



PERRY COUNTY SENIOR CITIZENS SERVICE CENTER, INC.

4 NORTH SPRING ST

PERRYVILLE, MO 63775

www.perrycountyseniorcenter.com

573-547-2188

Home Delivered Meals Program Information

WELCOME



Funding for our Home Delivered Meals program is provided by:

Aging Matters (SEMO Area Agency on Aging)

Perry County Senior Services Tax Commission

Fundraising and Donations from our clients and community

PERRY COUNTY SENIOR CITIZENS SERVICE CENTER, INC.

Home Delivered Meals Program Information

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Home Delivered Meals Program Information

What are Home Delivered Meals? Home delivered meals are hot meals delivered to your home Monday thru Friday, and we have frozen meals available for the weekend. The meals meet 1/3 of the Dietary Reference Intakes (DRI).

Are ALL senior citizens eligible for the program? No. Certain criteria must be met to receive home delivered meals.

How do I get on the list for home delivered meals? If you feel you meet the criteria for home delivered meals, you, or someone calling on your behalf, must call the office to schedule an appointment for an assessment. Due to different funding guidelines, seniors age 55-59, which are subsidized under the Perry County Sales Tax, and any age-ineligible clients will need a referral from a doctor or medical personnel. Please see page 7 for the Physician's Referral Form which must be completed by your doctor.

Is there a waiting list? We are currently able to serve the need of seniors age 60 and over in Perry County. Those who are age- ineligible for our services, but are in need of a delivered meal will be placed on a waiting list.

Are there any forms that need to be filled out? Yes. We require a NAPIS (National Aging Program Information system) assessment form for everyone who requests a home delivered meal. Soon after your request is received, a person from our staff will schedule a visit to your home to complete this form. Age-ineligible and age 55-59 seniors will also have a Needs Assessment filled out to determine the level of care needed.

How is my information used? The NAPIS form is used as a tool to assess the need and eligibility for meals, and to coordinate other available services. Information is kept confidential and secure.

How often will I be required to have an assessment? A complete NAPIS reassessment must be completed every year, along with a 6 month phone reassessment.

How long can I receive Home Delivered Meals? Ideally, the program is intended as a short-term service, which should last no longer than 6 months. Following a reassessment however, the length of time can be extended if deemed necessary. Since home delivered meals are designed as a **short-term solution** to a medical problem, delivery ends when the participant's health improves.

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What are the criteria to receive home delivered meals: You must be a Perry County resident, homebound (unable to attend the congregate program at the senior centers) or unable to prepare meals due to a recent hospitalization or a chronic and/or debilitating illness. The applicant must fit at least one of the following criteria to be eligible:

- **Age 55 and over :**
 - Homebound by reason of long-term physical or mental illness or incapacitating physical or mental disability.
 - Homebound by reason of short-term illness.
 - The spouse, regardless of age or condition, of an eligible home delivered meal recipient if it is in the best interest of the older homebound person and at least one of the following criteria is met:
 - Receipt of the meal will enrich the physical, mental, or emotional well-being of the homebound individual.
 - The homebound individual cannot be left alone.
- **Handicapped age 18-59 must meet one of the above listed criteria AND:**
 - Have a certified disability, AND
 - Live in senior housing or live with a homebound senior receiving services
- **Authorized under the State Medicaid Program**
 - Age 63 +
 - We will not ask for or accept a voluntary donation for the meals.

ALL APPLICANTS UNDER THE AGE OF 60 WILL NEED A PHYSICIAN'S REFERRAL TO ENROLL IN THE HOMEBOUND DELIVERED MEALS PROGRAM.

*Home Delivered Meals
Are*

A BRIDGE BETWEEN



ILLNESS AND WELLNESS

PERRY COUNTY SENIOR CITIZENS SERVICE CENTER, INC.

Home Delivered Meals Program Information

When are meals delivered?

- Meals are delivered between 10:30 and 1:00 Monday - Friday.
- In case of winter weather – **IF THE PERRYVILLE PUBLIC SCHOOLS ARE CLOSED, THE SENIOR CENTERS ARE CLOSED AND THERE IS NO HOME DELIVERY.**
- In case of holiday – frozen meals are available, for delivery the day before.

What is the cost of the meals?

- **AGING MATTERS (SEMO AAA) FUNDED SENIORS AGE 60+ and eligible handicapped:** There is a suggested donation of \$3.00 for each delivered meal to help offset the costs of food, supplies, labor and delivery. The actual cost of our meal is \$6.80. Your generous contribution toward the cost of our meals insures the future of our Senior Centers.

