Many Ways to Give

**VOLUNTEER SERVICE**
Volunteers donate their time weekday mornings:

- Kitchen Assistants help the Head Cook prepare meals from 8:15 am-11 am
- Bakers prepare fresh treats in our facility from 11 am to 12:30 pm
- Drivers deliver meals in their own vehicles from approximately 10:45 am to 12:15 pm
- Board Members meet 6 times a year
- Board Standing Committee Volunteers are needed for fund raising, friend raising and strategic planning.

**TAX DEDUCTIBLE DONATIONS**
Individual, organization and corporate donations are always appreciated and can be mailed to:
Westlake Meals on Wheels
2239 Dover Center Rd
Westlake OH 44145

Westlake Meals on Wheels is a registered IRS 501 c(3) nonprofit Charitable Corporation

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LEARN MORE
Visit: [www.WestlakeMealsonWheels.org](http://www.WestlakeMealsonWheels.org)

Check us out of Facebook
[http://www.facebook.com/WestlakeMealsonWheels](http://www.facebook.com/WestlakeMealsonWheels)

CONTACT US
440-871-2551
Director@WestlakeMealsonWheels.org
WESTLAKE MEALS ON WHEELS is an independent, nonprofit service organization that delivers freshly prepared, well-balanced meals to our recipient's door at an affordable cost. Our service area includes North Olmsted, Olmsted Falls, Olmsted Township and Westlake. Our valuable service is possible thanks to a team of 80+ dedicated weekly volunteers who generously give their time and talents. We receive no federal, state or local government funding and depend on community support.

HOME MEAL DELIVERY SERVICE
Two midday meals are delivered to the recipient's door weekdays between 11 am and 12 pm, except major holidays. A hot entree and cold meal are delivered at the same time. Recipients must receive delivery of both daily meals in person 5 days a week. Alternate delivery arrangements for unavoidable doctor appointments and vacations may be worked out with a minimum of 24 hours notice.

WHO IS ELIGIBLE?
Home delivered meals are available to residents of our service area who are unable to shop for or prepare meals safely for themselves and lacking support to assist them, including those who are ill, convalescing, disabled or home-bound. Meal delivery can be arranged on a short-term (2 -week min.) or long-term basis.

WHEN ARE MEALS DELIVERED?
Two meals are delivered at the same time, between 11 am and 12 pm Monday through Friday, except major holidays and the day after Thanksgiving.

SAMPLE MENU
Roasted Pork Loin
Mashed Potatoes w/ Gravy
Mixed Vegetables
Turkey/Cheese Sandwich
Tossed Salad
Banana, Brownie and Milk

WHAT IF I HAVE SPECIAL DIET NEEDS?
Special dietary needs are accommodated by doctor's order through St. John's Medical Center and delivered by our caring volunteers.

WHAT IS THE COST AND HOW DO I PAY?
Westlake Meals on Wheels program is a private pay program. The cost for the week of meals is $40. (This equates to $8 a day, which is less than the cost of two fast food meals.) Recipients are charged for the number of meal delivery days each month at the end of the month and accounts are payable by check.

HOW DO I GET STARTED AND HOW LONG DOES IT TAKE TO GET STARTED?
To initiate delivery call 440-871-2551 and our Recipient Intake Volunteer will contact you or a designated person to gather delivery instructions, emergency contact and billing information. Typically the intake process can be completed with 48-72 hours. More time is needed if Doctor Orders are needed for special diet requirements. We ask that a primary contact person be present at the time the first delivery is arranged as financial and delivery policies will be presented. An in-person follow up interview will be scheduled approximately two weeks after delivery start date.

MORE THAN A MEAL
Our meal delivery service provides much more than nutrition.

- Socialization; Daily contact with friendly, caring volunteers
- Safety Check; Our volunteers come to learn what is normal for our recipients
- Peace of Mind
- Continued Independence and the ability to remain at home
- Improved Health
- Cost savings vs. hospital stay or Residential Facility Care