

SOMETHING TO CHEW ON ...



**Your community meal program
is waiting to serve you!**

B E N E F I T S

- ✓ Save time and money
- ✓ Get healthy food without the effort
- ✓ Learn about good nutrition
- ✓ Do less shopping and cooking
- ✓ Avoid missed meals
- ✓ Support your independence
- ✓ Socialize and have FUN!

VOLUNTEER OPPORTUNITIES

If you would like to know more about volunteering to be a part of our amazing kitchen crew, please contact Maureen at 203-315-0685

Reservations are needed at least one day

in advance (by 12:30)

**Call 203-315-0685
to make a reservation**



HOME DELIVERED MEALS

Meals on Wheels

Well-balanced, nutritious meals are delivered to **home-bound individuals 60 +** allowing them to stay in the familiar & comfortable surroundings of their own home.

A variety of therapeutic meals including renal, chopped and pureed choices are available to satisfy special dietary requirements as prescribed by the participant's physician.

Meals are delivered Monday through Friday.

Call **LIFEBRIDGE** at **203-752-9919**

or email seniorfoodservices@lifebridgect.org for more information on how to get you or a loved one started on Meals on Wheels.

This program is funded in part by the Area Agency on Aging of South Central CT in partnership with Life Bridge.

The Community Dining Room

CDRs Home Delivery & Visitation Program provides home delivered meals to individuals who are unable to access the CDR due to physical or health reasons or are recuperating from an illness or surgery. Through referrals and intake assessments, individuals may be eligible for this program which serves the Branford & North Branford area.

Branford delivers one hot meal and one frozen meal, 3 days a week. (Mon-Wed-Fri)

Contact **CDR 203-488-9750** for more info on how to get you or your loved one started on Home Delivery



M E A L S

CANOE BROOK CENTER
Town of Branford
46 Church Street—Upper Level
Town of Branford

Welcome

Canoe Brook Cafe



For individuals age 60 and over

For a reservation or more information

203-315-0685

Maureen Hall, Site Manager
Phone: (203) 315-0685

CANOE BROOK CAFE

For Reservation: (203) 315-0685

Congregate Meals

Older adults can receive nourishing, nutritionally-balanced meals through the Elderly Nutrition Program. Eligible participants and their spouses can enjoy meals at congregate meal sites, also known as Senior Community Cafes.

A nutritious, delicious, hot meal served:

MONDAY - FRIDAY
12-NOON

*Reservations must be made
no later than the day before
by 12:30 pm*

Eligibility Criteria

- Must be 60 years of age or older, or a spouse of an eligible participant.
- Be a person with a disability under 60 years of age living with and accompanying an eligible older adult.
- Be a person with a disability under 60 years of age living in an elderly housing facility which has a congregate meal site.
- All participants must fill out a Form 5
- Suggested Donation: \$ 3.00**



Benefits of Sharing a Meal

Create meaningful social connections

According to research, 85 percent of seniors say that **having someone to share their meals makes mealtimes more satisfying**, while 88 percent say that “stimulating conversation” is one of the biggest benefits of sharing a meal with family and friends.

In short? Mealtimes are a great chance for older adults to connect socially. Whether eating with family or friends, eating together is a way for seniors to come together with others — and the health benefits of spending time with people cannot be overstated.

Older adults who are more socially connected report living longer, feeling better, and experiencing fewer health problems than their more isolated counterparts

Shared meals offer a chance for people to “come together, strengthen ties and build better relationships. They build a sense of belonging which leads to better self-esteem.” What’s more, **studies show that the vast majority of older adults report feeling happier eating with others than when they eat alone**; more than half even say that sharing a meal makes the food taste better!

Research suggests that seniors take longer to dine and report eating more nutritiously when dining with companions, versus eating alone. **Both of these actions are important steps toward a more healthy and fulfilling diet, which can ultimately empower you or your loved one to lead a longer and more independent life.**

Menus

Canoe Brook Café menus are **posted online at: branford-ct.gov/departments/senior-center/meals** or you can pick up a copy outside the front office or from any staff member.

Join us at...


Canoe Brook Café

A nutritious, delicious, hot meal served
MONDAY through FRIDAY
12-NOON

*Reservations must be made
no later than the day before
by 12:30 pm*

