

SOUTHWESTERN VERMONT COUNCIL ON AGING

The Southwestern Vermont Council on Aging (SVCOA) is a private non-profit community based organization whose goal is to support elders 60 years of age and older in maintaining maximum independence.

The Council seeks to be responsive to both individual elders, who need assistance to remain independent, as well as, the communities in our region who need our technical assistance and support. SVCOA works to identify elder needs and create locally based solutions.

"An older adult is a person who is still developing, still growing, still a learner, still with potential, whose life continues to have within it promise for the connections to the future..."

Senior Helpline : 1-800-642-5119

www.svcoa.org

This material is available, upon request, in alternate formats such as large print, braille, and audio cassette, or disk.



HOME DELIVERED MEALS PROGRAM

Rutland County:

143 Maple Street
Rutland, VT 05701
Phone: (802) 786-5990
Fax: (802) 786-5994

Bennington County:

160 Benmont Avenue
Suite 90
Bennington, VT 05201
Phone: (802) 442-5436
Fax: (802) 447-2846

Supporting persons 60 years and older to
live independently

Meals on Wheels delivers over 1,000 meals a day. Our goal is to serve you good, hearty, and healthy food in a cheerful, honest, and efficient manner.

The Southwestern Vermont Council on Aging administers Meals on Wheels in partnership with three providers in Rutland and Bennington County: Lindley Food Services (Rutland), Poultney Young at Heart (Poultney), and the Bennington County Meals Program (Bennington).

Rutland Meals On Wheels

TRIO Community Meals
80 Belden Road Unit #6
Rutland, VT 05701
802-775-0133

Poultney Young at Heart

206 Furnace Street
Poultney, VT 05764
802-287-9200

Bennington County Meals Program

124 Pleasant Street
Bennington, VT 05201
802-442-8012

FREQUENTLY ASKED QUESTIONS

When do my meals come?

Meals on Wheels are delivered by community volunteers five days a week in the majority of the communities we serve. Meals arrive between 10:30am and 1:30pm. A hot, nutritious meal is delivered to your door and includes a protein, vegetables, milk, juice, bread, and fruit. We also provide frozen meals to communities that we can't serve daily.

What if I'm not going to be home?

If you know that you are not going to be home for a scheduled delivery, please call Meals on Wheels 24 to 48 hours in advance. For food sanitation reasons, we cannot leave a meal unattended. Please be at home to receive your meal. If you miss three meals without prior notice we reserve the right to terminate your Meals on Wheels service.

Do my meals cost money?

There is a suggested donation of \$3.50 per meal. All drivers carry envelopes for donations. You can give the envelope back to the driver or mail it directly to your Meals on Wheels provider.

ELIGIBILITY

- Any person 60 years of age or older and is unable to leave home without considerable difficulty and/or assistance.
- **AND** experiences a physical or mental condition making them unable to obtain food or prepare meals on a temporary or permanent basis.
- The spouse of an eligible participant (regardless of age).
- People under 60 years of age with a disability are eligible if they reside with or are in the care of an individual receiving Meals on Wheels.

Preference will be given to individuals who are low-income, minority, limited English proficiency, and at risk for institutional placement.

TO SIGN UP FOR MEALS ON WHEELS

For information or to see if you qualify for home delivered meals please call (802) 786-5990. Our staff will work with you to understand your individual dietary and meal delivery needs. If you cannot make the call yourself, a family member, friend, or caregiver may call on your behalf. All clients are deemed eligible until they complete a mandatory assessment.

BECOME A VOLUNTEER

A visit by the Meals of Wheels delivery volunteer is just as vitally important as the healthy meal. Volunteers bring bright smiles and friendly greetings to make sure seniors are safe.

Meals on Wheels seeks volunteers to help serve the community. Please call your nearest home delivered meal provider if you're interested in becoming a volunteer.



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.