

**WAYNE COUNTY
DEPARTMENT OF AGING & YOUTH**

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Nutrition, Health, & Wellness Services

Promoting independence, dignity, health, and quality of life

Home Delivered Meals: Nutritious and well-balanced meals are provided for persons age 60 and older who are incapacitated due to accident, illness, or frailty, unable to prepare meals without significant assistance, and lack family/informal supports. An assessment is required to establish eligibility. These meals are provided at no cost, although voluntary and confidential contributions are appreciated but not required. The suggested contribution is \$3 per meal. No senior, who is found eligible, is denied a meal for inability or decision not to contribute. If an eligible senior receives home delivered meals, and has a cat and/or dog, meals are also offered for up to three pets in collaboration with the Wayne County Humane Society and Arc Wayne.

Nutrition Counseling: A registered dietitian is available to meet individually with older adults and their caregivers to answer nutrition-related questions and demonstrate the role that diet can play in overall health and well-being. Meetings can be in-person or over the phone. There is no charge for this service, but contributions are appreciated.

Farmers Market Coupons: The Senior Farmers' Market Nutrition Program awards grants to states to provide low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets. Low-income seniors are generally defined as individuals who are at least 60 years old and who have household incomes of not more than 185% of the Federal poverty income guidelines. Eligible foods are defined as fresh, nutritious, unprepared, locally grown fruits and vegetables. This program runs July – September. NYS Farmers' Market Coupon booklets are distributed at Lunch Club 60 centers, senior housing facilities throughout the county, and the Dept. of Aging and Youth office. Coupons are available on a first-come, first-served basis in the months of July and August. The goal of the program is to increase consumption of locally-grown fresh fruits and vegetables.

Lunch Club 60: There are five Lunch Club 60 locations in Wayne County: **Clyde, Palmyra, Sodus, and Ontario.** Lunch Club 60 centers offer programs, activities, and a noontime meal. Anyone age 60 and older is welcome (and spouses, if under 60). The suggested voluntary contribution is \$3 per meal. Contributions are confidential and no senior will be denied a meal due to an inability or decision not to contribute. People under 60 years of age, who do not meet other eligibility requirements, must pay the full **\$8.34** for their meal. Most centers are open Monday through Friday (excluding holidays). Days and hours of operation vary by location. Reservations are required for lunch and should be made at least a day in advance by calling the Lunch Club 60 center you would like to attend. Transportation is available on certain days to the **Clyde and Palmyra** Lunch Club 60 sites and is arranged through the center manager.

(LUNCH CLUB 60 SITES LISTED ON BACK)

LUNCH CLUB 60 Centers

CLYDE

Amy Carroll, Manager
United Methodist Church,
84 Sodus Street
Phone: 315-359-3119
ClydeLC60@gmail.com
Open Monday - Friday,
10 a.m. - 1:00 p.m.
Lunch at 11:45.
Transportation available Tuesday & Thursday.

PALMYRA

Deb Clark, Manager
Village Park and Club Rooms
149 East Main Street (by the park)
Phone: 315-597-4015
PalmyraLC60@gmail.com
Open Wednesday, Thursday, Friday
9:30 a.m. - 1:00 p.m.
Lunch at 11:45.
Transportation available Wednesday & Friday.

SODUS

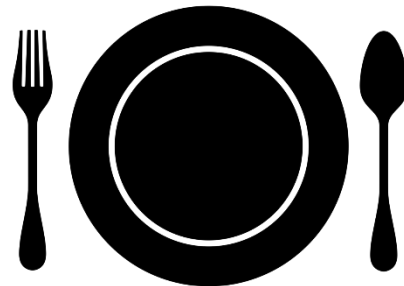
Melissa Martinez, Manager
47 Maple Avenue, Suite 200
Phone: 315-729-1490
SodusLC60@gmail.com
Open Monday - Friday
9:00 a.m. - 1:00 p.m.
Lunch at 11:30.

NEWARK

Charlene Hosmer, Manager
Emmanuel United Methodist
301 E. Miller St.;
Phone: 315-331-8755 OR 315-879-2484
Open Monday - Friday,
10:00 a.m. - 1:00 p.m.
Lunch at 11:00.

ONTARIO

Ella Cobb, Manager
Brown Square Village Apartments
2100 Brown Square
Phone: 315-524-3034
Open Monday - Friday,
9:30 a.m. - 1:30 p.m.
Lunch at noon.



11/2024 update