

MENU AND MEAL PREPARATION

Your volunteer will give you a menu for the home delivered meals each month. This menu will also be published weekly in the Bellevue Herald Leader. 11

The meals are prepared in the kitchen at the senior center and delivered once a day (Monday - Friday) at lunch time.

We will follow your doctor's orders for your special dietary needs.

MEAL DELIVERY

Your meal will be delivered to your home by a volunteer. **You must be home to receive your meal-- volunteers cannot leave a meal in your absence.** When you receive your meal, you are in charge of maintaining its freshness if you don't eat it right away. Meals will not be delivered:

- If public schools are closed due to adverse weather. Please listen to local radio stations for confirmation of this.
- On holidays and weekends. Holidays are listed on the menu.

HOW TO CANCEL A MEAL

Cancel your meal before 9:00 am if you will not be home to receive it that day. Call 872-4666.

WHAT HAPPENS IF YOUR VOLUNTEER CAN'T DELIVER YOUR MEAL

Your volunteer will report they were unable to deliver your meal, and we will assume you are in need of help. Your emergency contacts will be called. If we cannot reach your emergency contacts, the police will be called to check on you. **(That is one of the reasons it is important to call 872-4666 if you will not be home to accept your meal.)**

Count on Us
For
Hot,
Healthy,
Home Delivered
Meals.

Home Delivered Meals



Fountain Park, Springs Bldg. Dubuque, IA 52001
Phone: 588-3970 FAX: 588-1952

DEAR HOME DELIVERED MEALS PARTICIPANT:

Scenic Valley Area Agency on Aging is a private, nonprofit agency. We receive a small amount of federal and state funding to provide services for older persons. The need for our services is great.

We are glad we can make the home delivered meal service available. However, the total cost of providing the meals is more than the funding we receive. That's why we have a suggested contribution schedule. We ask all participants to contribute toward the meals they receive.

The actual cost of a home delivered meal is \$6.80.
The *suggested contribution* schedule is \$3.00 to \$6.80.

We ask you to choose an amount to contribute based on your own ability to pay. You would then give your donation to the volunteer who delivers your meals. They will bring it back to the senior center.

TWO ADDITIONAL WAYS YOU CAN HELP

Did you or someone you love benefit from the meal program? Did you benefit from other services provided by our staff? Please consider:

- A bequest or legacy to Scenic Valley Area VIII Agency on Aging in your will.
- A cash gift to Scenic Valley Area VIII Agency on Aging. (Cash gifts are tax deductible. A contribution for meals received is not tax deductible.)

INFORMATION FOR PARTICIPANTS

ELIGIBILITY DETERMINATION

Your eligibility is determined by the site manager at the Bellevue Senior Center when you begin receiving the meals and at least every six months thereafter by Scenic Valley Area Agency on Aging. **You must agree to stop receiving meals as soon as your health permits and you are no longer eligible.**

ELIGIBILITY CRITERIA

- Participants must be age sixty or older, **and** physically or mentally unable to prepare a nutritious meal, **and** unable to use a vehicle or transportation system or walk to a food establishment, **and** no one else is willing and able to prepare a nutritious meal for you.
- As a participant, you must be able to eat your meal and if necessary arrange for whatever assistance and supervision you need to safely eat it.
- A spouse or disabled individual living with an eligible person may also receive home delivered meals. These individuals must meet the other eligibility criteria except for age, and the meal must be in your best interest as the eligible person.
- Scenic Valley Area Agency on Aging must be able to provide a meal that meets your dietary needs. (This means that some persons with unusual dietary needs may not be able to receive a meal because the correct type of food cannot be prepared.) We must be able to assure the food is at the proper temperature when it is delivered. (This means we need to limit our delivery area. Of course deliveries also depend upon the availability of volunteers!)

To cancel your meal for the day, call the Senior Center at 872-4666 before 9 am.