

Care Center

Meals-on-Wheels is one of many programs provided locally by Lake Wales Care Center.

Care Center is a Christian community service agency that meets physical, emotional, relational, and spiritual needs of area residents. Care Center provides emergency services to meet immediate needs and works with individuals and families to become self-sufficient, productive members of their community. This is done by serving as a local clearing house for funneling community resources and net-working with other service agencies.

Other programs of Care Center include:

- Emergency Relief for Local Families (food, clothing, financial assistance, etc.)
- Transient Assistance (meals, gas, lodging, etc)
- Transitional Housing for homeless families
- Surplus Sales - Thrift Store
- Holiday Assistance
- Home Repair Projects
- Food Cooperative Buying Program (SHARE)
- Community & Neighborhood Youth Programs
- Mentoring programs for displaced homemakers

“I am so thankful that Meals-On-Wheels was there for me when I got out of the hospital. I love the meals and the daily visits from the drivers.”

Recipient

“Living out of town I felt frustrated on how to care for my parents. I was very excited to find out about this wonderful program!”

Relative

“I feel it is a worthwhile program and great for our community. I enjoy meeting all the lovely recipients.”

Driver

“Your meals are great! I haven’t had a bad one yet!”

Recipient

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For more information
Please contact
Lake Wales Care Center at
(863) 676-6678

Meals-On-Wheels

**... Hot Daily Meals
Delivered to
Area Residents**



A program sponsored by

Lake Wales Care Center
140 East Park Avenue
Lake Wales, FL 33853-4124
(863) 676-6678
e-mail: care@lakewalescarecenter.org

What is Meals-On-Wheels?

Aging affects everyone. Many times as people get older it becomes difficult to complete certain tasks. They are still able to cook, but it is difficult to have to prepare 3 meals a day and follow certain diets when there are just one or two to prepare for. Or perhaps someone is recovering from surgery and they are temporarily unable to fix meals for themselves. This is where Meals-On-Wheels may be beneficial.

Meals-On-Wheels provides one well-balanced noon meal each weekday. Meals are prepared daily by the Lake Wales Medical Center and delivered to the recipients' homes by volunteer drivers. The hospital dietician ensures that meals are prepared in order to meet requirements for all diet needs, and are nutritionally balanced.

Meals-On-Wheels is a great way to relieve some of the strain on caregivers and those who are perhaps unable to cook or shop. No preparation is necessary and minimal clean up is needed.

What will I get with Meals-On-Wheels?

Each recipient will receive a well-balanced lunch meal. Each meal consists of a hot entrée, vegetables, a salad, dessert, and a drink. A three-week rotating menu provides each recipient with a wide variety of meals. The containers are disposable, and food is packaged so that it can be stored and reheated if necessary.

Drivers delivering meals provide someone to look in on recipients daily, and make sure they are well.

Lake Wales Care Center also keeps updated information on services available to the elderly, and informs recipients of any services that may be beneficial for them.

A History of Meals-On-Wheels

Meals-On-Wheels has been active in Lake Wales since 1973, and has been a service of the Lake Wales Care Center since 1988.

Meals-On-Wheels serves the greater Lake Wales area including: Indian Lake Estates, Saddlebag Lake Resort, Fedhaven, Nalcrest, Babson Park, and South Lake Wales.

How Much Do They Cost?

The price for Meals-On-Wheels is only \$3.50 per meal. A sliding scale fee is available if eligible.

How to Receive Meals-On-Wheels

Area senior adults, disabled persons, and shut-ins desiring to receive Meals-On-Wheels may contact the Meals-On-Wheels Coordinator at Lake Wales Care Center. (Referrals may come from relatives, friends, doctors, or the individuals themselves).

The Coordinator will then contact the individual to complete the application with the necessary information, and to explain the program.

Usually within 2 to 3 days the recipient may begin to receive meals.

IT'S THAT EASY!