

Columbia County Office for the Aging

HOME-DELIVERED MEALS

Overview

The program provides home-delivered meals to older adults who cannot prepare meals due to health or mobility issues and lack informal support to assist. Participants may receive hot, nutritious meals up to five days a week, wellness information, and access to private nutrition counseling with a registered dietician. Program meals are designed to meet one-third of the USDA Recommended Daily Intake of nutrients and can accommodate doctor-certified dietary restrictions or religious preferences. Deliveries include hot meals on weekdays between 11:00 am and 12:30 pm. Frozen meals are available for weekends. Participants must be present at delivery and have a working refrigerator or freezer to store the meals.

Who is eligible?

Columbia County residents who are:

- 60 years old or older
- Unable to prepare meals independently
- Unable to receive assistance from friends or family

This is not an income-based program. Spouses over 60 and individuals with disabilities who live with the eligible participant may also qualify for the program, these referrals are assessed on a case by case basis. Participants must complete a comprehensive assessment, a thorough process that ensures we understand your needs, to enroll in the program.

Is there a cost?

There is no charge for the meals, but voluntary contributions are welcomed. All contributions are used locally to help serve more Columbia County residents.

How do I apply?

Call our office and talk with our intake team.

Columbia County Office for the Aging

325 Columbia Street, Hudson, NY 12534

(518) 828-4258

OFA@columbiacountyny.com

<https://tinyurl.com/ColumbiaCountyOFA>



Columbia County Office for the Aging Senior Community Centers

Overview

We have seven locations across the county offering nutritious meals and social activities to older adults up to five days a week! Up-to-date information about healthy eating, wellness and healthy habits is given out to those who get meals. Our registered dietitian can help with questions about diabetes, weight loss or gain and healthy eating in private nutrition counseling. We may provide transportation for those who need help getting to one of the meal locations.

Who is eligible?

Columbia County residents who are:

- 60 years old or older

This is not an income-based program. Spouses over 60 and individuals with disabilities who live with the eligible participant may also qualify for community dining, these referrals are assessed on a case by case basis.

Is there a cost?

There is no charge for the meals or to attend a Senior Community Center, but voluntary contributions are welcomed. All contributions are used locally to help serve more Columbia County residents.

How do I apply?

There is no application process, just an information sheet required at your first visit. **We ask that if you are planning to dine with us, please call at least 24-hours in advance.** Call our Philmont Nutrition Center for more information at (518) 672 -7134.



Albert L. Tripp Center

93 Main Street

Philmont, NY 12565

Mondays

Wednesdays

Fridays

Hudson Senior Center

51 North 5th Street

Second Floor

Hudson, NY 12534

Monday - Friday

Stuyvesant Town Hall

5 Sunset Dr

Stuyvesant, NY 12173

Tuesdays

Thursdays

Valatie Senior Center

3302 Williams Street

Valatie, NY 12184

Mondays

Wednesdays

Elizaville Fire Department

1575 Cty Route 19

Elizaville, NY 12523

Tuesdays

Fridays

Canaan Town Hall

1647 County Route 5

Canaan, NY 12029

Wednesdays

Copake Recreation Center

305 Mountain View Road

Copake, NY 12516

Tuesdays

Thursdays

Fridays

Columbia County Office for the Aging

Nutrition Education & Counseling

Overview

Our registered dietitian, who specializes in nutrition for older adults, oversees this program. Throughout the year, presentations and cooking demonstrations are held at our Senior Community Centers to promote healthy eating habits and a better understanding of overall wellness.

SNAP-Ed NY is a statewide program that teaches people how to shop for and cook healthy meals on a limited budget. It is part of the Supplemental Nutrition Assistance Program (SNAP), which provides benefits to help income-eligible individuals pay for food. NYSOFA provides SNAP-Ed programs to older adults in partnership with the New York State Office for Temporary and Disability Assistance.

Who is eligible?

Columbia County residents who are:

- 60 years old or older

This is not an income-based program.

Is there a cost?

There is no charge for nutrition education or to meet with our registered dietitian, but voluntary contributions are welcomed. All contributions are used locally to help serve more Columbia County residents.

How do I apply?

To make an appointment with our registered dietitian or for information, please call our Philmont Nutrition Center at (518) 672 -7134.

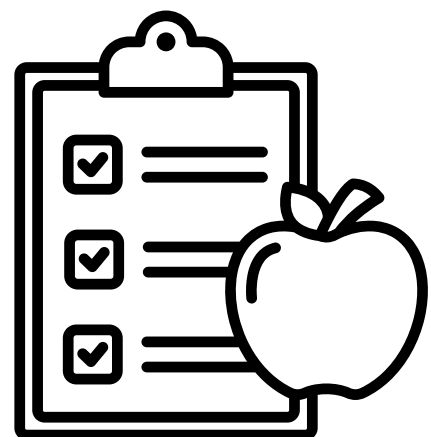
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Farmers' Market Coupons

Overview

Once a year, the Senior Farmers' Market Nutrition Program (SFMNP) gives eligible, low-income older adults \$25.00 in coupons to buy locally-grown fresh fruits and vegetables at participating farmers' markets in New York State. Booklets are available in July and may be used through November. They are given out on a first-come, first-served basis.

Farmers' markets provide up-to-date information about healthy eating and have cooking demonstrations using local produce. Adding more fruits, vegetables, and whole grains to the meals we eat helps make us healthier. This program also helps support farming, which is a major part of the state's economy.

Who is eligible?

Columbia County residents who:

- Are 60 years or older
- Are, or affirm that they are, low-income based on income standards

Is there a cost?

There is no cost for the coupon booklet. Farmers markets may accept Supplemental Nutrition Assistance (SNAP) benefits, and many markets accept the Electronic Benefits Card (EBT).

How do I apply?

Call our office at (518) 828-4258 or stop by to learn about this year's distribution schedule.

PLEASE NOTE:

- Use only at authorized markets - look for "We gladly accept coupons here" signage
- Old coupons will not be accepted
- No cash for change
- Can combine coupons to pay for foods
- Treat coupons like cash
- A proxy can shop with the coupons on the participant's behalf
- Lost or stolen coupons cannot be replaced

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