



**RAMSEY COUNTY**

# Meals on Wheels Overview

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Senior Services Consortium of Ramsey County

# What is the Senior Services Consortium of Ramsey County?

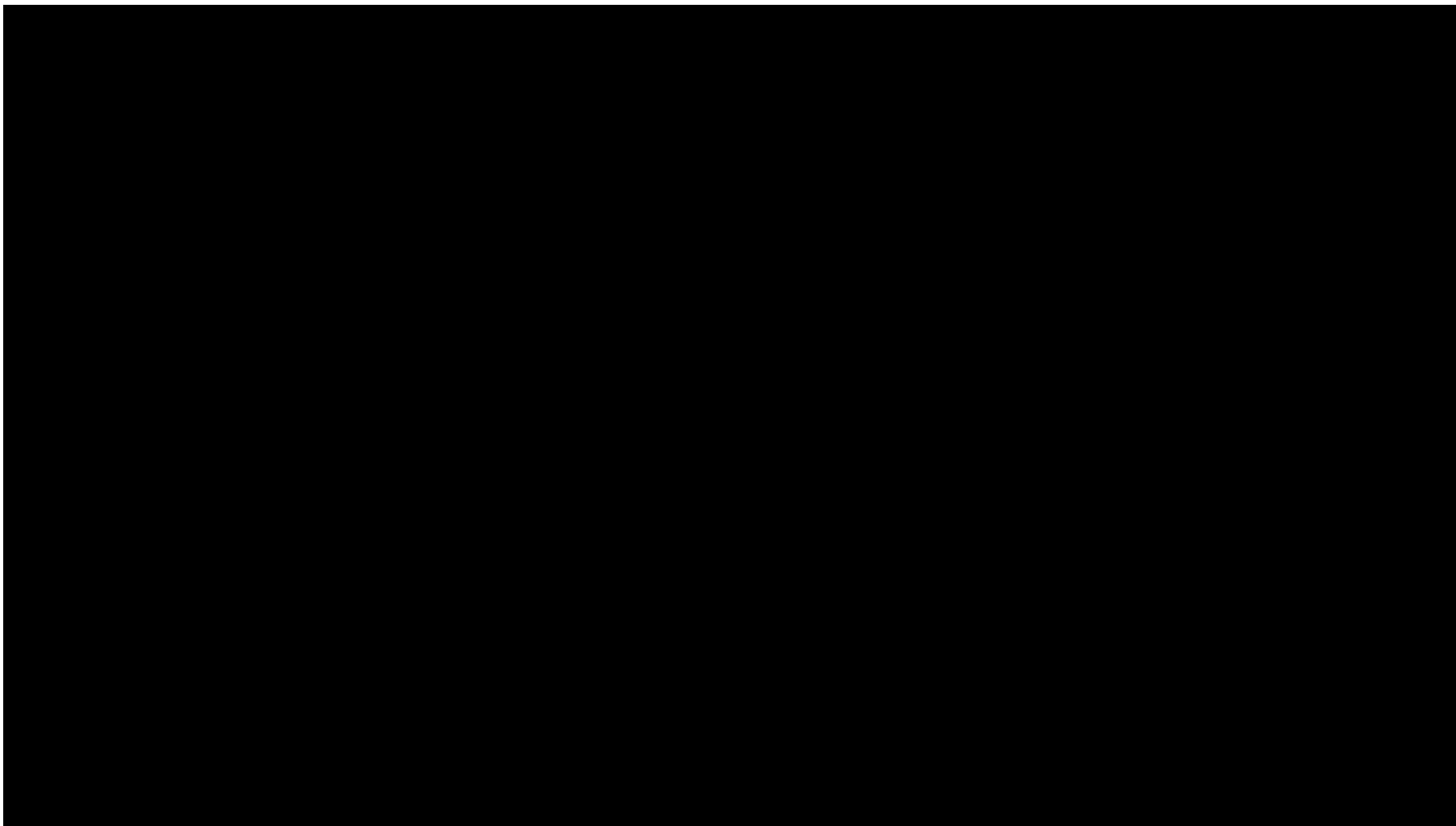
The Consortium is a nonprofit organization composed of 8 agencies that provide Meals on Wheels and other services in Ramsey County. Members are:

- ▶ Jewish Family Service of St. Paul
- ▶ Keystone Community Services
- ▶ Merrick Community Services
- ▶ Mounds View School District 621
- ▶ North St. Paul-Maplewood-Oakdale School District 622
- ▶ Roseville School District 623
- ▶ White Bear Lake School District 624
- ▶ Amherst H. Wilder Foundation



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Let's meet Lola.



