

How do you start delivery of Meals on Wheels?

It's easy. Simply call:

Information and Referral
Greater Lynn Senior Services

781-599-0110
Toll free 1-800-594-5164
TDD 781-477-9632

E-mail: info@glss.net
Web site: www.glss.net

Holiday closings

No food is delivered or served (except in supportive housing) on the following holidays:

- New Year's Day (January 1)
- Martin Luther King's Birthday (3rd Monday in January)
- Presidents' Day (3rd Monday in February)
- Patriots' Day (3rd Monday in April)
- Memorial Day (last Monday in May)
- Independence Day (July 4th)
- Labor Day (1st Monday in September)
- Columbus Day (2nd Monday in October)
- Veterans' Day (November 12)
- Thanksgiving (4th Thursday in November)
- Christmas (December 25)

GLSS values diversity and provides services and employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** Rides door-to-door, to medical appointments for people 60 and older; or to anywhere for anyone with a disability.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

**One number for everything:
Call GLSS at 781-599-0110**

We'll listen. We'll help.

800AgeInfo
For Massachusetts Elders
& Their Families

Call Now!
(800) 243-4636
TTY: (800) 872-9186
We are ready to help

Credits

Meals on Wheels and Community Cafés receive federal and state funds, as well as support from the City of Lynn, Elder Service Program of the North Shore (PACE), Jewish Family Services, and client donations.

Tasty and healthy. Served at several conveniently located Community Cafés. Or delivered to your door by Meals on Wheels.



Meals for people 60 and older

**Meals on Wheels
and Community Café Programs**

**Serving
Lynn, Lynnfield, Nahant, Saugus, and Swampscott**



Good, affordable food. At a number of Community Cafés in four towns. If you can't come to us, we'll come to you: Meals on Wheels.

Why eat at a Community Café?

You can get together with your friends...make it a rendezvous...meet new people...have a reason to get up and out...enjoy a hot, nutritious meal at a reasonable price...stretch your budget.

How much does a meal cost?

We suggest a voluntary donation of \$2.00 per meal. Your donations, along with state and federal funds, pay for the food and its preparation. Your donation is confidential. We never deny anyone a meal for lack of funds.

Special diets

All meals are cooked without added salt. You can request a diabetic dessert if you call in advance.

Getting to a Community Café

Transportation to some sites can be arranged. Please call your nearest site for details.

Closing for bad weather

During bad weather, please call GLSS at 781-599-0110 for site closing information.

Where is the Community Café nearest you?

FOR LUNCH

In Lynn:

Greater Lynn Senior Services
at the Lynn Council on Aging
8 Silsbee Street
781-599-0110
Serving: 10:45 AM - 12:30 PM,
Mon.-Fri.
No reservations required

Meadow Court Housing
Development
58 Meadow Court
781-241-8102

Serving: 11:30 AM, Mon.-Fri.
Reservations required at least
24 hours in advance

Louis Barrett Building
147 Washington Street
781-599-1711
Serving: 11:30 AM, Mon.-Fri.
Reservations required at least
24 hours in advance

In Nahant:

Nahant Council on Aging
Town Hall, Tiffany Room
334 Nahant Road
781-581-7557
Serving: Noon, Mon.-Fri.
Reservations required at least
24 hours in advance

In Saugus:

Saugus Council on Aging
466 Central Street
781-231-4178
Serving: 11:30 AM, Mon.-Fri.
Reservations required at least
24 hours in advance

In Swampscott:

Swampscott Council on
Aging
89 Burrill Street
781-596-0449
Serving: Noon, Mon.-Fri.
Reservations required at least
24 hours in advance

FOR BREAKFAST

Homeless Breakfast Program
at the Lynn Council on Aging
8 Silsbee Street
781-599-0110

Serving time: 8:00 - 9:30 AM
Monday - Friday

SUPPER CLUBS

In Lynn:
Leisure Towers
10 Farrar Street
781-477-0967
Serving time: 4:30 PM
Every Tuesday
Reservations required at least
24 hours in advance

In Saugus:
Laurel Towers
2 Rice Street
781-233-2116
Monthly
Reservations required at least
24 hours in advance

Meals on Wheels: Who qualifies?

Meals on Wheels brings meals to people over 60 who are homebound and unable to prepare meals. The meals are nutritious and low in fat and sodium. The meal consists of a hot dinner, dessert, milk, bread and margarine. The menu is varied.

Meals on Wheels: Delivery

Meals on Wheels delivers between 9:00 AM and Noon, Monday through Friday, except holidays. Because of food safety concerns, if you are not home, the driver cannot leave your meal.

Meals on Wheels: Weekend meals

If you're isolated and homebound, you can arrange for frozen meals that you can heat and eat during the weekend.

Meals on Wheels: Special diets

For those in need, Meals on Wheels offers a variety of therapeutic meals, including ground, pureed, mechanically soft, renal, low lactose and cardiac. You can also get a Kosher or Latino meal.

Meals on Wheels: Cancellation

To cancel a meal delivery, call Greater Lynn Senior Services at 781-599-0110 a day in advance. Or let the driver know in advance if you won't be home to receive your meal.

Meals on Wheels: Cost

We ask for a voluntary donation of \$2.00 per meal (\$2.00 for Kosher meals). Donations help us pay for the program. But we never deny anyone a meal they can't afford. The driver collects donations weekly, on Thursday. You'll find an envelope included with your meal. You can pay with cash or by check, made payable to GLSS.