****How can I make my contribution? Every Monday** when your meal is delivered, Your driver will leave an envelope for your contribution. **Every Friday** your envelope will be collected by your driver. Please have it ready.

Whenever possible, and for the safety of our drivers, checks are preferred.

****Should I put my name and address on the envelope?** Your contribution is anonymous. It is not necessary to write your name on the envelope.

****What if I cannot afford to pay the suggested amount of \$3.00 per meal?**

A donation of any amount is welcome. If, at any time, you are unable to contribute; please return your envelope to the driver anyway. You will not be denied a meal if you are unable to make a contribution.

- **PERRY COUNTY SENIOR SALES TAX COMMISSION FUNDED SENIORS AGE 55-59:**

****There is a CHARGE of \$3.00 for each delivered meal. You will be required to pre-pay for your meals by the week.** Before the first delivery, we will need payment for the first week.

****Every Monday** when your meal is delivered, your driver will have an envelope with the amount due for the next week's meals.

****Every Friday** your envelope will be collected by your driver. Please have it ready. Whenever possible, and for the safety of our drivers, checks are preferred.

**** What if I cannot afford to pay the charge of \$3.00 per meal?** We do not currently have enough Sales Tax Funding to offer meal delivery to our clients age 55-59 without pre-payment.

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Home Delivered Meals Program Information

Can my meal be left outside if I am not at home? The drivers are instructed **NOT to leave a meal** outside, or in a cooler, or with a neighbor, due to our health and safety regulations.

What if I know in advance that I am not going to be home when my meal is delivered?

If, on occasion, an appointment keeps you from being home at the time of meal delivery, call the office to let us know. If we do not receive a call, and you are not home to receive your meal, we will call your emergency contact to have them check on you. If we cannot reach your emergency contact, we will call the police to do a home check to make sure you are ok. **If we have to call your emergency contact because you were not home to receive your meal on three separate occasions, you will no longer be considered homebound, and your meals will be discontinued.**

Can I receive meals for Saturday and Sunday? Weekend meals are available in extreme situations. If you qualify for frozen meals, your driver will deliver them with your meals.

What should I do with my meal if I am not going to eat it when it is delivered? Our meals are meant to be consumed when delivered to retain the quality and safety of our food. Your meal **MUST** be refrigerated (or frozen) if you are not going to eat it upon delivery.

How do I heat my refrigerated and /or frozen meal? The fresh meals may be heated in the microwave. It is widely recommended that you transfer the food to a plate before reheating. The frozen meals should be kept frozen, and reheated quickly in the microwave to an internal temperature of 165 degrees. In a conventional oven, place meal on a cookie sheet and heat at 350 degrees for 30 minutes.

Can you accommodate my restricted diet? All of our homebound delivered meals meet 1/3 of the daily DRI recommended nutrition guideline and are prepared without added sodium and limited sugar. Unfortunately, no other dietary restrictions can be accommodated by the program.

How do I discontinue my Homebound Delivered Meals? If you wish to discontinue your meals, please call the office at 547-2188 and we can take you off our delivery sheets.

**** When your health improves, and your home delivered meals are no longer needed.... We encourage you to join your neighbors and friends for a hot noon meal and a few hours of socialization and recreational activities at one of our Senior Centers. ****

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Dear Physician:

Your patient has requested to receive home delivered meals from the Perry County Senior Centers. Our program provides participants a hot noon meal, which includes 1/3 of the current Dietary Reference Intakes (DRI) recommended dietary allowance for their age group.

Our meals are prepared with no added salt and limited sugar, and are acceptable for a diabetic menu. Unfortunately, no other dietary modifications are available.

Our guidelines for seniors under the age of 60 require a physician's referral which includes the participant's health condition that precludes them from being able to cook a nutritious meal, and the expected time frame for this condition to continue. If the patient currently has an aide that is expected to cook a noon meal, please let us know.

To enable your patient to enroll in our program, please complete and return this form as soon as possible. If you have any questions, please do not hesitate to call.

Thank you,

Susan A. Foster
Administrator

PATIENT NAME : _____

HEALTH CONDITION: _____

TIME FRAME OF EXPECTED NEED FOR DELIVERED MEALS: _____

DOES THE PATIENT HAVE AN AIDE IN THE HOME TO COOK A NOON MEAL? _____

DATE: _____ SIGNATURE: _____

DR. _____ PLEASE PRINT FULL NAME