

Q. Will I be counted for a meal if I am not home for it?

A. If you call in advance and cancel your meal, the meal is not counted; however, if you do NOT call and we attempt to deliver a meal, that meal will be counted.

Q. How do I pay for the meals?

A. The current suggested contribution is printed on the back of this brochure, but it is a “pay what you can afford” program. A printed statement will be sent each month indicating the number of meals received. Checks can be made payable to the Grand Forks Senior Center (GFSC). For SNAP (Supplemental Nutrition Assistance Program - food stamps) EBT cards or credit cards, call the GFSC front desk at 701-772-7245 to make your payment over the phone.

FUNDING

The Meals on Wheels program at the Grand Forks Senior Center is funded by the Title III Older Americans Act, Mill Levy funds, United Way, grants, local contributions, donations, and memorials. All money collected goes back into the program to pay for more meals.

The Greater Grand Forks Senior Citizens Association (legal name) is committed to the policy that all persons shall have equal access to its programs. AA/EEO

GFSC Meals on Wheels

701-757-2006



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Grand Forks, ND 58201
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General Phone: 701-772-7245
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Meals

on Wheels

Meals on Wheels is a nutrition program for Grand Forks homebound older adults in which hot, nutritious meals are delivered to a customer's home.



Providing opportunities for older adults to live to their full potential.

The Grand Forks Senior Center (GFSC) operates the local chapter of Meals on Wheels, which strives to end senior hunger through the delivery of meals to homebound older adults.

The Meals on Wheels (MOW) program provides hot, nutritious meals to people in the Grand Forks city limits who meet ALL of the following guidelines:

1. 60 years of age or older
2. Homebound (not driving and needs assistance to go out of the home)
3. Takes five noon meals each week

This program allows older individuals to remain in their homes receiving proper nutrition. If no one is home for meal delivery and arrangements have not been made, the Emergency Contact is notified.

Initially a Resource coordinator will complete a home visit assessment. Every six months after that, a Resource coordinator will contact the MOW customer to ensure needs are being met.

SPECIAL NOTES

Meal cancellations should be called in to the Meals on Wheels coordinator at 757-2006 the day before OR by 9 a.m. the day of delivery.

Any and all messages should be called in to the coordinator, not given to the volunteers.

QUESTIONS & ANSWERS

Q. What time can I expect my lunch to arrive and what do I do if it's late?

A. Meals are delivered by volunteer drivers between 10:50 a.m. and noon. If your meal is not delivered by 12:30 pm, please call 757-2006.

Q. What if I have an appointment and I won't be home for delivery?

A. If you are gone for a doctor's appointment but will be back soon, you can put out a cooler with ice in it outside your door. The volunteers cannot leave a meal unless there are ice packs or ice in the cooler.

Q. What if I am going to be gone a few days or if I am admitted to the hospital?

A. If you plan to be gone or if you are in the hospital, please call (or have someone else call) the Meals on Wheels coordinator. Our volunteers will not leave a meal if no one is home.

Q. Can my caregivers get a meal?

A. All family caregivers are able to receive meals. For caregivers over 60, there is a suggested donation for the meal. For caregivers under 60, they must pay the full price of the meal (see back cover).

Q. Will I have the same volunteer each day and can they sit and visit?

A. Because our drivers are volunteers,

they vary from day to day. Our volunteers have many hot meals to deliver, so they will need to move along to the next home.

Q. Do you offer special diet meals?

A. We do not offer diet-specific meals, although each meal is generally under 800mg of sodium, under 25% fat, and supplies one-third of the DRI (dietary reference intake) for older adults. On our menu we also list the carbohydrate servings (CS) for diabetics to use. Arrangements can be made for other special diets.

Q. Will I get a meal if the weather is bad or on holidays?

A. We make every attempt to deliver meals. If it is extremely hazardous outside, cancellation announcements will be on the Meals on Wheels phone message (757-2006), grandforksherald.com, and WDAZ.com. It is your responsibility to keep walkways and stairs free of snow and ice.

Notices are sent regarding holiday closures. Please keep frozen meals and shelf stable food on hand.

Q. Can I have frozen meals delivered to my home?

A. For people who qualify for Meals on Wheels, arrangements can be made for frozen meal delivery in addition to or in place of a daily, hot meal.