

## **Age Well Senior Services**

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Since 1975 Age Well Senior Services has been providing programs and resources for Orange County's older adults with the sole mission of promoting their vitality, and supporting their independence, health and wellbeing.

Age Well is committed to making sure no senior in need goes hungry by providing vital nutrition programs – Meals on Wheels and Senior Center Lunch. Other programs are: non-emergency medical transportation and Care Management.

Age Well is South Orange County's official Meals on Wheels Provider. Specifically created by its registered dietitian to meet the nutritional needs of older adults, three meals are delivered once daily from Monday through Friday.

- A hot ready-to-eat meal
- A nutritious frozen meal to heat for dinner
- A breakfast meal to be eaten the following morning

To qualify for Meals on Wheels, applicants must be:

- 60+ years old
- A resident in one of the areas it serves (including Laguna Woods)
- Homebound because of disability, illness or lack of mobility

Annually, Age Well delivers more than 500,000 nutritious meals through Meals on Wheels to Orange County seniors living at home with little or no assistance to obtain adequate meals.

### **Partnership**

*The Foundation supports Age Well's regular Meals on Wheels service as well as funds a special weekend and holiday meal program for residents in Laguna Woods Village who are considered food insecure because of disability or other factors. In addition, it partners with Age Well to provide residents with transportation to South County Outreach's Food Market.*