

VOLUNTEER

A network of over 600 volunteers creates a community of care, friendship and support for frail older adults in Orange County. Volunteers play an essential role in nourishing the well-being of O.C. seniors and help keep them living connected lives in the community and homes they love.

600 VOLUNTEERS
7500 HOURS EACH MONTH
ERASING SENIOR HUNGER AND LONELINESS

Individuals and groups deliver meals through our Meals on Wheels program, serve lunch in senior centers, and provide companionship and acts of service to isolated older adults through our Friendly Visitor program.

Adopt-A-Route Sponsorships

Your business can help erase senior hunger & loneliness in your community.

Meal Delivery Volunteers: Commit time for your staff to deliver to 6 to 8 homebound seniors on a Meals on Wheels route in your city.

Fund-A-Route: Financially support the meals for the seniors on a route in your city.

“You are like the second sunrise when you come.”
- Meals on Wheels Recipient

“Volunteering is very enriching. They get a lot, but I get much more.”
- Volunteer Denise

Find out how you can help - 714-229-3349

VITAL SERVICES NOURISH THE LIVES OF OLDER ADULTS

Lonely older adults suffer from depression, are at more risk for cognitive decline, and are more likely to fall or suffer disease.

Being older means battling invisible barriers to being healthy, and too often, doing it alone. Many seniors struggle behind our neighborhood doors to get enough to eat, stay engaged, and find people to help when daily chores become challenging.

1 IN 4 LOW INCOME SENIORS IN ORANGE COUNTY STRUGGLES WITH HUNGER



We nourish the wellness, purpose and dignity of seniors and their families in our community.



Happiness is people to talk to



I was so happy when you came to help me



Feeling loved and cared for at Adult Day Services



Caregivers need champions, too

To make a donation please visit www.MealsOnWheelsOC.org or call 714-220-0224.

Meals on Wheels and Lunch Café are funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.



ERASING HUNGER & LONELINESS

FOR OLDER ADULTS IN ORANGE COUNTY



1200 N. Knollwood Circle, Anaheim, CA
Phone: (714) 220-0224
Email: info@MealsOnWheelsOC.org
www.MealsOnWheelsOC.org
Community SeniorServ (dba Meals on Wheels Orange County) is a 501 (c)(3) nonprofit.

LUNCH CAFÉ



Meals on Wheels OC provides nutritious lunches Monday through Friday to community centers in 19 cities throughout central and north Orange County. These neighborhood places invite active adults 60 years or older to eat out, socialize around a meal, meet people, and join in activities that the community offers.

A nutritious meal and friendship enhances physical and mental well-being and provides links to community support services. Meals are planned by a registered dietician to meet nutrition needs.



Cities Served: Anaheim, Brea, Buena Park, Costa Mesa, Cypress, Fountain Valley, Fullerton, Garden Grove, Huntington Beach, La Habra, Midway, Seal Beach, Orange, Placentia, Santa Ana, Stanton, Tustin, Westminster, Yorba Linda

For locations and to inquire about eligibility visit www.MealsOnWheelsOC.org or call 714-823-3294.

MEALS ON WHEELS & CASE MANAGEMENT

Home-Delivered Meals

Five days of meal support, including breakfast, lunch, and dinner, delivered to homebound older adults 60+ who have difficulty shopping or preparing meals and who have no one to help with meal support. Meals are nutritious, heart-healthy, diabetic-friendly and meet 100% of Recommended Dietary Allowance.

And, a Friendly Face

Caring volunteers bring meals, smiles and an in-person safety check to confirm seniors' well-being in their home.



Meals on Wheels & Case Management - donation based program

For those who qualify, includes home-delivered meals (breakfast, lunch and dinner), and home visits from our case managers to ensure seniors are safe in their homes and have access to services that support independence and improve quality of life. Meal delivery days vary.

Meals on Wheels - fee based program

Includes lunch and dinner delivered to the home for a fee. Meal delivery days vary.

ADULT DAY SERVICES & HEALTH CARE



Three Meals on Wheels OC Adult Day Services centers support medical and social needs of adults living at home, but who need daytime assistance for their health and safety.

Adult Day Health Care

Our adult day health centers in Anaheim and Santa Ana welcome adults with physical challenges and limitations or dementia conditions. Caring, expert staff offer nursing care, medication management, health therapies, counseling, therapeutic meals, and care for a range of needs.



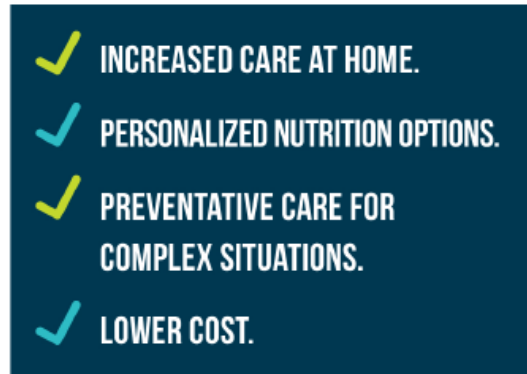
Buena Park Center

Provides caregiver respite and social opportunities, recreation, meals, and friends for adults with dementia, memory loss, or behavioral conditions needing a healthy, loving environment during the day.

Call 714-220-0224 for more information.

CARE COORDINATION

We partner with healthcare and older adult organizations to reduce hospital admissions and readmissions, and provide person-centered care management. We provide on-going plans of care and consistent communication, Meals on Wheels, access to health care and therapies, medication management, family information sharing and much more.



For more information call: 714-229-3371 or visit www.MealsOnWheelsOC.org.

