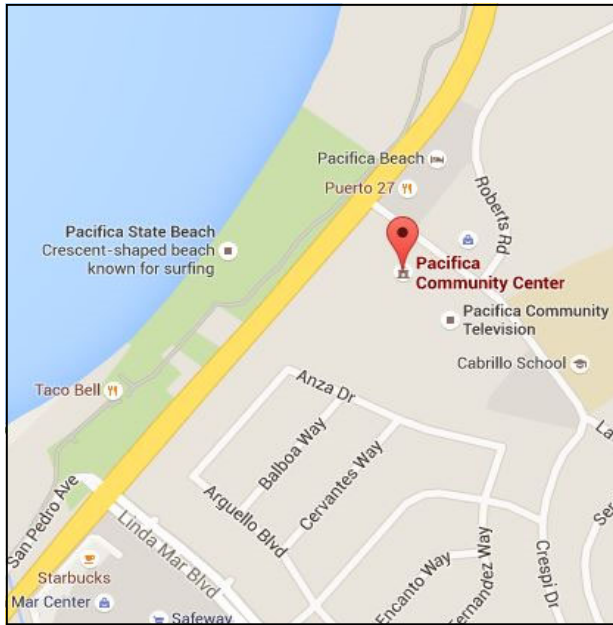


## How can you help?

- ◆ We always welcome MOW delivery volunteers. A one day per week commitment is appreciated. Mileage reimbursement is available. Please call (650) 738-7350.
- ◆ Cash donations to the program are utilized to support the Meals on Wheels program.

## Location



## Phone Numbers to Know

- ◆ Programs Coordinator (650) 738-7384
- ◆ Transportation Specialist (650) 738-7353
- ◆ MOW Coordinator (650) 738-7350
- ◆ Senior Services Supervisor (650) 738-7352

## Senior Services Hours

- Monday, Tuesday and Thursday 8:30am to 4:30pm  
Wednesday 8:30 am to 7 pm  
Friday 8:30am to 1:00 pm  
Closed on major holidays. See menu for dates.



**Pacifica Senior Services**  
Pacifica Community Center  
540 Crespi Drive  
Pacifica, CA 94044

Customer



# Meals on Wheels



## Pacifica Senior Services

Pacifica Community Center  
540 Crespi Drive  
Pacifica, CA 94044

(650) 738-7350

[www.cityofpacifica.org](http://www.cityofpacifica.org)

[www.facebook.com/PacificaSeniorServices](https://www.facebook.com/PacificaSeniorServices)

*More than a meal...*

## Pacifica Senior Services

### Purpose

Pacifica Senior Services has been in operation since 1974. A division of the Parks, Beaches and Recreation Department, our programs and services are offered from the Pacifica Community Center which houses our multi-purpose Senior Center.

*Pacifica Senior Services is the community focal point for seniors' quality of life. We are committed to providing services and programs for older adults including those with disabilities which maintain and enhance the quality of their lives, reduce isolation and promote socialization.*

### Meals on Wheels (MOW)

#### MOW Program Requirements

The Pacifica Meals on Wheels program delivers scratch-cooked meals Monday-Friday. Its goal is to help Pacifica seniors maintain their independence and stay in their home.

#### Who is Eligible

MOW is available to frail, homebound Pacifica seniors and disabled adults who are unable to prepare or obtain nutritious meals.

#### Seniors

- ◆ 60 years or older
- ◆ frail and homebound
- ◆ at nutritional risk
- ◆ unable to shop or prepare their own meals
- ◆ unable to obtain meal from a family member or caregiver

#### Disabled Adults under 60 years

- ◆ Same requirements as seniors
- ◆ The suggested donation is \$4.00 per meal, but a minimum payment of \$3.00 per non-senior meal is required

### Nutrition Services

Healthy and balanced meals are freshly prepared in our onsite kitchen and meet 1/3 of an adult's daily nutritional requirements.

Seasonal two month cycle menus are created based upon nutrition requirements, client choices, seasonal items and budgetary allowance. There are no special diets available, but consideration is given to reduce sodium, fat and sugar.

### Meal Deliveries

Meals are delivered ready-to-eat Monday-Friday (except holidays) by volunteers. Deliveries are made between the hours of 10:45 am and 1:00 pm. Clients must be at home to receive the meal.

The MOW Coordinator must be notified before 9:00am (voicemail OK) if the client is unable to be at home to receive a meal on the day of delivery. If there is no notification and door is unanswered, efforts may be made to notify the emergency contact or the police to do a welfare check.

### Quarterly Assessments

Quarterly assessments are required by Aging and Adult Service (partial-funder). There are two phone assessments and two face-to-face annually. These are coordinated through our MOW Coordinator.

The assessments are utilized to discuss the program and ensure clients' needs are being addressed. Information and referrals to other in-home help support may be discussed.

### Program Funding

The City of Pacifica's Meals on Wheels program is partially funded with federal Older American Act funding, the San Mateo County trust account, City of Pacifica support, Pacificans Care sponsorship, and generous donations from clients, volunteers, and members of the public.

### Donation Collection

Donations are critical to sustaining the Meals on Wheels program. The suggested donation is \$4.00 per meal but no eligible individual will ever be denied service for failure or inability to contribute. Monthly "recaps" and donation envelopes are distributed by MOW volunteers during the first week of each month. Donations can be returned via USPS or volunteers.

### More Than a Meal

Our friendly volunteers are our eyes and ears checking each client's welfare. Please feel free to give volunteers feedback about our services. They may share concerns they observe on your behalf with the MOW Coordinator or Senior Services Supervisor.

### How to Apply

Contact our Meals on Wheels Coordinator at (650) 738-7350.

### Other Services

#### Nutrition Consultant

A Registered Dietician is available to discuss your personal nutrition concerns. Please let our MOW Coordinator know you are in need of a free consultation.

Monthly presentations on nutrition are offered at the Senior Center and information from those sessions is shared with MOW clients through the bi-monthly MOW Newsletter.

#### Information & Referral Service's

- ◆ HICAP Medicare Counseling
- ◆ Homecare
- ◆ Legal Aid
- ◆ Tax Assistance
- ◆ SASH (Shopping Assistance for Seniors Homebound)
- ◆ Medical Equipment Loan Closet
- ◆ Health Education Resource Room
- ◆ Assistive devices for daily living
- ◆ Elder Abuse
- ◆ Podiatry Care