

SENIOR NUTRITION PROGRAM@ SICHCC

Our nutrition program assists seniors to independence by providing opportunities for persons to receive services and take part in activities that will enhance their dignity and encourage their continual involvement in their community.

The Senior Nutrition Program offers hot lunches at the listed centers:

Edisto Island Site	7080 Indigo Hill Rd, Edisto Island	869-2272
James Island Site	1315 Secessionville Rd, James Island	795-0772
Johns Island Site	Johns Island Rural Housing, Johns Island	559-3359
Wadmalaw Island Site	5605 Katy Hill Rd, Wadmalaw Island	559-0883
Hollywood Site	7404 Highway 162, Hollywood	889-8319
Lovely Hill Site	670 Bear Swamp Rd, Johns Island	571-2368

These lunches are catered by a local food service vendor.

Our centers offer food, friendship, recreation, wellness education and fitness activities. Hot nutrition meals are offered to those ages 60 and older at our six senior congregate centers. Each meal meets 1/3 of the recommended daily dietary allowance and is approved by a registered dietitian. A monthly donation of \$5.00 is requested, actual cost of a meal is \$4.98. Qualified clients are not denied meals based on their ability to contribute.

A daily hot nutritious meal is also delivered to homebound clients that are in the community long term care (CLTC) program.

Program Goal:

To promote better health with improved nutrition, encourage socialization, and provide access to supportive services, enabling older adults to live independently and with dignity in the community.

Program Description:

- Nutrition services include meals, nutrition screening, nutrition education, and nutrition counseling.
- The program has two components: congregate and home-delivered meals.
- The congregate program provides meals, fitness activities, recreational and educational

programs. Meals are served in settings that foster socialization and where supportive services are available to participants. These settings include senior centers, community centers, senior housing communities, religious facilities, and schools.

- The home-delivered meal program delivers meals to persons who are homebound due to illness or incapacitation, or are otherwise isolated. This program may make referrals for other assistance and coordinate in-home services

Eligibility:

- Persons eligible for nutrition services are adults age 60 or older and spouses of any age, regardless of income.
- Under certain circumstances, persons with disabilities who are under 60 years of age may also be eligible for nutrition services.
- Eligible persons may have meals for a voluntary, anonymous donation toward the cost of the meal. Seniors may bring guests (under 60 years of age) but they must pay the full price of the meal.