the meals may be beneficial to a senior. Simply call the department and ask to make a referral for home-delivered meals.

**How Do You Get Meals Started?** After we take your referral, a Case Manager will contact the senior and make an appointment to conduct a home visit. As part of the visit, an assessment will be completed that shows you are not able to prepare meals for yourself and don't have help from friends or family. It will also note any diet restrictions, as our meals can meet low-sodium and diabetic requirements. The same client interview that helps find out if you are eligible for home delivered meals will show other helpful services and programs we offer for older people. Once the assessment is completed, meals may be started. If there are no openings at the time of the referral, the senior is placed on a wait list. As soon as an opening is available the assessment is completed and meals can be started.

**Is there a cost?** There is no charge for meals but each person is given a chance to make a suggested voluntary contribution of \$4.00 per meal. All donations help to keep our program available and serve more people. You may mail your donation to Department for the Aging, 411 Main Street, Catskill, NY 12414. Or you can also give your donation to the volunteer who delivers your meal and they will see that it gets to us.

**What if I know I won't be home when my meal is delivered?** Volunteers assist in delivering the meals Monday through Friday (except holidays) throughout Greene County. If you are unable to be home to receive your meal, please call the office at (518) 719-3555 to cancel your meal for that day.

### **HOW CAN I GET FURTHER INFORMATION?**

Contact Greene County Department of Human Services' Department for the Aging at 719-3555 or toll-free at (877) 794-9266.