

# Senior & Nutrition Programs

## Annual Highlights

### 2014-15 Year

#### Senior Meals - On-site & Delivered

- 529 Clients

#### Recreation

Field trips, socials and seasonal activities

- 3,186 Participants

#### Reassurance Phone Calls

Phone calls to check on clients

- 298 Clients
- 348 Calls

MCOA&CS is a private, non-profit organization providing services for the general public including seniors, low-income, and persons with disabilities in Malheur County and surrounding areas to live healthy, meaningful, self-sufficient, and independent lives.



## 17,106 Meals

Our meal programs help older individuals to remain independent and in their communities.

Working with the local food bank we provided 10,127 allocations of fresh produce to 247 seniors.



## 1,018 Units Assisting Caregivers

1,018 caregiver units, for outreach, support groups, trainings, respite, and other support services.





## 1,481 Units of Wellness & Exercise

Transportation for seniors to 1,481 units of exercise and wellness in collaboration with Fit For Life fitness center.

24-week course of Tai Ji Quan "Movement for Better Balance."



## We Need Your Help...

- Maintenance for Vehicles - Vehicles utilized for the senior nutrition program meal transport accumulate an average of 375 miles every week, while maintenance funds fall short.
- Expansion Project - The expanded dining area will accommodate additional activities to increase recreation opportunities for clients.

In addition to the needs above, we could use your help in reaching the following goals:

- \$1,300 for 10 tables
- \$2,000 for 60 chairs
- \$2,000 for thermal meal transport bags

*Imagine if the programs and services highlighted here didn't exist.*

Seniors, veterans, individuals with disabilities and those with low-income depend on these programs (and other services not featured here). Whether it's a caregiver support group or a meal delivered, we are here to provide services and access to resources when it's needed the most.

## *Can you help?*

As a 501(c)3 not-for-profit organization, Malheur Council on Aging and Community Services is dependent on funding provided by grants and donations.

By donating to MCOA&CS, you are helping to provide practical services that impact those most in need within our community.

Use the enclosed form to designate your tax-deductible donations may be made payable to:

MCOA&CS  
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(541) 889-7651 www.mcoacs.org