



## **Nutrition Programs for Seniors:**

- **Congregate Meals**
- **Farmers Market Vouchers**
- **Home Delivered Meals**

**July 26, 2011**

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## **Agenda**

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- About the ADRC
- Nutrition Programs for Seniors:
  - Farmers Market Vouchers
  - Congregate Meals
  - Home Delivered Meals
- Q & A, Evaluations

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# ADRC: Resources for Seniors and People with Disabilities

Erin Ulibarri, Health Educator  
County of Orange Office on Aging

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*Advocacy. Action. Answers on Aging.*

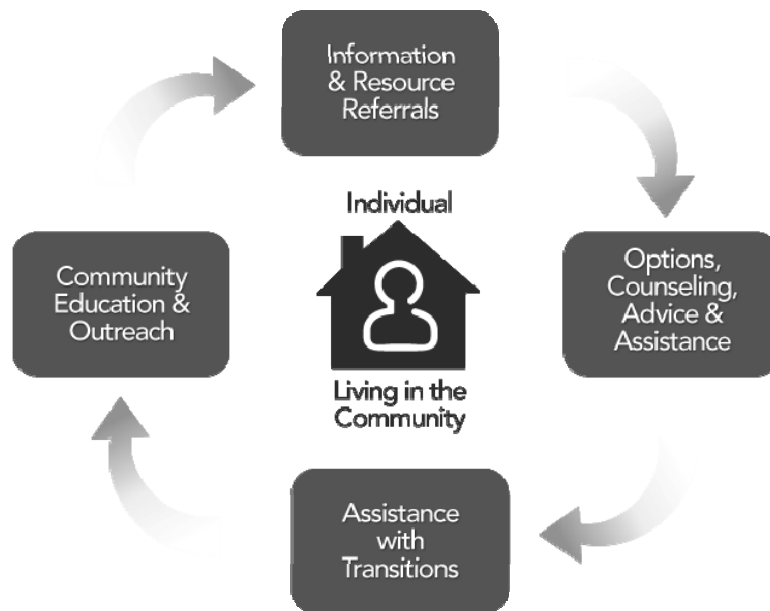


Supported by the California Department of Health and Human Services Agency and  
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# ADRC OC Program Functions

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## Information & Resource Referrals

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- Adult Day Care
- Bereavement and Burial
- Caregiver Support
- Care Coordination
- Disability Services/Products
- Emergency Hotlines
- Financial Assistance
- Health/Medical
- Home Modification/Repair
- In-Home Services
- Insurance
- Legal Services
- Meals/Food
- Recreation/Sports/Leisure
- Safety
- Sanitation
- Senior Centers
- Support Groups
- Transportation
- Veterans Services

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# Accessing Services

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**Call the County of Orange Office on Aging at 1-800-510-2020**  
Speak to an Information & Assistance Referral Specialist



**Find resources at [www.adrcoc.org](http://www.adrcoc.org)**  
The searchable database includes thousands of resources



**Visit any of the partner locations:**

County of Orange Office on Aging

1300 S. Grand Avenue, Building B, Santa Ana, CA 92705



Dayle McIntosh Center

13272 Garden Grove Boulevard, Garden Grove, CA 92843

24012 Calle De La Plata #110, Laguna Hills, CA 92653



## Farmers Market Vouchers

**Erin Ulibarri, MPH, CHES, Health Educator**  
County of Orange Office on Aging

# Seniors Farmers' Market Nutrition Program

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- Booklet = 10 coupons worth \$2 each
- Can be used at WIC-approved certified markets
- Eligibility:
  - At least 60 years of age
  - Low-income
  - Able to sign for the booklet (or send a proxy)
- Good for:
  - Fruits
  - Vegetables
  - Cut herbs
  - Honey

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# Older Americans Act

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- Enacted in 1965
- Reauthorization required in 2011
- Title IIIC – Funds congregate and home delivered meals
  - Each meal to provide 1/3 of daily nutrition requirement
  - Fee cannot be charged
  - May request donation

