



The mission of the GENCenter is to enhance the lives of active older adults, their families, and young people through support, wellness, connection, lifelong learning, and volunteerism.

The GENCenter offers:

- daily social and recreational activities,
- on-going educational programming,
- planned day trips and extended trips,
- one-to-one counseling options, focusing on health, legal, and a host of other topics,
- medical equipment, offered through our Medical Closet program, that can be purchased or rented at below market pricing,
- access to a Veterans' Affairs representative, through an on-site VA office,
- great savings on everyday goods at the Once & Again Boutique (donated goods accepted as well),
- meeting space and facilities for rental use.



Meals On Wheels Program

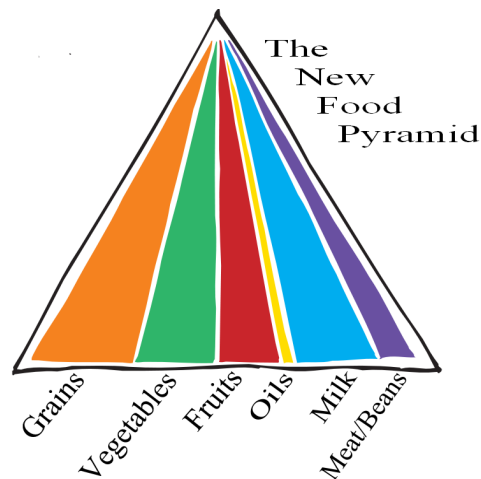
Cumberland Commons
52 E. Northwest Hwy.
Des Plaines, IL 60016

Meals on Wheels: (847) 894-3482
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WHAT?

WHAT is the program?

The Meals On Wheels program is a Home-Delivered Meal Service for residents of Des Plaines, offered by the GENCenter, in partnership with the City of Des Plaines. It provides a hot, nutritionally balanced meal for people who are home-bound and unable to adequately prepare their own meals.



The U.S.D.A.'s Food Pyramid helps you make wise food choices. The Pyramid outlines a daily diet rich in grains, fruits, and vegetables, moderate in dairy and meat products, and sparing in the use of oils & fat.

WHO?

WHO is Served?

Des Plaines residents who are:

- ages sixty or older,
- home-bound, and
- unable to prepare meals independently.

HOW?

HOW do residents sign up?

Residents can contact Meals on Wheels Monday - Friday, between 8:30 a.m. and 1:00 p.m. at (847) 894-3482. An appointment will be scheduled for a Social Worker to conduct an in-home assessment to determine eligibility for the program (other senior programs and services may be suggested at the time of the assessment). Once eligibility is confirmed, the Social Worker will then inform the resident of their start date.

WHEN?

WHEN are the meals delivered?

Monday ~ Friday (excluding holidays) between 11:00 a.m. and 1:00 p.m. by trained volunteers.

EXCLUDED HOLIDAYS

No meals will be delivered on the following days:

New Years Day
Martin Luther King Jr. Day
Good Friday
Memorial Day
Juneteenth
Independence Day
Labor Day
Thanksgiving
Day after Thanksgiving
Christmas Eve
Christmas Day

Meals are \$7.00 each and are billed monthly by The GENCenter.