

# Senior Nutrition Services

For more than 30 years, the Senior Nutrition Program has provided daily home-delivered and congregate meals to seniors and the frail elderly who cannot prepare meals for themselves. More than a meal, the socialization, daily contact, caring volunteers, and professional case management we provide enable seniors to continue living in their own homes independently.

**Our Congregate Meals program** provides one-third of the Registered Dietary Allowance; ensuring seniors receive at least one nutritiously balanced meal on a daily basis. We provide a warm and friendly atmosphere with a hostess at each center who greets newcomers, introduces them to other participants, and tries to seat newcomers with active, friendly seniors. The Congregate Meals program enables the senior to obtain a nutritious meal at an affordable price determined by them. (We suggest a donation of \$2.00 per meal.) Meals are provided at the Napa Senior Center, St. Helena, Calistoga and American Canyon.

**Our Meals on Wheels program** allows seniors to stay in their homes for as long as possible by providing a daily nutritious meal and by connecting them with other services as the need arises. Our staff interfaces with Senior Assistance, Friendly Visitor, home health agencies and members of the immediate family. Meals on Wheels is usually the only agency that sees homebound seniors on

a daily basis. The home-delivered meals drivers are trained to identify adult abuse and to observe behavior patterns. Any irregularities or personality changes are reported to our Program Director immediately.

**Non-Senior Disabled Meals on Wheels program** allows for disabled persons to receive a nutritious meal delivered to their home. There is no other program like this in Napa County. With a small grant from Hands Across the Valley this program was started in late 2004 after receiving many calls requesting this service. We served 58 disabled people in 2006.

The Senior Nutrition Program's St. Helena Site Manager serves meals in St. Helena and packages meals to be delivered in St. Helena and Calistoga. Meals are delivered either by the Site Manager or by volunteers. We serve meals to seniors at the American Canyon Mobile Home Park, and deliver meals on wheels in that area. We've learned that seniors residing in area mobile home parks sometimes do not feel comfortable participating at a mobile home park where they do not reside, therefore we are continually searching for public sites for daily meals. We serve meals at the American Canyon Community Center once a month, including a Bingo game before dinner.

- Daily home delivered meals
- Nutrition based
- Provides social interaction
- Encourages independent living
- Congregate sites throughout Napa Valley

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