

OPC meals on wheels

serving seniors in the communities of:

Auburn Hills • Addison • Brandon • Independence • Lake Orion • Oakland Township • Oxford • Rochester • Rochester Hills

OPC's Meals on Wheels program is designed for seniors unable to shop and/or prepare meals. Volunteers provide a wellness check in addition to delivering a hot nutritious meal to homebound seniors seven days a week. **For general information contact: OPC Meals on Wheels 248.608.0264**

Eligibility and Service Options:

- 60 years of age and older
- Unable to grocery shop and/or prepare nutritious meals
- Eligibility is not based on income
- Meals are received within 24 hours of request.
- Short term option available while recuperating or rehabilitating

If not eligible for this program, a hot noon time meal is available Monday through Friday at Addison, Auburn Hills, Brandon, Lake Orion and OPC.

More Than a Meal. . . .

- Kind words and a wellness check are provided by volunteers.
- Handmade cards, placemats, and crafts from area school aged children bring joy.
- A birthday cake and card honor meal recipients on their special day.
- MOW allows a senior to age in place, encouraging independence for those who wish to remain in their home for as long as possible.

Volunteers:

- Volunteers are vital to delivering OPC Meals on Wheels seven days a week. Individuals, families, church groups and service organizations are encouraged to volunteer.
- **For information on volunteering contact: (248) 608-0281**

Donate to Meals on Wheels:

- OPC Meals on Wheels gratefully accepts monetary donations. Each \$5.00 donation provides a meal for a senior. \$150.00 provides meals for a homebound senior for one month.
- OPC is a 501(c)3 and donations are tax deductible.



delivering more than a meal

OPC Meals on Wheels 248.608.0264 • OPC 650 Letica Drive Rochester, MI 48307

• Email: mow@opcseniorcenter.org