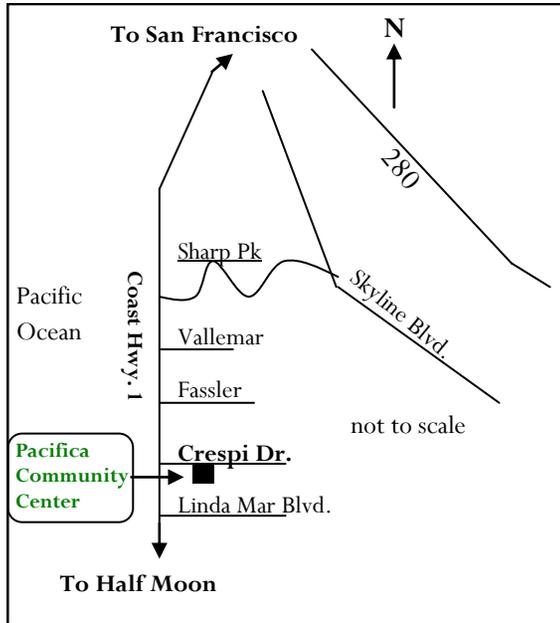


How can you help?

- ◆ We always welcome MOW delivery volunteers. A one day per week commitment is appreciated. Mileage reimbursement is available. Please call (650)738-7350.
- ◆ Cash donations to the program are utilized to support the Meals on Wheels program.

Location



Phone Numbers to Know:

- ◆ Activities & Classes 738-7384
- ◆ Information and Referral 738-7353
- ◆ MOW and Transportation 738-7350
- ◆ Senior Services Supervisor 738-7352

Senior Services Hours:

Mon., Tues. and Thurs. 8am to 5pm

Wednesday 8am to 7pm

Friday 8am to 1:30pm

Closed on Major Holidays

CITY OF PACIFICA

Senior Services
Pacifica Community Center
540 Crespi Dr.
Pacifica, CA 94044

Customer

CITY OF PACIFICA
Senior Services

MEALS ON WHEELS



Senior Services
Pacifica Community Center
540 Crespi Dr.
Pacifica, CA 94044

Phone: 650-738-7350

Website: www.cityofpacifica.org

Creating a safer, stronger, healthier community

Pacifica Senior Services

Purpose

The Senior Services Division of the Parks, Beaches and Recreation Dept. is designed to provide programs and services for Pacifica residents 60 and older. Since 1974, programs and services have been added to meet the needs of this fast-growing population. We are a focal point in the community for seniors' quality of life. The mission of Senior Services is to provide programs and services that enhance the lives of our seniors so they may continue to be a vital part of the community.

MOW Program Requirements

Our program goal is to help citizens maintain their independence and stay in their home.

Who is eligible

MOW is available to frail, homebound Pacifica seniors and disabled adults who are unable to prepare or obtain nutritious meals.

Seniors

- ◆ 60 years or older
- ◆ Frail and homebound
- ◆ At Nutritional risk
- ◆ Unable to obtain meal from a family member/ caregiver
- ◆ Unable to shop or prepare meals

Disabled adults under 60 years:

Same requirements as seniors

- ◆ The suggested donation is \$3.50 per meal, but a minimum payment of \$2.00 per non-senior meal is required.

Nutrition Services

Healthy and balanced meals are freshly prepared in our onsite kitchen and meet 1/3 of the daily nutritional requirements.

Seasonal 6-week cycle menus are created based upon nutrition requirements, client choices, seasonal items and budgetary allowance. There are no special diets available, but consideration is given to reduce sodium, fat and sugar.

Meal Deliveries

Meals are delivered ready-to-eat Mon.—Fri. (except holidays) by volunteers. Deliveries are between the hours of 10:45-1:00. Clients must be at home to receive the meal.

The MOW Specialist must be notified before 8am (voicemail OK) if the client is unable to be at home to receive a meal on the day of delivery. If there is no notification and door is unanswered, efforts may be made to notify the emergency contact or the Police to do a welfare check.

Quarterly Assessments

Quarterly assessments are required by Aging and Adult Service (partial-funder). There are two phone assessments and two face-to-face annually. These are coordinated through our MOW Specialist.

The assessments are utilized to discuss the program and ensure clients' needs are being addressed. Information and referrals to other in-home help support may be discussed.

Program Funding

Meals are partially funded with Older American Act funding, City of Pacifica support, Pacificans Care sponsorship and client/public donations. The suggested client donation amount is \$3.50 per meal.

Donation Collections

Donation envelopes are distributed and collected by delivery volunteers weekly. The suggested donation is \$3.50 per meal. Donations are important to sustain the Meals on Wheels program.

More than just a meal....

Our friendly volunteers are our eyes and ears to check the client's welfare. Please feel free to give them feedback about our services. They may share concerns they observe in your behalf with the MOW Specialist or Senior Services Supervisor.

How to apply

Contact our Meals on Wheels Specialist at (650)738-7350.

OTHER SERVICES AVAILABLE:

Nutrition Consultant

A Registered Dietician is available to discuss personal nutrition concerns. Please let our MOW Specialist know you are in need of a free consultation. Monthly nutritional presentation are done at the Senior Center and the information is shared with our MOW client through paper copies of the subject. A bi-monthly newsletter is available to SIA members and includes a nutrition article.

Information and Referral Services

- | | |
|---------------------------------------|--------------------------------------|
| ◆ Health Insurance Counseling (HICAP) | ◆ Medical Equipment Loan Closet |
| ◆ Homecare | ◆ Health Education Resource Room |
| ◆ Legal Aid | ◆ Assistive Devices for daily living |
| ◆ Tax Assistance | |
| ◆ Elder Abuse | |