MEALS ON WHEELS

AN IMPACTFUL LIFELINE TO MANY SENIORS IN SCHENECTADY COUNTY

Most everyone has heard about Meals on Wheels, but unless you are a recipient, family member of a recipient, or a driver delivering meals, you may not realize the impact this seemingly small act has on someone. “More than Meals” means just that, Meals on Wheels is more than a meal; for the hundreds of clients served by the Catholic Charities Senior & Caregiver Support Services (CCSCSS), the Meals on Wheels program is a lifeline to nutrition, human contact, dignity and a continued ability to live in their community. Many of the clients served by the program have little or no contact with anyone outside of their home other than their Meals on Wheels driver. So the mission of delivering meals to the elderly goes well above and beyond the goal of simply delivering a nutritionally balanced meal.

“We are improving the quality of life for every client we serve,” said Marlene Hildenbrandt, CCSCSS Executive Director.

Did you know?

• 1 in 4 seniors lives alone.
• The negative effectives of loneliness on health are similar to smoking up to 15 cigarettes a day.
• Food insecure seniors can have limitations comparable to food secure seniors 14 years older.
• 83% of low income, food insecure seniors are not receiving the home delivered meals that they need.

These are some of the reasons that our Meals on Wheels program does what it does every day, despite the many challenges faced in doing so. People need to eat. People need to have contact with other people. People need to help other people. Like a postman, neither snow nor rain nor heat nor gloom of night keeps our drivers from delivering these meals to people seven days per week year-round. Their attention to detail changes lives, and in some cases, it has saved lives.

In 2018, our Meals on Wheels program provided nearly 94,000 meals to 380 individuals. But it is not enough as the need is far greater. We need more help to deliver more meals. The national organization, Meals on Wheels America is in the middle of its “March for Meals” campaign; a campaign whose purpose is to bring attention and resources to support the thousands of Meals on Wheels program across the country. CCSCSS is one of the programs and is proud to support and highlight March for Meals.

The week of March 18-22, 2019 in Schenectady County, we have invited local political, social and faith leaders to join us in delivering meals to our clientele and to see firsthand the impact that this program makes. Are you interested in assisting as well? Give us a call at 518-372-5667. We’d be happy to have your support.
TRANSPORTATION PROGRAM SERVICES
A Valuable Connection to the Community

Article written by Margo Mahoski

“If I did not have your transportation program I would not be able to afford transportation to my cancer treatment appointments and I would need to walk more than five miles each way.” ~ Barbara

“I love riding on the bus with my Catholic Charities friends to the Friendship Café. I don’t eat my hot meal alone anymore.” ~ Maria

“I can’t continue to leave work to bring dad to Dayhaven any longer, my boss has had it. I may lose my job.” ~ Steve

It is so easy for most of us to take transportation for granted. Barbara, Maria and Steve are just three of over 500 clients who rely on Catholic Charities Senior & Caregiver Support Services (CCCSS) to transport them to life sustaining medical appointments, Friendship Café or DayHaven our Social Adult Day Program.

We have been serving Schenectady County residents, age 60 and older, with transportation services since 1974. The CCSCSS Transportation Program is dedicated to providing safe, user-appropriate services to those in wheelchairs as well as ambulatory participants, utilizing a small fleet of buses and mini vans.

Our program drives close to 150,000 miles each year including travel to Albany, Amsterdam and Clifton Park for medical specialty appointments. Our Friendship Cafés participants have the opportunity go shopping weekly utilizing our transportation services as well as be transported on other outings, such as Proctor’s for free daytime events, apple orchards, and tours of Schenectady, just to name a few.

For more information on how to register for our transportation programs or if you would like to volunteer, please call 518-357-9801.

Thank you!

A Catholic Charities Senior & Caregiver Support Services bus used to transport senior to and from appointments.

STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS
Sign Up Today

Catholic Charities Senior & Caregiver Support Services has partnered with the Town of Bethlehem to offer a 9-week Stress-Busting Workshop for Caregivers with a family member who was diagnosed with a chronic illness.

This FREE 9-week workshop runs from Wednesday, March 20 through Wednesday, May 15, 2019 from 1pm to 2:30pm. We will be hosting this workshop at Bethlehem Town Hall in Delmar.

If you are interested in attending or know someone who might benefit, please register soon as space is limited. Please call 518-372-5667 x. 205

Please share with your family, friends and community.