

OVERVIEW OF PROGRAMS

HOME DELIVERED MEALS

Meals are delivered 5 days a week to homebound residents age 60 and older (spouses and disabled dependents of any age). Frozen meals are available for holidays and weekends. The suggested contribution is \$4.00 per meal. Home visits are made to all clients in order to complete periodic assessments and updates. These visits are a requirement of the program and are helpful in determining eligibility for other senior programs and benefits.

CONGREGATE DINING

Meals are provided in the cheerful setting of the Human Resource Center. The benefits of fellowship and good health are enjoyed through this congregate dining program.

Monday through Friday a nutritionally balanced lunch is served at 12 noon with sign-in by 11:30 am. These meals are prepared in our own kitchen. Monthly menus are available to take home.

The suggested contribution is \$4.00 per meal. Person's with self-declared incomes at or above 185% of the federal poverty level are encouraged to make a contribution equal to the actual cost of the meal. There is no need to call before you come unless you want to arrange for transportation. All participants are asked to register in the office upon their initial visit to the Center.

ARE YOU OKAY?

TELEPHONE REASSURANCE PROGRAM

For seniors in Southold who live alone, telephone contact assures well-being and good health. Daily morning calls are made by senior volunteers from the Human Resource Center to homebound seniors.

RESIDENTIAL REPAIR

This program is open to renters and homeowners, 60 years and older. It provides household assistance with chores that do not require skills of a licensed craftsman. Priority is given to low income and low income minority elderly. The homeowner/renter provides all materials and supplies. Voluntary contributions are accepted and will be used to expand the program.

CASE MANAGEMENT

This service offers benefits and entitlement counseling, long-term care planning, information and referral services, and application assistance and advocacy.

ADVOCACY

A Senior Advocate from the Suffolk County Office for the Aging is available at our site monthly. Appointments must be scheduled.

SENIOR TRANSPORTATION

We offer transportation for seniors 60 years of age and over for weekly grocery shopping, trips to Riverhead, etc. as well as **Regular Route Transportation** to the Senior Nutrition Center daily for lunch. We also provide **Essential Transportation** to medical appointments.

Funding provided by:

Town of Southold

The Administration for Community Living
through New York State Office for the Aging
and Suffolk County Office for the Aging

SOUTHOLD TOWN

HUMAN RESOURCE CENTER



SENIOR SERVICES

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Mattituck, New York 11952
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Karen McLaughlin
Town Director of Human
Services

OUR MISSION

Our mission is to assist senior residents of Southold Town to be as independent as possible and remain at home and in the community for as long as possible. Through advocacy, development and delivery of cost effective policies, programs and services, we can support and empower seniors and their families. We can also improve their quality of life, regardless of financial status.

The Human Resource Center is a place where a professional staff is available to assist town residents with the complexities of changing health, financial alternatives, entitlements, as well as an array of other services.

Our goal is to improve the quality of life for senior residents of Southold Town and their families, regardless of financial status.

Our services and our professional staff are available to all. There are no financial requirements to meet.

We invite you to take advantage of the programs and services that we offer.

SUPPORT SERVICES

- Congregate Dining Program
- Home Delivered Meals
- Senior Adult Day Care...*Katinka House*
- Caregiver Support Group
- Senior Transportation
- Senior Recreation & Activity Programs
- Telephone Reassurance (RSVP)
- Advocacy, Information & Referral Services
- Residential Repair Program

Southold Town Board
Scott A. Russell, Supervisor
Louisa P. Evans, Justice
James Dinizio Jr., Councilman
Jill Doherty, Councilwoman
William P. Ruland, Councilman
Robert Ghosio, Councilman

OTHER SUPPORT SERVICES OFFERED AT THE CENTER

- Blood pressure screening
- Case Management including benefits & entitlement counseling
- Community Education seminars and workshops
- Southold Town Committee for Health Issues & the Elderly
- Suffolk County Office for the Aging Social Worker & Senior Advocate

Contributions to this service are voluntary and anonymous. Any contribution you wish to make will be used to expand the program and will be greatly appreciated. Please be assured that no one is required to make a contribution. Service will not be denied if a person is unable or unwilling to contribute.