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WINTER SAFETY PREPAREDNESS

Keeping a safe home environment can be key to your physical and mental health. Below are some tips to help you keep your home safe during the winter months.

Living Room & Bedroom

Never leave a space heater on unattended or while sleeping. Make sure to keep assistive devices within arm's reach. If assistance is needed for walking, a bell or wireless doorbell can be helpful to call for assistance. ***Make sure your emergency contacts are in a visible and accessible place. Consider writing down additional copies for each room in your home.***

Kitchen & Bathroom

Place commonly used items (food, dishes, cleaning supplies, etc.) within easy reach on low shelves. Use non-slip mats in kitchen and in and out of the shower/bathtub to help prevent falls.

Stairs & Floors

Keep all phone and electrical cords out of your walking path. Eliminate throw rugs or use double-sided tape on the back of them to prevent sliding accidents. Make sure any doormats have non-skid backing on them.

Smoke & Carbon Monoxide Detectors

Now is the perfect time to press the test button on your smoke and carbon monoxide detectors. Don't wait to make the necessary battery replacements.

Inclement Weather & Your Deliveries

We make every effort to deliver meals to our clients in the normal time frame, 11am - 2pm. However, during inclement weather there may be times when volunteers may be delayed or in rare cases, simply cannot navigate roads necessary to reach our clients. Any changes to delivery schedule will be available on our phone by 8 a.m. Watch local TV stations FOX59, CBS4, WTHR-13 and RTV6 for any inclement weather changes to our delivery schedule.

We encourage you to keep a supply of staples: canned soups, pasta, peanut butter, canned tuna, crackers, fruits and other non-perishables on hand. Food that does not require heating should also be kept on hand in case of an extended power outage.

(OVER)

YOUR DELIVERIES – ADAPTING WITH CORONAVIRUS

Please read below the changes we are implementing to our delivery methods. These changes will be in effect until further notice.

When in-person deliveries are necessary, our **volunteers will hang your meals on your doorknob in a new single-use plastic bag, ring the doorbell and knock to let you know your meals have been delivered.** If you must have in-home delivery, your volunteer will keep the appropriate distance as suggested by the CDC.

Delivery drivers will sanitize their hands and wear a new pair of protective gloves when making each delivery. **Please note:** Drivers wearing gloves is used as a precautionary measure and should not be considered reason for alarm.

You have the option of receiving a **box of non-perishable, shelf-stable food** to ensure you can maintain your required caloric intake. If interested, please contact client services at **317.252.5558**.

ENSURE

Meals on Wheels offers cases of Ensure delivered to our clients at a reduced rate. Ensure can benefit patients who are at nutritional risk. We are offering three types: **Ensure (\$21/case), Ensure Plus (\$24/case) Glucerna Shakes (\$36/case).**

The flavors we have are: Strawberry, Vanilla, Chocolate and Butter Pecan.

Call Meals on Wheels at 317.252.5558 with questions.

EMERGENCY CONTACT

It is important that we keep our clients' emergency contact information up-to-date. This emergency contact person needs to be available between 9 AM and 5 PM weekdays.

If there has been a change in your emergency contact's phone number, please call the Meals on Wheels office at 317.252.5558 to update your records. **Thank you!**