

# VOLUNTEERS NEEDED



**BECOME  
APART OF  
OUR  
VOLUNTEER  
TEAM!**

Deliver or prepare meals  
for home-bound senior  
citizens weekdays  
Monday-Friday

**FOR MORE INFORMATION VISIT OUR  
WEBSITE OR CALL US AT 248-738-9393  
WWW.PONTIACMEALSONWHEELS.NET**

**MEALS ON WHEELS DELIVERS THE  
SUPPORT THAT KEEPS  
SENIORS IN THEIR OWN HOMES,  
WHERE THEY WANT TO BE.**

**83%**

**OF SENIORS REPORT THAT  
RECEIVING HOME-DELIVERED  
MEALS HAS IMPROVED THEIR  
HEALTH**

**92%**

**OF SENIORS REPORT THAT  
RECEIVING MEALS ON WHEELS  
ENABLES THEM TO REMAIN LIVING  
IN THEIR HOME**

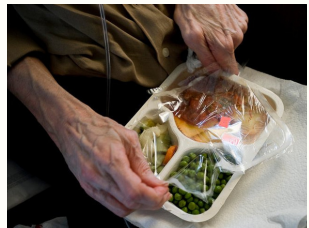
**87%**

**OF SENIORS REPORT THAT A  
DAILY VISIT BY STAFF AND  
VOLUNTEERS MAKES THEM FEEL  
MORE SAFE AND SECURE**



Pontiac Meals on Wheels is partially funded by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Area Agency on Aging 1-B. Pontiac Meals on Wheels complies with the terms and regulations of Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer Program. Reasonable accommodation will be provided upon notification or request.

**Pontiac MEALS ON WHEELS** 



Pontiac Meals on Wheels is a community based program that has been providing fresh, nutritious meals to seniors for over 20 years.

**PONTIAC MEALS ON WHEELS  
248 S. TELEGRAPH RD.  
PONTIAC, MI 48341  
P: 248-738-9393  
F: 248-738-9531**

**WWW.PONTIACMEALSONWHEELS.NET**



## HOME-BOUND MEAL DELIVERY

This service is for the elderly population who are unable to leave their home because of medical problems or physically unable to cook for themselves. There are no income requirements to participate in the Meals on Wheels program. We ask clients for a donation of \$2.50 per meal, we are happy to accept what you are able to afford.

## HOLIDAY MEALS

We deliver hot meals each year on Thanksgiving, Christmas & New Year's. These meals are delivered by volunteers and are available to all current clients on the home delivery program.



## OUR MISSION

Pontiac Meals on Wheels has been serving Pontiac, Keego Harbor, Sylvan Lake, Orchard Lake, Bloomfield, Bloomfield Township, West Bloomfield & Bloomfield Hills since 1996. We are pleased to be able to provide this service to the community.

Our primary goal is to serve the nutritional needs of the home-bound and congregate elderly in our service area. It is the mission of Pontiac Meals on Wheels to help the senior community eat nutritiously, while maintaining their independence at home.

## CONGREGATE MEAL SERVICES

Are you 60 years of age or older and active? Our Senior Centers are the place for you! Please join us at a Congregate Site near you for socializing, games, physical activity, conversation, and lunchtime meals. Call us today for locations 248-738-9393.

## ENSURE MEALS

Ensure is available to clients with a prescription from a physician. We offer Chocolate, Vanilla, Strawberry and Butter Pecan. Each case contains 24 cans. Clients 60 and older pay \$16.00 per case. Non-clients 60 and under pay \$22.00 per case.

**For more information about our programs or to refer a new client, please call us at 248-738-9393.**