

## Meals on Wheels

Meals on Wheels are provided on a short-term or long term basis to home bound elders age 60+ who are unable to prepare a nutritionally balanced noon meal for themselves AND are unable to attend a Congregate meal site.

### **Volunteers:**

- ★ Deliver the meals Monday through Friday and are reimbursed for the use of their vehicles.
- ★ Help prepare the packaged meals.

### **Well-being Checks:**

Meals on Wheels are more than a hot lunch. The volunteers who deliver the meals ensure daily contact and a “well-being” check for elders who are alone during the day.

### **Requirements:**

★ Elders are asked to call and give 24-hour notice for the start of home meal delivery (413-773-5555 or 978-544-2259) or to resume or end the service (413-772-7702).

★ There are no eligibility guidelines. A minimal voluntary donation is requested.

## Senior Dining Centers

### **Senior Dining Center Meals are:**

★ Hot noon meals provided for elders age 60+ and their spouse of any age.

★ In a congregate setting at one of eight Senior Centers or nine Luncheon Clubs listed on the inside of this pamphlet.

### **Added benefits:**

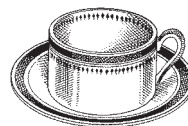
★ Socialize with friends & neighbors.

★ Often the Senior Dining Centers (meal sites) located at the Senior Centers offer a variety of programs such as health clinics, recreation programs, exercise classes, and craft classes.

### **Requirements:**

★ Reservations must be made one day in advance by 11:30 a.m. Contact information is listed inside this pamphlet.

★ There are no financial eligibility requirements. A minimal voluntary donation is requested.



Franklin County Home Care Corporation/Area Agency on Aging (FCHCC) is a private, non-profit corporation, which develops, provides, and coordinates a range of services to support the independent living of elders, people with disabilities and caregivers.



FCHCC serves all Franklin County towns plus Athol, Petersham, Phillipston and Royalston in Worcester County.



We are committed to preventing or postponing the need for institutional care, facilitating the return home after an institutional stay, advocating for elders and people with disabilities, funding local projects and providing support to local Councils on Aging and Senior Centers.



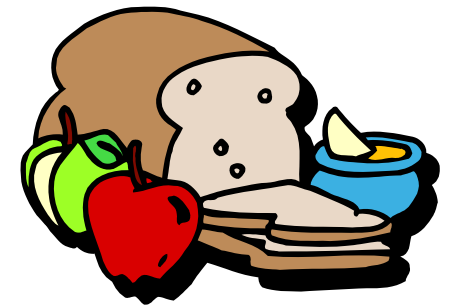
FCHCC is committed to diversity in employment practices and service delivery. Our agency prohibits discrimination and takes affirmative action in these areas, to serve people in our community with fairness and respect for all. We recognize that many differences among people may be barriers to inclusion. These differences include race, physical appearance and ability, sex, age, nationality and ancestry, class, religious and political beliefs, marital status, sexual orientation, and gender identity. We welcome and value all persons and we dedicate our agency to an ongoing effort to achieve the goal of greater diversity among our employees, clients and others whom we serve.



Franklin County Home Care Corporation/Area Agency on Aging is funded in part by the federal Older Americans Act, the state Executive office of Elder Affairs, the Division of Medical Assistance, Department of Public Health and other sources both public and private. FCHCC is operated by a local volunteer Board of Directors, a majority of whom are, by law, elders. The agency is an AA/EOE employer, and does not discriminate in program admissions, access, services or employment practices.



# Meals on Wheels & Senior Dining Centers (Congregate Meals)



A Service of  
**Franklin County Home Care Corporation**  
330 Montague City Road, Suite 1  
Turners Falls, MA 01376-2530

413-773-5555 ❖ 978-544-2259  
800-732-4636

TDD 413-772-6566 ❖ Fax 413-772-1084  
info@fchcc.org ❖ www.fchcc.org

# For Meals on Wheels & Senior Dining Centers

## The Meals:

- ★ Are planned to provide between 600-800 calories, no added salt and one-third of the daily nutrients per meal as recommended for older adults.
- ★ Contain no more than 30% of the daily fat allotment. Non-sugar desserts are available for those who require this type of dietary item. Therapeutic meals to support a variety of medical conditions (like heart disease or kidney disease) can be prescribed by your health care provider by calling 413-773-5555 or 978-544-2259 and asking for the Meals on Wheels program.

## Meal Menus are published:

- ★ Online at [www.fchcc.org](http://www.fchcc.org)
- ★ For the upcoming week in the Friday edition of The Greenfield Recorder.
- ★ For the upcoming month in the Athol Daily News "Quabbin Times" section.

