



Otsego County OFFICE *for the* AGING



NY Connects
Your Link to Long Term
Services and Supports

Senior Meals Program

Description

The Senior Meals Program offers both congregate and home delivered meals to residents age 60 and older within Otsego County. Nutrition screening, education and counseling are also available to help keep older adults healthy.

Senior Dining Centers

Congregate dining centers are available throughout the county, offering socialization and a nutritious, balanced lunch menu to older adults.

Eligibility:

- Age 60 or older (or spouse of participant who is 60 or older)
- Resident of Otsego County
- Note: Individuals with a disability under the age of 60 who live with an eligible participant are also eligible to attend the dining center

Those under the age of 60 are welcome to accompany an eligible participant and enjoy a meal at the dining center for a cost of \$10.00.

Restaurant Dining

Older adults have the option to dine at participating restaurants to receive a nutritious, balanced meal in a community setting.

Eligibility:

- Age 60 or older (or spouse of participant who is 60 or older)
- Resident of Otsego County
- Note: Individuals with a disability under the age of 60 who live with an eligible participant are also eligible to attend the dining center

Home Delivered Meals

For seniors who are unable to attend a local dining center or are unable to prepare a meal for themselves, 5-8 frozen meals are available for weekly delivery directly to their home. This service is available to those who may only need it for a short time (i.e. while recovering after a recent hospital stay) or long term.

Eligibility:

- Age 60 or older
- Resident of Otsego County
- Incapacitated due to accident, illness, frailty
- Lacks the support of family, friends or neighbors
- Unable to prepare meals because of:
 - lack of facilities (refrigeration, stove, etc), or
 - inability to shop and cook for self, or
 - inability to safely prepare meals, or
 - lack of knowledge and skills

All meals prepared for the congregate dining sites and home delivered meals are freshly prepared at our Central Kitchen in Cooperstown.

Cost

Individuals receiving services will be given the opportunity to confidentially and voluntarily contribute towards the cost of the service. No one will be denied service based on their inability or unwillingness to contribute. Participants with income at or above \$2,095 per month, or couples with income at or above \$2,823 per month will be encouraged to contribute at the level equal to the cost of the service.

Nutrition Education

Dining Center and Home Delivered Meal participants are provided with current information about healthy eating, wellness and health habits from our Registered Dietitian. This information is provided in-person at local dining centers and distributed to home-delivered meal participants with their meals.

Nutrition Counseling

All seniors age 60 and older, regardless if they participate in the Senior Meals program, have access to our Registered Dietitian who is available to answer questions and provide assistance related to nutrition, such as diabetes, weight loss or gain, and healthy eating. The Dietitian offers private nutrition counseling either over the phone or in-person.

For additional information on any of the above programs:

Contact

Otsego County Office for the Aging
(607) 547-4232