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# Meals on Wheels in Ramsey County

Meals on Wheels is the cornerstone service of the Consortium, delivering fresh, nutritious meals directly to client homes. Volunteers who deliver the meals also offer a friendly visit and a safety check. Meals on Wheels provides great food and helps seniors live independently.

Meals on Wheels in Ramsey County receives our meals from:

- ▶ Kitchen of Opportunities, the Meals on Wheels Kitchen (Minneapolis)
- ▶ Roseville Area Schools (Roseville Area)
- ▶ Sholom (Jewish Family Service)



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# What comes with the meals?

- ▶ Meals on Wheels provides a robust main entrée with at least one side, a fruit or dessert, and a beverage (milk or juice).
- ▶ The meals are approved by a dietician and are freshly made without preservatives. Meals are made in local kitchens and often heated up at the Meals on Wheels sites before delivery.
- ▶ Meals are ready to eat! Good, healthy meals with no prep, no mess, no shopping and chopping!



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# Are there dietary options?

- ▶ Yes! Meals on Wheels offers the following types of meals in most areas: regular (heart healthy and diabetic friendly), kosher, gluten free, dairy free, renal, mechanically soft, pureed, and vegetarian.
- ▶ We have work to do: enhancing our cultural options! We do have an Asian menu and are working on others.



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# Do clients get meals every day? How does the delivery work?

- ▶ For those who choose Meals on Wheels, you get your choice on how many days a week to receive meals. Some people get seven meals a week, some five, some just a couple of meals per week.
- ▶ There is also a choice of getting your meals hot, or getting them cold, or getting them frozen. Usually with hot and cold meal delivery, it is a daily delivery. With frozen meals, you can get all your meals on one designated day per week. This is a good option for active seniors who can't (or don't want to!) be home at lunchtime every day.
- ▶ Meals on Wheels are delivered by excellent, caring volunteers over the lunch hour. In 2017, over 2000 Meals on Wheels volunteers delivered meals in Ramsey County! Our clients tell us it is fun to get the meals delivered. Also, if clients don't answer their door, the MOW program will follow up to make sure the client is OK.



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# Who is eligible to receive meals?

- ▶ In Ramsey County, some clients are eligible to receive assistance from the County/State to pay for their meals, via a waiver program.
- ▶ About half of Meals on Wheels recipients do not receive any financial assistance for their meals. Instead, Meals on Wheels offers a **sliding fee scale** and clients pay a fee for their meals based on their income. Anyone can receive meals as part of this program—you do not need to be a certain age, income, or be homebound. The meals are priced affordably and can be set up on a long-term basis or temporarily if recovering from surgery or an illness.



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# What about that friendly visit?

- ▶ The Meals on Wheels model of the volunteer delivery provides an important social contact and safety check for clients. It is more than just a meal—it provides that extra peace of mind for clients and their FAMILIES that someone is checking in.
- ▶ Research shows the daily check that comes with Meals on Wheels lessens feelings of isolation and loneliness and reduces the rate of falls. Source: [www.mealsonwheelsamerica.org/MTAM](http://www.mealsonwheelsamerica.org/MTAM)



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# Who will deliver my meals in Ramsey County?

- ▶ Depending on where you live, one of the eight Meals on Wheels programs will be assigned your geographic service area. That program is responsible for the day-to-day tasks necessary to provide meals. They deliver meals, recruit volunteers, and seek financial support within their local communities.
- ▶ The Roseville Area Senior Program serves the Roseville area.
- ▶ Our programs together deliver about 650 meals a day in Ramsey County!
- ▶ We served over 162,000 meals in 2017 and hope to serve more in 2018.



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# How do I sign up, or sign someone else up?

- ▶ Anywhere in the Twin Cities, you can call **612-623-3363** to enroll in Meals on Wheels. You can call for yourself or a family member.
- ▶ If a family member wants to be the one to pay for their relative's meals, they can easily have the monthly invoice sent to them for payment.
- ▶ You can also visit [www.meals-on-wheels.com](http://www.meals-on-wheels.com) and fill out their online enrollment form.



