

determine your physical condition, and your physician must certify that you may receive meals. When these forms are received and reviewed by MARC or the appropriate senior center, you may be assigned a meal provider, placed on a waiting list, or referred to a senior center for congregate meals.

How long does the application process take?

The length of time between when you apply for meals and when you begin receiving them depends on several things. This includes how long it takes for MARC to receive all the necessary paperwork, your physical condition, and whether there is a waiting list in your area. The longer the waiting list, the longer your wait may be.

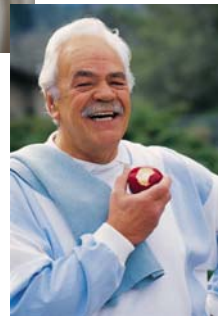
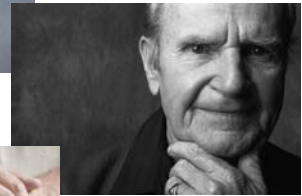
What if I am not eligible for home delivered meals?

If you are found ineligible for home delivered meals and are aged 60 or older or are aged 18-59 and disabled, you may attend one of the MARC senior centers for a noon meal. At the center you will also have the opportunity to participate in a number of social activities and

learning experiences. A limited amount of transportation is available to assist you in getting to and from the center nearest you.

Meal Costs/Contributions

The MARC home delivered meals are provided at no required cost. The actual cost of preparing and delivering the meals, however, ranges from \$3.00 to \$7.00, depending on the center that provides them. To offset these costs, MARC appreciates and accepts any voluntary contributions made by you or on your behalf. Contributions are used to increase the number of meals provided in your community.



MID-AMERICA REGIONAL COUNCIL
Commission on Aging
600 Broadway, Suite 300
Kansas City, Missouri 64105
(816) 474-4240

MARC's Home-Delivered Meals Program

Who is MARC?

The Mid-America Regional Council (MARC) is a voluntary coalition of local governments working together to address a number of issues that cross governmental boundaries.

Since 1974, MARC has been working to meet the needs of older people by acting as the Area Agency on Aging for Cass, Clay, Jackson, Platte and Ray Counties in Missouri. Using funds appropriated through the Older Americans Act, the Social Services Block Grant, Missouri General Revenue and other sources, MARC provides a number of services to older individuals within the five county area described above.



"Nutrition is the building block of life, and simply can not be overlooked when discussing quality of life for older persons." Janice King, MARC Manager of Community Services

What are home delivered meals?

Home delivered meals are those provided by MARC to homebound individuals. The meals are planned by a registered dietician to provide one-third (1/3) of the Recommended Daily Allowance (RDA) of nutrients for adults.

Who is eligible for home delivered meals?

In order to be eligible for home delivered meals, a person must be aged 60 years or older and physically or mentally unable to leave their home. A limited number of meals are available for those who are age 18-59 years and disabled. In some situations, an eligible person's caregiver may also receive meals.

Priority is given to prospective clients as follows:

1. Individuals who are in the protective services program of the Missouri Division of Aging.

2. Those who cannot provide meals for themselves and have no friends, family, or neighbors to help them do so.

3. Those with only intermittent support, such as only on weekends or evenings.

4. Those who can provide meals for themselves on occasion, but can not attend a senior center on a regular basis.

5. Those who have a spouse or caregiver in the home and it is to the advantage of the homebound client to receive meals.

How do I begin receiving meals?

In order to begin receiving meals, you must go through the following application process:

You must have a MARC assessment completed to