

## Truly a Community Program

During the past 4 decades, many Pullman residents have delivered Meals on Wheels – some for so many years that they eventually are ready to receive the meals themselves! Currently volunteers from 14 Pullman churches and 3 Pullman businesses are involved.

These include: ★Bishop Place ★Calvary Christian Center ★Community Congregational ★Concordia Lutheran ★Emmanuel Baptist ★Evangelical Free Church ★Latter Day Saints: Sunnyside Ward ★Latter Day Saints: Terre View Ward ★Living Faith Fellowship ★Pullman Presbyterian ★Pullman Regional Hospital ★Resonate Church ★Sacred Heart Catholic Church ★Simpson Methodist ★St James Episcopal ★Trinity Lutheran ★Whitman Senior Living

*If you are interested in volunteering for Pullman Meals on Wheels, contact the Volunteer Coordinator at 509-339-4000.*



### **Pullman Community Council on Aging**

P.O. Box 1123, Pullman, WA 99163

on the Web: [www.PullmanCCoA.org](http://www.PullmanCCoA.org)

E-mail: [PullmanComCOA@gmail.com](mailto:PullmanComCOA@gmail.com)

#### **Meals on Wheels Administrative Coordinator:**

Nancy Backes, 334-2667

#### **Meals on Wheels Volunteer Coordinator:**

Jim Fry, 339-4000



### **Council on Aging & Human Services**

210 S. Main St, P.O. Box 107

Colfax, WA 99111

Paige Collins, Director

1-800-809-3351



# Meals on Wheels in Pullman



## **Pullman Community Council on Aging**

in partnership with

## **Council on Aging & Human Services**

provides hot, nutritious, noon meals  
to homebound seniors in Pullman.

## THE VALUE OF MEALS ON WHEELS

Poor nutrition is a leading cause of decline in seniors' quality of life; the results can lead to the need for long term care. Some seniors do not have much appetite or desire to cook for themselves. Others have limitations that make standing to cook difficult, or have challenges getting to a grocery store or shopping.

Meals on Wheels provide a nutritious hot meal designed to provide one-third of the daily minimum nutritional requirements. Meal delivery also provides daily contact with a caring volunteer. If the senior is found to need assistance, a support network is activated. These meals are delivered 365 days a year.

Meals on Wheels helps seniors retain their independence and the ability to remain in their own homes. Meals can also be received for limited time periods, such as during a convalescent period after an illness or hospitalization, to restore health and hasten recuperation.

## ELIGIBILITY FOR MEALS ON WHEELS

is based upon the following guidelines:

- Recipient must be aged 60 or over and homebound. [the individual is ▶ normally unable to leave home unassisted and ▶ leaving home takes considerable and taxing effort]
- Recipient has limitations in ability to cook for themselves, as well as in their support system.

*The spouse, regardless of age, of an eligible participant is also eligible.*

## MEALS

- Are prepared at Bishop Place under contract with Council on Aging & Human Services. Meals may be adapted for medical reasons, such as diabetes; they cannot be individualized based on client preferences.
- Are delivered by volunteers between 11:30 a.m. and 1:00 p.m.
- Are nutritious, well-balanced, and meet one-third of the daily minimum nutritional requirements.
- Meal recipients are encouraged to donate a small amount per meal, which covers only part of the total meal cost. Both Pullman Community Council on Aging and Council on Aging & Human Services are private, non-profit agencies which do not make money on the Meals on Wheels program. We rely on other sources and donations to make up the difference.

## WHO TO CONTACT

To make a referral for Pullman Meals on Wheels, please contact the **Council on Aging & Human Services** (located in Colfax) at **1-800-809-3351**. Once they obtain the necessary information, they will notify the Pullman coordinators so that meal delivery can begin.

Referrals are generally made by doctors, social workers or other concerned individuals, but self-referrals are also encouraged. An initial assessment, as well as periodic reassessments, will be made to determine eligibility.