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## Meals on Wheels & Case Management

Ana Poblet  
Assistant Home Delivered Meals Supervisor  
Community SeniorServ

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## MOW/CM Qualifications

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- Age 60+
- Homebound by reason of illness, disability, and/or isolation
- Have difficulty shopping and preparing meals
- Have a need for Case Management services

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# Meals on Wheels Services

- Delivers three meals a day/five days a week
- Donation based program
- Suggested donation is \$4.50 a day
- \$1.38 is our average daily donation
- Community SeniorServ serves 1,100 homebound seniors
- Wait List



# CCS MOW Service Area

<b>Anaheim</b>	<b>Garden Grove</b>	<b>Santa Ana</b>
<b>Brea</b>	<b>Huntington Beach</b>	<b>Seal Beach</b>
<b>Buena Park</b>	<b>La Habra</b>	<b>Stanton</b>
<b>Costa Mesa</b>	<b>Los Alamitos</b>	<b>Tustin</b>
<b>Cypress</b>	<b>Midway City</b>	<b>Unincorporated</b>
<b>Fountain Valley</b>	<b>Orange</b>	<b>Westminster</b>
<b>Fullerton</b>	<b>Placentia</b>	<b>Yorba Linda</b>

# Case Management Services

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- Provided for all Meals on Wheels clients
- Designed to assist older adults facing multiple challenges
- Evaluate and find acceptable solutions to meet the clients individual needs
- Referrals to supportive services



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# Case Management Supportive Services

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- Home Safety Checks
- Personal Care
- Homemaking
- Chore
- Respite
- Friendly Visitor Referrals
- Community Referrals

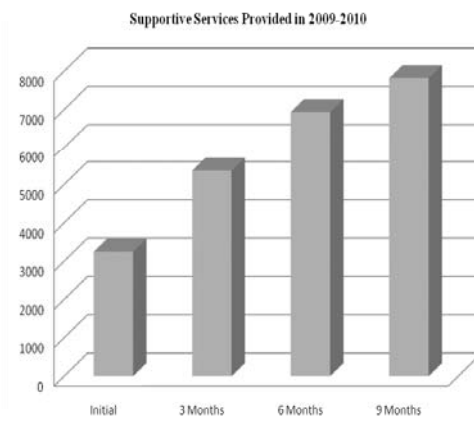


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# Increased Access to Supportive Services

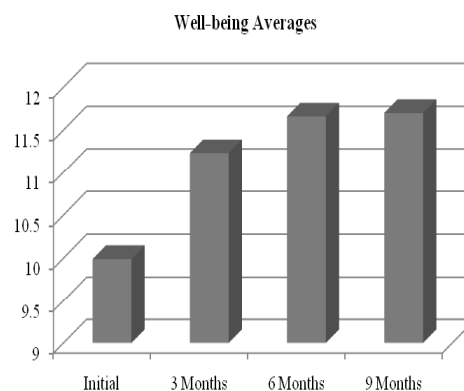
- Participants access more community resources
- Provides more resources to live independently



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# Sustained Increase in Well-Being

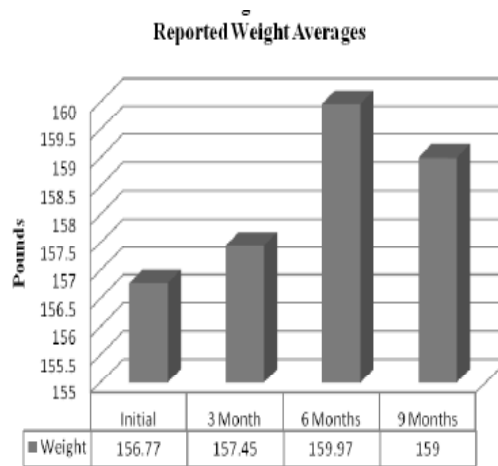
- Well-being evaluated by program staff on defined factors
- Regular and healthy nutrition
- Social contact with delivery drivers and case management services



