

## **WHAT IS MEALS ON WHEELS**

*The Reeves County Home Delivered Meals Program, prepare nutritious meals that are delivered by volunteers to the elderly, shut-ins and disabled, low income people that qualify under the program.*

***Meals On Wheels is a non-profit, volunteer-based service that:***

- . Delivers nutritious meals to homebound persons, enabling them to maintain their independence and continue to live in their own homes.*
- . Provides daily contact with a trained volunteer who provides important social interaction and a link to the community.*
- . Gives important referral information for other appropriate community resources as needed.*

*The meals are delivered to persons that are unable to prepare meals for themselves, who qualify under the Texas Department and Disability Services. This can include persons who are ill, recently hospitalized or disabled. One well-balance meal is delivered daily, Monday through Friday, at midday.*

## **WHO CAN VOLUNTEER?**

*Any caring individual 15 years of age or older who is dedicated to serving older adults can be a volunteer, whether you are a student, recently retired, or searching for an opportunity to give back to the community. Meals On Wheels Staff, will work with you to best match your schedule.*

***We rely on our volunteers to be "OUR EYES AND EARS", while delivering, because volunteers might be the only contact our clients might have during the day.***

## **MEALS ON WHEELS**

*Meals On Wheels is part of Reeves County, which is called the Reeves County Home Delivered Meals Program. We are contracted with the Texas Department of Aging and Disability Services. The program provides a hot , nutritious meal, Monday – Friday to qualified clients. We are currently serving approximately 100 clients in Reeves County, which includes Pecos, Saragosa, Balmorhea, and Barstow Texas. We are located at 700 Daggett, Suite F, which is the Annex Building. To refer individuals in need of the Meals Program and/or volunteer to deliver the meals, may contact, **Hilda Mendoza, Program Director** at **432/ 447-287-0240, or at the office at 700 Daggett Suite F.***

## **NUESTRA MISION**

*Meals On Wheels, en el condado de Reeves se realiza las vidas de las personas mayores ofreciendoles alimentos de calidad, Educacion sobre nutricion y un contacto humano carinoso.*

## **ALIMENTOS A DOMICILLIO**

*Una visita diaria y un alimento nutritivo ayuda a mantener la independencia de las personas mayores y de los residentes discapacitados. Meals On Wheels ofrece alimentos para personas que qualifican por el servicio Departamento de Human Services, de Texas.*

## **VOLUNTARIOS**

*Los voluntaries son una parte muy importante en los servicios del programa. Con la ayuda, y el compromiso de voluntarios, nuestro dedicado personal puede alimentar muchas personas. Siempre necesitamos voluntarios para la distribucion de alimentos. Los alimentos se despachan al miedro dia, lunes a vienes de nuestra cocina, 700 Daggett, Suite F.*

## **PREGUNTAS**

- . Quen es elegible para el programa? El programa es para personas que no puedan satisfacer sus necesidades de nutricion.*
- . Cuantos alimentos se reparten al dia? Se entrega un alimento afrededor de medio dia.*

*Por mas informacion, pueden a llamar a **la Directora del Programa Hilda Mendoza** para dedicarse para la distribucion de alimentos. Llame a numero **432-287-0240**, o pueden **ayir para la oficina 700 Daggett.***