

How do you start delivery of Meals on Wheels?

It's easy. Simply call:

Information and Referral
Greater Lynn Senior Services

Phone: 781-599-0110

Toll free: 1-800-594-5164

TTY: 781-477-9632

Toll free TTY: 844-580-1926

E-mail: info@glss.net

Web site: www.glss.net

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion, or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Aging & Independence, MassHealth, and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Credits:

Meals on Wheels and Community Cafés receive federal and state funds, as well as support from the City of Lynn, Elder Service Plan of the North Shore (PACE), Jewish Family Services, and client donations.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores, and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at several "community cafés" or delivered to your home by Meals on Wheels.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Counseling and support.** We're here to lend an ear and offer some advice and support in a safe, judgment-free setting.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home to protect patients' rights.
- **Healthy living programs.** We offer a variety of programs to help you feel better and stay connected.

One number for everything:

Call GLSS at 781-599-0110

We'll listen. We'll help.

Meals on Wheels and Community Café Programs



Meals for people 60 and older

Tasty and healthy. Served at several conveniently located Community Cafés. Or delivered to your door by Meals on Wheels.

Serving Lynn, Lynnfield, Nahant, Saugus, and Swampscott

GLSS

Greater Lynn Senior Services
Lynn, Lynnfield, Nahant, Saugus, and Swampscott

GLSS

Greater Lynn Senior Services
8 Silsbee Street Lynn, MA 01901 www.glss.net

GLSS

Greater Lynn Senior Services
(781) 599-0110



Good, affordable food. Served at several local Community Cafés. If you can't come to us, we'll come to you: Meals on Wheels.

Where can I find a Community Café?

Meals are provided at some senior housing sites and at your local senior center. For more information, contact your community's council on aging for site information, hours of operation, and bad weather closings.

Lynn Council on Aging: 781-586-6879

Lynnfield Council on Aging: 781-598-1078

Nahant Council on Aging: 781-581-7557

Saugus Council on Aging: 781-231-4178

Swampscott Council on Aging: 781-596-8866

How much does a meal cost?

The cost of a meal varies by location. Some sites ask for a voluntary donation and some sites have a minimal charge. Contact your local council on aging for more information.

Why eat at a Community Café?

You can get together with your friends...
make it a rendezvous...meet new people...
have a reason to get up and out...enjoy a hot, nutritious meal at a reasonable price...stretch your budget.

Holiday closings

No food is delivered or served (except in supportive housing) on the following holidays:

- New Year's Day (January 1)
- Martin Luther King's Birthday (3rd Monday in January)
- Presidents' Day (3rd Monday in February)
- Memorial Day (last Monday in May)
- Juneteenth (June 19)
- Independence Day (July 4)
- Labor Day (1st Monday in September)
- Columbus Day (2nd Monday in October)
- Veterans' Day (November 11)
- Thanksgiving (4th Thursday in November)
- Christmas (December 25)

Monthly Brown Bag/Mobile Markets

On the third Friday of each month from 9 a.m. to 11 a.m., residents of Lynn, Lynnfield, Nahant, Saugus, and Swampscott can pick up a bag of free groceries at GLSS as part of Greater Boston Food Bank's Brown Bag/Mobile Markets Program. There are no age or income requirements for the program and there is no application process. To learn more or to sign up, please call 781-599-0110 and ask for the Nutrition Department.

Meals on Wheels: Who qualifies?

Meals on Wheels brings meals to people over 60 who are homebound and unable to prepare meals. The meals are nutritious and low in fat and sodium. The meal consists of a hot dinner, dessert, milk, bread and margarine. The menu is varied.

Meals on Wheels: Delivery

Meals on Wheels delivers between 9:00 am and Noon, Monday through Friday, except holidays. Because of food safety concerns, if you are not home, the driver cannot leave your meal.

Meals on Wheels: Weekend meals

If you're isolated and homebound, you can arrange for frozen meals that you can heat and eat during the weekend.

Meals on Wheels: Special diets

For those in need, Meals on Wheels offers a variety of therapeutic meals, including ground, pureed, mechanically soft, renal, low lactose and cardiac. You can also get a Kosher meal.

Meals on Wheels: Cancellation

To cancel a meal delivery, call Greater Lynn Senior Services at 781-599-0110 a day in advance. Or let the driver know in advance if you won't be home to receive your meal.