

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

- **New York Connects**
- **Eddy Visiting Nurse Association**
- **Fidelis Health Care**
- **Senior Whole Health**
- **Visiting Nurse Association of Albany, Inc.**
- **Visiting Nurse Service Association (Schenectady)**

To access the government subsidized program in Albany County, call New York Connects at (518) 447-7177. 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 started within 24 hours for those coming home from the hospital or those that have an acute illness.

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.

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 6,000,000 meals served since 1986.

<p>Albany Area Services and Centers</p> <p>Meals on Wheels and Food Service Division 20 Rensselaer Street, Albany, NY 12202518.465.6465</p> <p>Newgate Social Adult Day Services.....518.449.8035 760 New Scotland Avenue Albany, NY 12208</p> <p>Westview Senior Center518.482.2120 680 Central Avenue Albany, NY 12206</p> <p>Transportation..... 518.434.4219 20 Rensselaer Street Albany, NY 12202</p>	<p>Community Care Services Division 20 Rensselaer Street, Albany, NY 12202</p> <p>Shopping Assistance 518.432.0813</p> <p>Friendly Home Visitors 518.432.0813</p> <p>Caregiver Connection..... 518.465.1398</p> <p>Volunteer Services..... 518.432.0813</p> <p>HIICAP.....518.935.2307 (Health Insurance Information, Counseling and Assistance Program)</p> <p>Administrative Offices 32 Essex Street, Albany NY 12206 Phone: 518.465.3322 Fax: 518.465.6188</p>	<p>Senior Services <i>of Albany</i></p> <p>Serving Elders and Their Families Throughout the Capital Region</p> <p>seniorservicesofalbany.com</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 community support.</p>
---	---	---