

WHERE TO OBTAIN SERVICES

Many meal sites in the 13 counties of Middle Tennessee are located within Senior Centers.

To start a home-delivered meal or make reservations for Senior Dining, contact the Nutrition Site in your area.

CHEATHAM COUNTY

Ashland City 615.792.7276
Pegram/Kingston Springs 615.646.7411

DAVIDSON COUNTY

DICKSON COUNTY 615.740.7400
HOUSTON COUNTY 931.289.3460
HUMPHREYS COUNTY 931.296.7753
MONTGOMERY COUNTY 931.645.5629
ROBERTSON COUNTY 615.382.7287

RUTHERFORD COUNTY

Murfreesboro 615.895.1870
Smyrna/Lavergne 615.459.2227

STEWART COUNTY 931.232.4983
SUMNER COUNTY

Gallatin/Portland/Whitehouse 615.452.4022
Hendersonville 615.824.0811

TROUSDALE COUNTY 615.374.3987

WILLIAMSON COUNTY

Brentwood/Franklin 615.790.9287
Fairview 615.799.0424
Southeast Williamson County 615.395.7473

WILSON COUNTY

Lebanon 615.449.3488
Mt. Juliet 615.758.2777

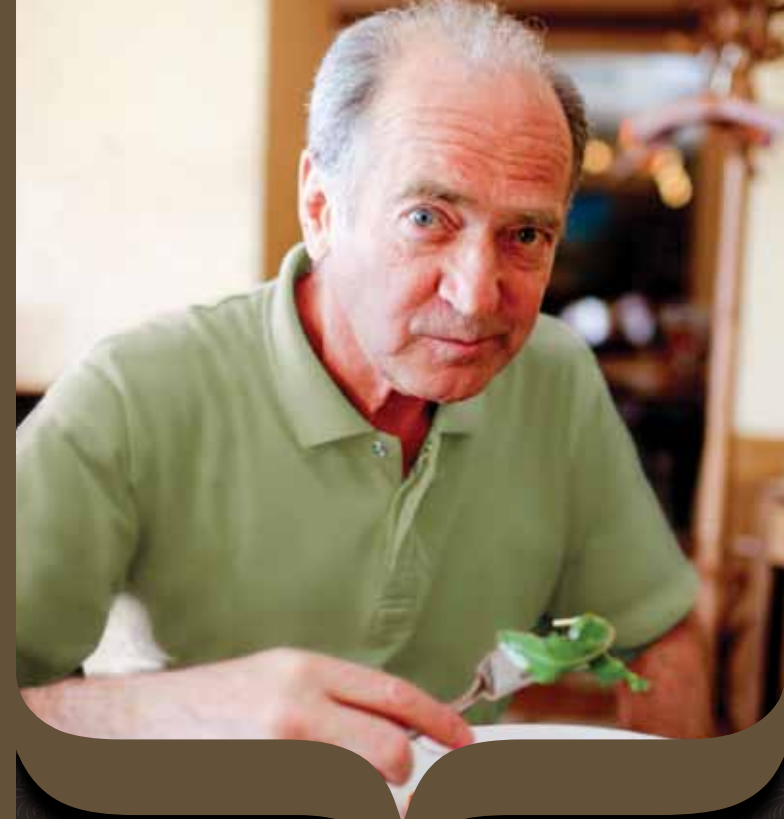


MID-CUMBERLAND HUMAN RESOURCE AGENCY

Mid-Cumberland Human Resource Agency is a public, non-profit agency organized pursuant to the Human Resource Agency Act of 1973 as amended. Mid-Cumberland Human Resource Agency strives to ensure that “No person shall be excluded from participation in, be denied the benefits of, or be subject to discrimination on the basis of race, age, sex, religion, color, disability or national origin”... Since 1974, the Mid-Cumberland HRA has remained true to its mission: “To help people help themselves by providing knowledge and resources to improve the quality of life in the Mid-Cumberland Region,” – Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson Counties.

SERVICE *with a* HEART

Mid-Cumberland Human Resource Agency
Meals-on-Wheels and Senior Dining
1101 Kermit Drive, Suite 300
Nashville, TN 37217
615.850.3918 | 800.360.1808 | Fax: 615.850.3950
www.mchra.com



SERVICE *with a* HEART

MID-CUMBERLAND
HUMAN RESOURCE AGENCY

MEALS-ON-WHEELS
AND SENIOR DINING

IT'S MORE THAN JUST A MEAL

A hot meal and a friend are two of life's great enjoyments. Meals-on-Wheels/Senior Dining is an award-winning program serving seniors aged 60 and older for more than 30 years. Mid-Cumberland Human Resource Agency delivers nutritious meals daily, Monday through Friday to homebound seniors. Those who are physically able can choose to dine café-style with others at a congregate site. Meals-on-Wheels provides outreach and companionship for senior enrichment.

More than 326,000 nutritious meals prepared and delivered to over 4,000 older persons.



OUTREACH AND COMPANIONSHIP FOR INDEPENDENT LIVING



ELIGIBILITY FOR SENIOR DINING

Any senior citizen aged 60 or older is eligible who has submitted an application to the dining site in their area. Each site passes Health Department inspections for cleanliness and safety. Hot meals are delivered from a central kitchen to each site.

ELIGIBILITY FOR MEALS-ON-WHEELS

Anyone aged 60 or older who is homebound. The need for home-delivery services is verified using state guidelines. Meals are delivered by friendly local volunteers that the senior knows and can trust. Volunteers check on the senior and will put the meals in the client's refrigerator or freezer. They also take away any excess packaging.

MENUS

A registered dietician plans delicious menus quarterly from a variety of foods. Meals are prepared healthfully and are moderately seasoned. Sodium and carbohydrates are controlled. Foods are selected to stimulate poor appetites.

EDUCATION

Seniors also receive nutrition education to increase their knowledge about healthy eating, food preparation and storage, and purchasing tips, among other topics. This can help your loved one restore and maintain good health and to remain at home longer.

ENRICHMENT

Meals-on-Wheels volunteers provide much more than a meal. A visit from a caring volunteer ensures that our clients are socially stimulated, and they are doing well. Volunteers stay and chat, and offer a helping hand when one is needed. We're available to supply resources the client may not otherwise have access to. We may recommend other MCHRA programs such as Homemaker and Transportation, if we determine those services are needed.

FUNDING

Meal recipients are given the opportunity to make financial contributions based on a sliding scale. U.S. Department of Agriculture Food Coupons are accepted. No one is denied a meal because they cannot make a donation, and all contributions are confidential.