

## **Who we are**

Senior Services for South Sound was established in 1972 as a multi-service, non-profit agency serving the elders of Mason and Thurston Counties. The agency is governed by a volunteer Board of Directors, who are representatives from our service area. Eighty-nine percent of funds raised by Senior Services for South Sound go to services for Seniors

## **Our Mission**

To celebrate life in partnership with seniors and their families and to support their ability to remain independent in the community.

## **Our Other Services**

### **Services to At-Risk Seniors**

**(STARS)** Adult Day Care Centers offer supervised day programs for frail elders. Time provides respite for family caregivers.

### **Social Services**

A program that supports seniors with Support Groups, Senior Companionship, Phone Friends, assistance with resources & referrals and families consultations.

## **The Senior Center Activities**

program provide educational classes, recreational programs and trips for area seniors. The planned activities focus on health promotion and social interaction.

## **South Sound Care Connection**

A program to support families coping with long term care issues by providing the important link between screened caregivers and families in crisis. This program provides Alzheimer's care consultations and private care management for seniors unable to qualify for Medicaid.

## **Transportation Program**

This volunteer based program is designed to provide transportation for individuals over the age of 60 living in rural South Thurston County, including Rochester, Tenino, Bucoda and outlying areas. Transportation is available for medical appointments, senior nutrition programs and essential errands.

If you have any questions about our services please call (360) 586-6181  
e-mail [ssss@southsoundseniors.org](mailto:ssss@southsoundseniors.org)

# Senior Nutrition Program



## Meals on Wheels

*Senior Services*  
FOR SOUTH SOUND

## Meals-On-Wheels

People who are confined to their homes and are over 60 years of age, may be eligible for home-delivered meals.

Up to 1 meal per day may be provided - either fresh or frozen depending on locale and distance from serving site. All weekend and holiday meals are frozen.

Those who qualify may help support the program by voluntary donations. The recommended amount is \$3.00 per meal. (Suggested range is \$3-\$6 depending on your ability to give.)

People who do not qualify may still receive home delivered meals by paying the full price—at present (2011) \$6.24 per meal.

Meals meet 1/3 of the Department of Agriculture's Required Daily Allowance. They are low in sodium. Special dietary accommodations may be taken into account.

Waiting list may be in effect for qualified clients.

Senior Nutrition has a Registered Dietician on staff who is available for group and individual consultation. To arrange for an in-home consultation call (360) 586-6181 Ext 112

Meals-On-Wheels is supported by the Federal Older Americans' Act, Lewis-Mason-Thurston Counties' Area Agency on Aging and the Senior Services Nutrition Program.

### Meal Sites Open

**Shelton**, 826 Railroad Ave.  
(360) 426-3697 Monday through Friday

**Belfair**, Theler Community Center  
22871 E State Rte 3 Belfair,  
(360) 275-4898 Tuesday & Thursday

**Lacey**, Senior Center  
6757 Pacific Ave (360) 407-3967  
Monday through Friday

**Olympia**, Community Center  
222 Columbia St NW  
(360) 586-6181, Ext 107  
Monday through Friday

Rochester United Methodist Church  
18206 Corvallis St SW  
**Rochester** (360) 273-5000  
Wednesday and Friday

The Quarry House  
319 West Park  
**Tenino**, (360) 264-9805  
Tuesday and Thursday

**Yelm** Senior Center  
16530 103rd Ave SE  
(360) 458-6677  
Monday through Friday

Olympia 2  
**Evergreen Villages Apartment**  
Vietnamese Elder Program  
505 N Division St, Olympia  
Wednesday

