



Semcac Senior Nutrition Services

JANUARY 2019

THE FACTS

- * Semcac has nearly **43** Senior Congregate Dining sites in **11** southeast Minnesota counties.
- * EBT cards | SNAP payments are accepted & welcomed for both Meals on Wheels & Senior Dining services.



- * Meals on Wheels recipients receive a hot, nutritious meal and a friendly, home visit which doubles as a **safety check** for the senior. There have been times when this visit resulted in saving the life of a senior.
- * The program offers menu options to meet dietary needs of older adults.
- * A participant may contribute as much as they are able but **NO ONE** is refused a meal because of inability to contribute.
- * The suggested donation for a meal is \$4 —\$7

The mission of the senior nutrition programs is to promote the independence, dignity, good health and nutritional wellbeing of older persons. Meals are healthy, balanced and low cost.

What are Semcac’s Senior Nutrition Services?

MEALS ON WHEELS

A program for homebound seniors, or those confined to their home, who are unable to prepare a balanced meal and are age 60 or older. This program is offered in the **8 counties** of Dodge, Fillmore, Freeborn, Houston, Mower, Olmsted, Steele & Winona. Meals are delivered to the home by volunteers.



SENIOR DINING

A program offered to anyone age 60 years or older and their spouses. No one is denied a meal if they cannot donate. This program is offered in the **11 counties** of Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha & Winona.



Semcac Senior Nutrition Programs, Helping Thousands in 2018

Senior Dining (congregate meals): **177,852** meals served to **4,719** unduplicated clients

Meals on Wheels (home delivered): **70,464** meals delivered to **810** unduplicated clients



WHO DELIVERS MEALS ON WHEELS?

Volunteers drive and deliver the meal to the door of the senior. In 2018, Semcac Meals on Wheels program utilized the help of **1,223 volunteers**. Senior Nutrition volunteers donated **51,860 hours** of time.



Promoting Positive Results
Safety. Independence. Socialization.
Nutrition. Education. Self-sufficiency.

“I get great satisfaction from delivering meals. And, who knows – someday I may need this.”

H. Novlan, Meals on Wheels volunteer since 1973

LOCATIONS

Senior Dining

Serving **11** Counties
In the Cities of...

Albert Lea
Alden
Austin
Blooming Prairie
Caledonia
Eitzen
Ellendale
Eyota
Faribault
Harmony
Kasson
Kenyon
LaCrescent
Lake City
Lanesboro
Mabel
Northfield
Owatonna
Pine Island
Preston
Red Wing
Rollingstone
Rushford
St. Charles
Spring Grove
Spring Valley
Stewartville
Wabasha
Winona
Zumbrota
Rochester

Meals on Wheels

Serving **8** Counties
In the Cities of...

Adams
Alden
Blooming Prairie
Byron
Canton
Chatfield
Claremont
Dodge Center
Dover
Eitzen
Ellendale
Eyota
Glenville
Grand Meadow
Harmony
Hokah
Houston
Kasson
Mantorville
Lanesboro
Lewiston
Lyle
Mabel
Medford
Minnesota City
Peterson
Preston
Rollingstone
Rushford
St. Charles
Spring Grove
Spring Valley
Utica
West Concord
Wykoff



Semcac is a Community Action nonprofit agency.

Semcac's Mission: Empower and advocate for people to enhance their self-sufficiency by maximizing community resources.



"I appreciate the way the lunch always includes something that the diabetic can have while the others are eating....the diabetic cookies are awesome."

Janet, Senior Dining participant



"Four years ago I didn't even know what Semcac was. When I moved to the Tower I was invited to come to dinner one day. I was so pleased with my dinner it has been an ongoing thing! I have met so many enjoyable, beautiful people that I now call my friends... and the food is incredible!"

Semcac Senior Nutrition meals provide 1/3 of the Recommended Daily Allowance; all meals are nutritionally balanced. Menus are approved by a Registered Dietitian.

80% of Minnesota seniors receiving Meals on Wheels reported they were able to remain living in their own homes longer as a direct result of receiving the meals.

Where does Semcac Senior Nutrition receive funding?

The program is funded, in part, by federal and state funding under a contract with the Southeastern Minnesota Area Agency on Aging. Local contributions from counties, cities, United Way agencies, local businesses, individuals and meal recipients all help to fund this vital program and are essential for the program to continue.

Visit www.semcac.org/donate to learn how you can contribute.

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