### SENIOR DINING CENTERS/LUNCHEON CLUBS 10/16/07

SENIOR DINING CENTERS and LUNCHEON CLUBS	SERVING DAYS	HOURS	CONTACT/PHONE
<b>ATHOL SENIOR CENTER</b> 416 Main Street, Athol, MA 01331	Mon thru Fri Congregate only	10:00-1:00 pm	Rosemary Peirce 978-249-9001
<b>BERNARDSTON SENIOR CENTER</b> Powers Institute, 20 Church Street Bernardston, MA 01337	Cong.-Mon-Fri HDM- M-F	8:00-1:00 pm	Robbin Terault 413-648-5319
<b>CHARLEMONT LUNCHEON CLUB</b> Charlemont Federated Church 175 Main St. Charlemont, MA 01339	Wednesday Congregate only	10:00-1:00 pm	Linda S. Reynolds Site 413-339-4201 Reservations 413-339-5324 Sandra Beighley 413-423-3308
<b>ERVING SENIOR CENTER</b> 18 Pleasant Street, Erving, MA 01344	Cong.-Mon-Thurs Congregate only Mon thru Fri CONG. and HDM	9:30-12:30 pm 8:00-1:00 pm	Janet Filarey 413-665-2141
<b>FRONTIER SENIOR CENTER</b> 67 N. Main St., S. Deerfield, MA 01373	1 <sup>st</sup> Thursday & 3 <sup>rd</sup> Thursday Congregate only Friday Congregate only	10:00-1:00 pm	Val Kaempfer, Eileen Tougas, Vol Site 413-337-4847 Reservations Dottie Session 413-337-4896 Eleanor Duncan – Vol Site 413-548-9410 Reservations 413-665-2939
<b>HEATH LUNCHEON CLUB</b> The Community Hall Heath, MA 01346	Mon thru Fri CONG. and HDM	9:00-2:00 pm	Christine Richer 413-863-9357
<b>LEVERETT LUNCHEON CLUB</b> Town Hall, Leverett, MA 01054	2 <sup>nd</sup> & 4 <sup>th</sup> Friday of the Month Congregate only	10:00-1:00 pm	Barbara Pine Site 978-544-6437 Reservations 978-544-6046
<b>MONTAGUE SENIOR CENTER</b> 62 5 <sup>th</sup> St., Turners Falls, MA 01376	Mon, Tues, Thurs Congregate only	10:00-1:00 pm	Marianne LeBlanc 413-498-2186
<b>NEW SALEM LUNCHEON CLUB</b> 17 West Main Street New Salem, MA 01355	Mon thru Fri CONG. and HDM	8:00-2:00 pm	Charlotte Weltzin 978-544-7082
<b>NORTHFIELD SENIOR CENTER</b> 69 Main Street, Northfield, MA 01360	Monday Congregate only	10:00-1:00 pm	Mary Russell Site 978-724-3522 Reservations-Gil King 978-724-3276 Jean Marshall Site 978-249-8583 Reservations 978-249-3164
<b>ORANGE SENIOR CENTER</b> 135 East Main Street Orange, MA 01364	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the Month Congregate only	10:00-1:00 pm	Betty Woodbury – Vol Site 978-249-9641 Reservations 978-249-9656 Phyllis Thane 413-625-6266
<b>PETERSHAM LUNCHEON CLUB</b> Town Hall, Petersham, MA 01366	Wednesday Congregate only	10:00-1:00 pm	Muriel Gross – Vol Site 413-259-1345 Reservations 413-259-1246 Dan Dibble – Vol Site 978-544-6315 Reservations 978-544-2630
<b>PHILLIPSTON LUNCHEON CLUB</b> 1 <sup>st</sup> Congregational Church, The Common Phillipston, MA 01331	Mon, Tues, Thurs Congregate HDM Mon - Friday Tuesday Congregate only	9:00-2:00 pm	
<b>ROYALSTON LUNCHEON CLUB</b> Town Hall, Royalston, MA 01368	Tuesday Congregate only	10:00-1:00 pm	
<b>SHELBURNE SENIOR CENTER</b> 7 Main Street, Shelburne, MA 01370	Monday Congregate only	10:00-1:00 pm	
<b>SHUTESBURY LUNCHEON CLUB</b> Community Center, Shutesbury, MA 01072	Monday Congregate only	10:00-1:00 pm	
<b>WARWICK LUNCHEON CLUB</b> Town Hall Warwick, MA 01378	Tuesday Congregate only	10:00-1:00 pm	