

What is Meals on Wheels?

Meals on Wheels is a non-profit agency devoted to helping seniors live independently in their own homes as long as possible. We deliver a well balanced meal and check on the well-being of homebound seniors in the community.

"We greatly appreciate this service for our mother. Unfortunately, she broke her arm in a fall. Thankfully, your driver found her."

Who Is Eligible?

People at least 60 years of age who are homebound, unable to cook for themselves and lack outside support.

"Your service has been greatly appreciated. The meals are nutritious, appealing to the eye and tasty. You have given me confidence that my mother's food needs are reliably secure. Thanks!"



"Thanks for the excellent service and good meals. I look forward to seeing my driver every day."



"It was a God send to me. The meals you sent and prepared were really great! Thank you very much to all the people who were involved with this wonderful program!"

AgeWell Services

560 Seminole Rd
Muskegon, MI 49444

Phone: 231-755-0434
Fax: 231-733-8683

E-mail: info@agewellservices.org

S.O.S.
Sponsor
Our
Seniors

**Meals on Wheels
of West Michigan**



*Serving Seniors in Muskegon,
Oceana and Ottawa Counties.*

AgeWell Services

Tel: 231-755-0434

Who Do We Serve?

Seniors 60 and older in Oceana, Muskegon and Ottawa counties.



We deliver:

- Hot meals
- Frozen meals
- Emergency food supplies
- Cold meals
- Liquid meal supplements (requires Doctor's prescription)
- Low sodium, Diabetic carb control and Renal diets
- Breakfast meals

** All meals meet 1/3 RDA's **

Grant Program	# Seniors Served Last Year	# of Meals
Muskegon	1016	29808
Oceana	101	2673
Ottawa	383	9243

FACT: The over 60 population is the fastest growing segment of the population

FACT: Many seniors have limited incomes and struggle to buy food, prescriptions and pay everyday bills.

FACT: Many seniors live alone without a caregiver or family support.

FACT: Many seniors suffer from malnutrition because they are unable to prepare healthy foods.

FACT: It is more cost effective to keep seniors independent as long as possible in their homes versus moving them into a nursing home.

Here is how you can help:

- Make a donation in whatever amount you can afford.
- Volunteer to delivery meals
- Help with a fundraiser
- Name us in memorials
- CALL 1-800-442-6769

Sponsor A Senior

Detach this form and mail along with your tax deductible donation to:

AgeWell Services
560 Seminole Rd
Muskegon, MI 49444

- Suggestions:
- \$35 buys weekday meals for one week
 - \$48 buys Emergency Meal packs
 - \$70 buys meals for two weeks
 - \$210 buys meals for six weeks

Your donation in any amount: _____

THANK YOU!

Special Requests: _____

