



Reliable. Nutritious. Delicious.

Reliable Providers of Quality Food to the Homebound

Senior Services of Albany provides meals seven days a week to the homebound through its Home-Delivered-Meal program, *Meals on Wheels*. The price is reasonable, the service is reliable and the food is nutritious and delicious.

Referring Organizations

- Albany County Department of Health
- Albany Medical Center
- Eddy Visiting Nurse Association
- St. Peter's Hospital
- Visiting Nurse Association of Albany, Inc.
- Visiting Nurse Service Association (Schenectady)

To access the government subsidized program in Albany County, call Albany County Department of Health at (518) 447-4600 and ask for "Intake". Clients must be at least 60 years of age and have disabilities that inhibit the ability to prepare meals, as well as no access to a congregate meal setting. Individuals who do not have cooking, refrigeration or food storage facilities are also eligible. Referrals from a neighbor, family, or friend, as well as self-referrals are welcome.

Once eligibility has been established, service can be initiated within 24 hours for those coming home from the hospital or that have an acute illness. A follow-up home visit is made within two weeks.

Meals are delivered five (5) days per week between 10 a.m. and 1 p.m. except major holidays. Frozen meals are used as alternatives for weekends and holidays. Meal requirements and service schedules are determined at the time of intake or assessment by the referring agency.

Each hot or cold meal provides 1/3 of the RDA for vitamins and minerals. Meals have no added salt and the following modified diets are available: No Concentrated Sweets, Low Fat, Ground and Pureed meals.

Payment Options

Clients aged 60 and over are asked to give as much of the suggested contribution of \$3.25 for 1 meal per day and \$4.50 for 2 meals per day. No one is denied service due to an inability to contribute. Cash, check or food stamps are accepted.

For those under 60, payment is on a fee-for-service basis; \$5.35 for 1 meal per day, or \$7.50 for 2 meals per day; and is required in advance.

Call Senior Services of Albany at (518) 465-6465 for details.

Over 5,000,000 meals served since 1986,

and on the way to serving 300,000 meals in the counties of Albany, Rensselaer and Schenectady in 2007.

<p>Albany Area Services and Centers</p>	<p>Madison Emporium</p>	<p>Administrative Offices</p>
<p>Meals on Wheels 518.465.6465 20 Rensselaer Street Albany, NY 12202</p>	<p>Thrift Shop 518.434.8524 25 Delaware Avenue Albany, NY 12210</p>	<p>25 Delaware Avenue Albany, NY 12210 Phone: 518.465.3322 Fax: 518.465.6188 www.seniorservicesofalbany.com</p>
<p>Newgate Social Adult Day Services 518.449.8035 760 New Scotland Avenue Albany, NY 122080</p>	<p>Healthways Program 518.465.3322 25 Delaware Avenue Albany, NY 12210</p>	
<p>Louise Corning Senior Center 518.465.3325 25 Delaware Avenue Albany, NY 12210</p>	<p>Transportation 518.434.4219 25 Delaware Avenue Albany, NY 12210</p>	<p>Serving Elders and Their Families Throughout the Capital Region</p>
<p>Westview Senior Center 518.482.2120 680 Central Avenue Albany, NY 12206</p>	<p>Community Care Services Division 20 Rensselaer Street Albany, NY 12202</p>	<p>Programs funded by Albany County Department for Aging, New York State Office for the Aging, City of Albany, United Way of Northeastern New York, and Senior Services of Albany Foundation.</p>
	<p>Shopping Assistance 518.432.0813 Friendly Home Visitors 518.432.0813 Caregiver Connection 518.465.1398 Volunteer Services 518.432.0813</p>	