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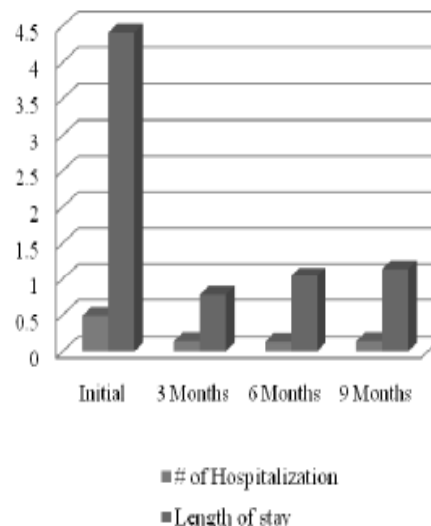
# Gained or Maintained Weight

- Stable and nutritious diet
- Improved health and nutrition for frail seniors



# Fewer hospitalizations

- Number and length of hospitalizations reduced.
- Saves medical costs
- Helps participants to live independently longer



# CCS Contact Information

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## Main Office

1200 Knollwood Circle  
Anaheim, CA 92801  
Ph: (714) 220-0224  
Fx: (714) 220-1374

- Meals on Wheels
- Volunteer Program
- Case Management
- Supportive services
- Senior Lunch Site Listings

## Anaheim ADHC Center

1158 Knollwood Circle  
Anaheim, CA 92801  
Ph: (714) 220-2114

## Santa Ana ADHC Center

1101 S. Grand Ave Ste: K-M  
Santa Ana, CA 92705  
Ph: (714) 558-1216

## Buena Park Adult Day Care

8150 Knott Avenue  
Buena Park, CA 90620  
Ph: (714) 826-3163



# Age Well Senior Services MOW

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- Suggested Donation \$6.50
- Serving South OC
  - Corona Del Mar
  - Dana Point
  - Laguna Beach
  - Laguna Hills
  - Laguna Niguel
  - Lake Forest
  - Mission Viejo
  - Rancho Santa Margarita
  - San Clemente
  - San Juan Capistrano



## Senior Lunch Program

**Lisa Gibson, Dietician**  
**Age Well Senior Services**

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## Center Activities

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- Hot Nutritious Lunch Provided
- Suggested Donation of \$4
- Activities
  - Bingo Days
  - Dances
  - Themed Events
  - Physical Exercise
  - Socialization
  - Education
  - Computer Classes
  - Field trips



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# Centers Served by Age Well

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- Oasis Senior Center
- Del Obispo Community Center
- Susi Q Senior Center
- Florence Sylvester Senior Center
- Sea Country Community Center
- City of Lake Forest Senior Center
- Norman P. Murray Community and Senior Center
- Bell Tower Community Center
- Dorothy Visser Senior Center
- San Juan Capistrano Community Center

# Contact Age Well Senior Services

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- **Age Well Senior Services, Inc.**  
Administrative Office  
24300 El Toro Road • Suite A-2000  
Laguna Woods, CA 92637  
(949) 855-8033 - Phone
- **Age Well Adult Day Services**  
24300 El Toro Road, Building A  
Laguna Woods, CA 92637  
(949) 855-9444

# Centers Served by CSS

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- 27 centers in 20 cities in Central and North OC
- Suggested donation \$2.50

Abrazar (Anaheim)

Acacia

Anaheim West

Ana. Independencia

Brea

Buena Park

Costa Mesa

Cypress

El Modena (Orange)

Fountain Valley

Fullerton

Garden Grove

Huntington Beach

La Habra

Los Alamitos

Midway City

N. Seal Beach

Orange

Placentia

Rancho La Paz (An.)

Santa Ana

SW Santa Ana

Stanton

Tustin

Vietnamese (SA)

Westminster

Yorba Linda

# Questions

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# Closing

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- Complete Evaluations
- Next session September 27
- Thank you