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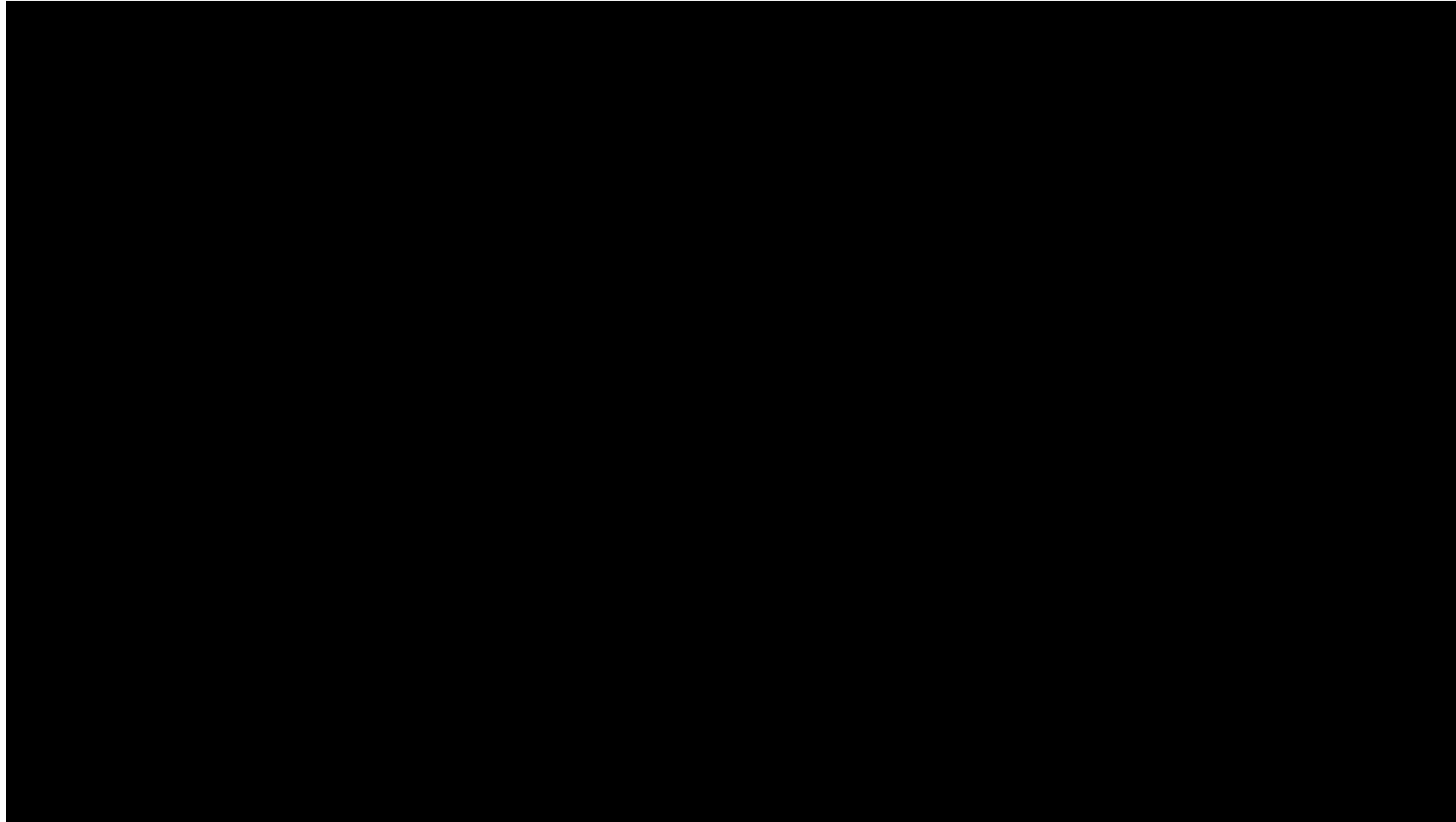
# Help spread the word about Meals on Wheels!

- ▶ **Talk!** Tell your friends, family members, neighbors, and others about Meals on Wheels. The food is great, and anyone can get meals—they are priced affordably!
- ▶ **Volunteer!** Do you have some time during the lunch hour? Contact Meals on Wheels about possibly volunteering as a Meals on Wheels driver or even in a kitchen.
- ▶ **Receive!** Want to sign up for meals for yourself or a family member? Call 612-623-3363 to get started.



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In closing, let's hear from a few Meals on Wheels clients.



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**Thank you for your support  
on behalf of all Meals on  
Wheels programs in Ramsey  
County.**

**Questions?**



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