



## PARKS, BEACHES AND RECREATION DEPARTMENT



### SENIOR SERVICES MEALS ON WHEELS PROGRAM

The Senior Services Division for the City of Pacifica operates a Meals on Wheels program which provides a ready to eat meal delivered to seniors that are at nutrition risk and homebound in Pacifica. Program criteria required are:

- Pacifica resident 60+ years of age
- Homebound because of incapacitating disability and/or illness
- Lack needed caregiver assistance from family or other resources that can aid in the provision of meals
- Senior must live at home but unable to prepare or obtain nutritious meals
- The spouse of an eligible individual may qualify to receive meals, regardless of age or conditions, if it is in the best interest of the eligible client and if the services will not displace a higher priority applicant.

Ready to Eat meals are prepared by Senior Services staff M-F and delivered by volunteers between the hours of 10:45am – 1:00pm. Senior must be home to receive meal delivery. Senior must call in advance if they are not going to be home so delivery attempts are not made. Scheduled meal delivery to a senior that does not answer the door at point of delivery may result in a welfare check—resulting in a call to the police/paramedics to check safety of individual. Frozen meals are provided on Friday's to some individuals with special circumstances for weekend/holiday consumption.

Pacific Senior Services Meals on Wheels program receives partial funding from Older American Act Funds (OAA). Pacific Senior Services has a \$3.50 suggested donation per meal. The amount you contribute or lack of a contribution will remain confidential and will not affect your meal services. A monthly recap letter will be delivered to you with the number of meals you received the prior month. An envelope for donation is provided and remains confidential. It is not tracked to identify who contributes/or not.

OAA funded programs require quarterly assessments at the client's home / and phone. Pacific Senior Services generally utilizes SF State University Nursing students to provide this service. Appointments will be scheduled by Pacific Senior Services staff in advance. The purpose of the assessment is to ensure participant still qualifies for the program, the program is working for them and to identify any in-home help support that may be available.

A bi-monthly newsletter is sent out to Meals on Wheels participants. The newsletter will contain menus, program closure dates, staff phone numbers, nutrition corner from our contracted Registered Dietician (RD) and interesting/fun reading. Our RD is also available, at no fee, for nutrition counselling and food/drug interaction education.

To enroll in this program you must fill out an assessment form and then be approved. Most times these can start within a couple of days. Call our Meals on Wheels Coordinator at (650)738-7350 if you need any further assistance.

3/26/20 jl