

Meal Menus

Meal menus are published:

- Online at LifePathMA.org
- For the upcoming week in the Friday edition of the *Greenfield Recorder*.
- For the upcoming month in the “Quabbin Times” section of the *Athol Daily News*.



“The meals program means everything to me. I can no longer stand long enough to cook a meal. I look forward to my meal each day and also look forward to seeing the driver. That really makes my day. I really appreciate the Meals on Wheels program.”

At LifePath, we listen first, and then help each person find the best options for their unique needs. We help elders and persons with disabilities maintain independence and quality of life in their own homes and communities. We help caregivers to find relief and help loved ones to choose the right path.

For over 40 years, we’ve been offering options for independence. We welcome all people regardless of race, physical appearance or ability, sex, age, nationality or ancestry, class, religious or political beliefs, marital status, sexual orientation, or gender identity.

LifePath, a private, nonprofit corporation, serves Franklin County plus Athol, Petersham, Phillipston, and Royalston. Some of LifePath programs extend into Berkshire, Hampden, Hampshire and Worcester counties.

LifePath, Inc., is an Area Agency on Aging and Aging Services Access Point funded in part by the federal Older Americans Act, Executive Office of Elder Affairs, Massachusetts Council on Aging, MassHealth Office of Long-Term Care, United Way of Franklin County, and other sources both public and private. LifePath is operated by a local volunteer board of directors, a majority of whom are, by law, elders. As an AA/EOE employer, LifePath does not discriminate in program admissions, access, services, or employment practices.

Updated November 2018



Meals on Wheels and Senior Dining Centers

A Service of LifePath, Inc.

101 Munson Street, Suite 201, Greenfield, MA 01301
413-773-5555 | 978-544-2259 | 800-732-4636
TDD 413-772-6566 | Fax 413-772-1084
Elder Protective Services 24/7 Hotline: 800-922-2275
info@LifePathMA.org | LifePathMA.org



Formerly Franklin County
Home Care Corporation



Meals from Senior Dining Centers & Meals on Wheels

The meals:

- Provide between 600 and 800 calories, contain the appropriate amount of nutrients recommended for older adults, and have no added salt.
- Contain no more than 30 to 35 percent of the daily amount of fat recommended for older adults. Low-sugar desserts are available for those with dietary restrictions.

Therapeutic meals:

- Are made to support a variety of medical conditions.
- Can be prescribed by your health care provider. For more information, call LifePath and ask for the nutrition program.



Meals on Wheels

Meals on Wheels provides nutritionally balanced noon meals on a short- or long-term basis to homebound elders age 60 and older who are unable to prepare meals for themselves and are unable to attend a congregate meal.

Volunteers

Volunteers deliver meals Monday through Friday and are paid a small stipend and reimbursed for the use of their vehicles.

Wellness Checks

The Meals on Wheels program offers more than a hot lunch. The volunteers who deliver the meals ensure both daily contact and a wellness check for elders who are alone during the day.

Requirements

- Elders are asked to call LifePath to inquire about starting home-delivered meal service or to resume, change, or end service.
- Elders need to be home at the time the meal is delivered.
- A suggested voluntary donation is requested.

Senior Dining Centers

Senior Dining Center meals are:

- Hot noon meals provided for elders age 60 and older and their spouse of any age.
- Served in a congregate setting at one of eight senior centers or seven luncheon clubs listed on the included insert.

Added benefits include:

- Social time with friends and neighbors.
- A variety of programs such as health clinics, recreation options, exercise classes, and craft workshops (at participating Senior Centers only).

Requirements

- Reservations must be made one serving day in advance by 11:00 a.m.
- A suggested voluntary donation is requested.



"It's important for people to know that the meals come all ready to go. No preparation needed and no cleanup! You just throw the dishes away when you're done, and then the next day, you get another one!"