FOOD AND NUTRITION SERVICES FOR OLDER ADULTS IN GUILFORD COUNTY, NC

Introduction

Whether you have immediate or on-going difficulties buying groceries, preparing meals, going to the store or are homebound and would like to have a hot meal among new friends, help is available. If you are a senior, the caregiver of, or just know a senior in this situation living in Guilford County, NC this information should help.

Your first step in Guilford County would be to call SeniorLine at 336-884-6981 in High Point and Jamestown and 336-333-6981 in the rest of Guilford County. When you call SeniorLine they will ask some questions about the age, health, physical abilities, and current nutrition of the prospective meal recipient. In this interview, you may be referred to a Senior Resources of Guilford nutrition program, to Department of Social Services (DSS) for emergency assistance or for Food Stamps.

SeniorLine

During the interview with SeniorLine you will be asked some basic questions about your current situation to determine if you are eligible for the Mobile Meals program or Community Nutrition Centers (finances do not affect eligibility).

An individual from Senior Resources will visit your home to conduct an interview with you to determine which nutrition program would be the most appropriate.

- Information and eligibility for Mobile Meals programs in High Point and Greensboro.
- Information and eligibility for Community Nutrition Centers.
- Information for Food Stamps
- Information on other resources in the community to help you with food and nutrition.
Mobile Meals is a meal delivery program offered by Senior Resources of Guilford that delivers meals to homebound seniors throughout Guilford County. Eligibility for this program includes, but may not be limited to, individuals who:
- Are 60 years of age or over, and;
- Are restricted in their ability to leave home but are not necessarily bed ridden, and;
- Are unable to obtain food or prepare meals for themselves and
- Have no responsible person who is willing or able to obtain food or prepare meals, and
- Are not currently receiving meal preparation and nutritional assistance through the Department of Social Services
- You may also be eligible, regardless of age, if you are the spouse of an eligible older adult or have a disability and live with an eligible older adult.

Mobile Meals of High Point is a private volunteer organization that delivers meals to homebound older adults within High Point. **336-882-7676**

Community Nutrition Centers

Community Nutrition Centers are operated through Senior Resources of Guilford and offer meals and opportunities for socialization to adults 60 years and older at 10 locations throughout Guilford County. Eligibility for this program includes:
- Being 60 years of age or over or being the spouse of an eligible participant
- Are able to leave his/her home

In addition to hot noon time meals, the Centers provide older adults looking for social interaction, and programs such as field trips, educational opportunities, health and wellness opportunities, and recreation. The Centers are open part-time (4 hours per day) and Senior Resources will help you identify one near you. In addition, if you attend the Community Nutrition site more than 3 times a week Guilford County will provide round trip transportation or a monthly bus pass to attend the Community Nutrition Center.

Senior Resources of Guilford has developed a Community Nutrition Restaurant Voucher Program in coordination with The Pepper Mill Café, located at 2600 South Main Street in High Point, NC. Seniors who complete an orientation and registration process will receive 12 vouchers on a monthly basis that permit seniors to enjoy a nutritious meal in a locally owned family restaurant. Older adults interested in this program should call Senior Resources’ Community Nutrition Program Director at **(336) 884-4816**.
Emergency Nutrition

If you have more immediate food or nutritional needs, SeniorLine may refer you to the Department of Social Services (DSS). (Greensboro: 336-641-3000; High Point: 336-845-7771).

During the phone call you may be asked some general questions about yourself, including income, health, and this may be followed up by a face-to-face interview.

Your in-person interview with DSS will include a needs assessment, which will help DSS decide how best to help you. The social worker may ask questions about your:
- Ability to care for yourself
- Family and friends
- Those who are helping you
- Finances
- Physical and mental health

They may provide you with information on programs such as Food Stamps, in-home services, and/or nursing home placements.

Other emergency resources may be available.

Food Stamps

The Food Stamps Program can provide financial assistance for the purchasing groceries for low-income persons including older adults. The Food Stamp program was established to increase the purchasing power of low-income households and to raise the nutritional level of these households.

You could qualify for Food Stamps if:
- You are disabled
- You have low or fixed income
- You have high medical bills, rent, house payments or utilities, and
- You have few assets, not counting your home.

Older adults must have income (after allowable deductions) less than the poverty standard. The level of assistance is based on your income and circumstances.

The first step to receiving Food Stamps is to contact the Department of Social Services (DSS) at 336-641-3000. If you cannot go to the food stamp office, you may send a friend or a relative to talk to the DSS worker. Or you may be able to talk with a DSS worker on the phone. The Food Stamp application process may take several weeks.

The Food Stamps Program uses electronic funds transfer cards (similar to a bank or credit card) and attendance at a brief educational program on using the card will be required of all participants.
Other Resources

Other food and nutrition resources are available in the community. These include, but are not limited to, the following:

- **Open Door Ministries in High Point** 336-885-0191
- **Greensboro Urban Ministries** 336-271-5959
- **Salvation Army in Greensboro** 336-273-5572; **Salvation Army in High Point** 336-881-5400.
- **Servant Center – Grocery Assistance Program** 336-275-8585
- **Share Food Program** 1-800-758-6923

Programs such as Community Alternative Program for Disabled Adults (CAP) and Community Health Response Program (CHRP) are available through the Guilford County Department of Public Health 336-641-7777, but may require a referral from DSS.

Information included in this document is intended for guidance, education and information only and was correct at the time of publication. It should not be seen as a diagnostic tool or a substitute for contact with professionals or agencies.

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