

OPPORTUNITIES:

With the help of dedicated volunteers, the Meals on Wheels program continues to serve the senior population and those that are chronically disabled in Washington County. Here at Meals on Wheels, we are continually looking for drivers. We have several routes on hold, because we do not have enough drivers. This means that community members in Washington County that are in need of a nutritious noon-time meal are not currently being helped.

ONE HOUR

...is all it takes to deliver a route to an average of eight clients. Along with the meal, the client receives a special touch of comfort and a daily safety check.

Please consider helping those in your community that need a helping hand. Learn how easy and rewarding it can be by calling 651/275-5810!

DID YOU KNOW....

When a Meals on Wheels participant receives a nourishing meal they also:

- Get to remain in their own home, where they want to be.
- Receive a daily wellness check from a caring volunteer.
- Feel a piece of mind and a sense of independence.
- Meals on Wheels is a cost-effective program. One year of our service costs \$1,800 compared to \$5,000 a month for a nursing home.

Call us at 651/275-5810

TDD: 651/770-6834

www.hsicares.org



A private nonprofit corporation



5610 Norwich Parkway
Oak Park Heights, MN 55082

651/275-5810

651/275-5814 fax

Independence...
sometimes all it takes
is a little help.

MEALS ON WHEELS

H.S.I is responsible for the overall administration of the Meals on Wheels Program in Washington County. The Meals on Wheels program provides hot, nutritious and affordable meals to those seniors and chronically disabled community members that need our help. With the help of committed volunteers from the neighborhood, local congregations, corporations, businesses and schools, the meals are delivered throughout the county. Along with each meal, volunteers also provide that special touch of comfort and a daily safety check, which enables these community members to be independent in their own home as long as they can.

FUNDING

The Meals on Wheels Program is funded through:

- Washington County
- Title III Older American Act
- Private donations
- Client contribution
- Volunteer hours
- United Way

WHO QUALIFIES FOR MEALS?

Persons who are homebound age 60 and over, who are chronically disabled or nutritionally at risk are eligible to receive meals.

WHAT IS THE COST?

The cost of the meal varies and is based on the recipient's ability to pay. Client contributions help fund this program.

WHO PREPARES THE MEALS?

The Meals on Wheels food source varies from program-to-program; however most meals are prepared by Boutwell's Landing in Oak Park Heights. Please call us to see where the meals are prepared for your area.

MEAL DELIVERY DAYS:

Meals are delivered Monday through Friday, leaving the sites at 11:00am. Weekend meals are available upon request, and delivered during the week. Diabetic or low sodium meals are available upon request.

DELIVERY AREAS IN WASHINGTON COUNTY:

There are 10 neighborhood programs in Washington County where meals are delivered:

- Cottage Grove/St. Paul Park
- Forest Lake/Hugo
- Lake Elmo
- Lower St. Croix
- Mahtomedi
- Marine
- Oakdale
- Scandia
- St. Croix Valley
- Woodbury/Newport

MAKE A GIFT – DONATE

Meals on Wheels donors invest in their community. A gift will help ensure that we continue this critical service to more Washington County residents every year!