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HOLIDAY REMINDER

MEALS ON WHEELS WILL BE CLOSED THANKSGIVING DAY

All offices will be closed on **Thursday, November 26, 2020** in observance of Thanksgiving Day; **there will be no meal deliveries.**

Regularly scheduled deliveries will **resume on Friday, November 27, 2020.** If you plan on being away that Friday, we encourage you to leave a clean cooler with ice pack outside your door.

STAYING CONNECTED THROUGH THE HOLIDAYS

Many families are taking precautions to protect the health and safety of their loved ones through the ongoing COVID-19 pandemic. This includes changing or cancelling holiday plans. Here are some things to keep in mind to reduce social isolation and loneliness as the pandemic continues:

MAKE A PLAN:

It is important to talk to family and friends to develop a plan to safely stay in regular touch as we socially distance ourselves. This should confirm whom you can reach out to if you need help accessing food, medicine and other medical supplies.

REACH OUT:

Regularly scheduled phone calls and video conferences along with texting and emails can help compensate for a lack of in-person contact. Take a break from news stories; hearing

about the pandemic repeatedly can be upsetting, and talk with people you trust about your concerns and how you are feeling.

REIMAGINE TRADITIONS:

Try reminding yourself of your favorite holiday seasons. Write down things you are thankful for like family gatherings, watch your favorite holiday movies, make crafts and hum along to holiday tunes. This will help put you in the right frame of mind to get through this season.

Resource: AARP.ORG

(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!**