



FOR IMMEDIATE RELEASE

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MEALS MAKING A DIFFERENCE

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Do you have a family member, neighbor, or friend who is homebound or recuperating at home after surgery?

Is this person unable to prepare their own meals or has limited access to daily meals and nutrition? If you answered yes to these questions, TEAM's Meals on Wheels Program is the solution! A nutritious meal is available and delivered to a homebound individual each workday. You can recommend an individual for the Meals on Wheels program or tell them to "contact TEAM". There are many benefits to being in the Meals on Wheels program. "The daily delivery not only provides a nutritious meal but also provides a health and wellness visit to the seniors who may be living alone. TEAM's caring drivers look out for the client's well-being." said Suzanne Reilly, TEAM's Director of Family Support Services.

Meals on Wheels

TEAM's Meals on Wheels program is available throughout the Lower Naugatuck Valley towns of Ansonia, Derby, Seymour, Shelton and Oxford. Hot meals are delivered Monday through Friday and special diets can be accommodated with a doctor's order. During August, the lunch menu is varied with herbed baked chicken, eggplant rotatini, roast beef, tilapia with lemon and dill sauce and more.

The majority of Meals on Wheels recipients are 70 years of age or older and are low income. However there is not an income eligibility requirement, and the age requirement is 60 years of age and older. If an individual is able to pay, a \$3.00 donation per meal is suggested. If a person younger than 60 years of age, a \$5.00 donation is suggested.

Community Cafés

If you know someone who travels out of their home, let them know about area Senior Community Cafés. These Cafés provide a daily low cost/nutritional lunch at local senior centers in Derby, Ansonia

Seymour and Oxford with a special program offered in the dining room of Griffin Hospital. The Café selections during August include: parmesan scrod, chicken stir fry, roast pork and more.

Meals on Wheels program funding is provided, in part, by grants from the Agency on Aging, Hewitt Foundation, Katharine Matthies Foundation and Valley United Way.

For additional information about home delivered or café meals, go to www.TEAMinc.org or contact Ron Boucher, Nutrition Coordinator, TEAM at 203.736.5420 x 227.

TEAM Inc. is a private, 501(c)3 non-profit corporation whose mission is to connect individuals and families with solutions that lead to well-being, self-sufficiency and full participation in the community. It aims to achieve its mission by conducting activities that address the needs of economically disadvantaged individuals and families including resource mobilization, education, advocacy and service delivery. TEAM programs serve the communities of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Shelton, Seymour and Woodbridge.

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