

Welcome to Aging Resources of Central Iowa!

Americans have always solved their problems by working together. Aging Resources of Central Iowa, its Board of locally elected officials and senior representatives, professional service providers, and persons over 60 in Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren Counties have been working together for 25 years to solve problems and determine the needed services for persons over 60.

The Board of Aging Resources of Central Iowa determines policy direction and maintains programs that enable persons over 60 to remain independent and active by funding the following services:

Nutrition Services

- ◆ Holiday Meals (Thanksgiving & Christmas)
- ◆ Congregate Meals
- ◆ Meals-on-Wheels
- ◆ Nutrition Education

Access to Community Resources

- ◆ Information and Assistance
- ◆ Outreach
- ◆ Transportation

In-Home Care

- ◆ Case Management
- ◆ Chore Service
- ◆ Homemaker
- ◆ Personal Care

Supportive Services

- ◆ Adult Day Care
- ◆ Advocacy
- ◆ Care Review Committees
- ◆ Counseling
- ◆ Employment Assistance
- ◆ Health (Well Elderly Clinics)
- ◆ Legal Assistance
- ◆ Emergency Assistance



Volunteering to deliver holiday meals



Transportation to centers

Nutrition
and other
Educational
Programs



Recreational
Activities



Having
Lunch with
Friends

A private non-profit agency serving the counties of Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren



For More Information Contact
Aging Resources of Central Iowa

5835 Grand Avenue, Suite 106 • Des Moines, Iowa 50312-1439

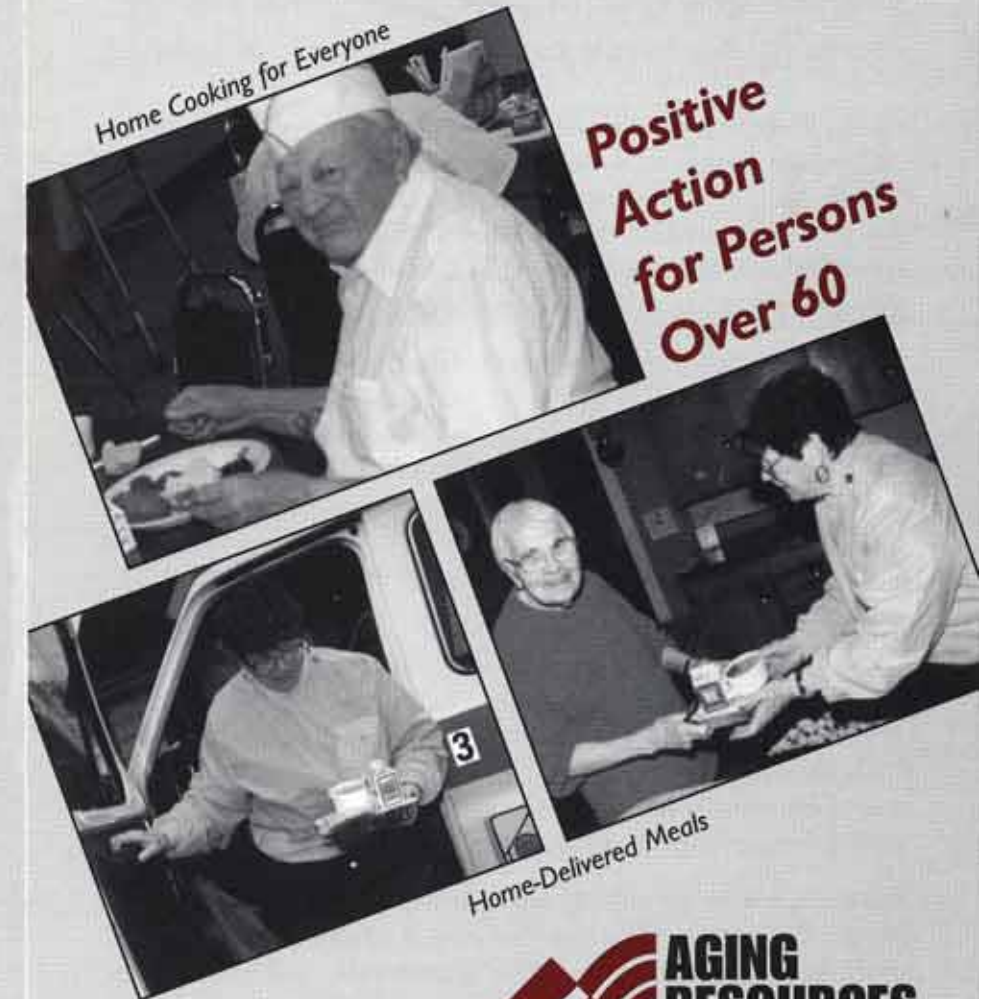
(515) 255-1310

Fax (515) 255-9442

<http://www.aging-resources.com>

agingres@aol.com

Neighborhood Meals



Home Cooking for Everyone

Positive
Action
for Persons
Over 60

Home-Delivered Meals



Neighborhood Meals



A hot meal, friendly faces, lively conversation and a bright spot in your day – that's what the neighborhood meal program is all about.

More and more central Iowans 60 and over are taking advantage of this popular program. In November of 1973, neighborhood meal centers opened in Winterset, Earlham, West Des Moines, Ankeny, and at the Logan Center in Des Moines. Today, 25 years later, a daily average of 3,100 people enjoy noon meals at the neighborhood meal centers and through home-delivered programs.

What makes the program so popular? First, it's a good meal – a nutritious, well-balanced meal meeting 1/3 the Recommended Dietary Allowance that helps older Iowans stay healthy – and that's important for leading a full, active, independent life. Secondly, it's fun! Companionship plus social activities, and recreational and educational programs help the neighborhood meals program reduce the isolation and loneliness experienced by many in later years.

Neighborhood meals are offered Monday through Friday (unless otherwise indicated) around noon. Central Iowans 60 and over gather at the nearest location for lunch. We have centers that are catered and centers where the meals are cooked in a kitchen. Volunteers help at every site in a number of different ways. Many volunteers assist in serving the meals and in the after lunch cleanup, while others arrange tables for crafts or card games.

The meals are for persons 60 and over and their spouses regardless of age. The neighborhood meal program is a positive cooperative effort. Your local county, the federal government, local communities, United Way, and client contributions, work together to provide the money that funds this program. You too can help. Your contribution, whatever the amount, is welcomed and needed to help support the neighborhood meal program.