

# **Meal Programs**

## ***Compliments of Senior Living Advisors***

### **Western Pennsylvania Resource Guide**

We are a free service to help families choose an appropriate Independent Living apartment with services, Personal Care Home, or Assisted Living community for their loved one that matches the medical needs, financial capabilities, and geographic preferences.

With the family's permission, we will assess the candidate at home, at the skilled rehab unit, or at the hospital. After obtaining an accurate report to determine the scope of care the individual requires, we make appropriate recommendations of communities that fit the parameters of medical, financial, and geographic needs.

Senior Living Advisors will accompany the family and prospective resident on tours to help them through the process. Our skilled representatives will always make recommendations as if it were pertaining to our own Mom, Dad, or other loved one. We answer seven days a week.

**Kerry Beck – 412.860.7516**

**Joe Roman – 412.737.7459**

**Mary Beth St. Clair – 412.328.5025**

**Lynn Fiedor – 412.737.4002**

**Carolyn Glace – 412.779.1322**

Web: [www.seniorlivingadvisorsltd.com](http://www.seniorlivingadvisorsltd.com)

Email: [sla@seniorlivingadvisorsltd.com](mailto:sla@seniorlivingadvisorsltd.com)

**Phone – 412.628.0725 Fax – 866.568.0725**

## **MEAL PROGRAMS**

### **Meals on Wheels**

[www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

### **Catholic Youth Association**

(412) 621-3342 ext. 4

- Lawrenceville, Bloomfield, Oakland, Garfield, East Liberty, Stanton Heights, Shadyside
- \$2 contribution per meal
- One meal per day

### **Eastern Area Adult Day Services**

(412) 829-9250

- Britton Towers, Braddock
- Donation \$1.75 per meal

### **Hill House Senior Services**

(412) 392-4450

- Downtown, Oakland, Hill District
- \$2.25 per meal

### **LifeSpan, Inc.**

(412) 464-1300 ext. 133

- Bethel Park, Hillsdale, Oakdale, Elizabeth Township, Homestead, Bridgeville, Steel Valley, Chartiers Valley, Baldwin,
- West Mifflin Century III Mall, Mon Valley, Brentwood
- Only Allegheny County residents
- 24 hour reservation
- offers both home delivery and community meals, as well as modified meals based on dietary medical needs with a doctors note

### **Lutheran Service Society**

(412) 734-9330 ext. 6

- Meals on Wheels
- \$20-25 per week
- No age limits

### **Mollie's Meals**

(412) 421-7616

- Provides kosher
- Squirrel Hill, East End, Shady side, Oakland
- \$8 per meal
- Free with county waiver, suggested donation

### **Mom's Meals**

<http://www.momsmeals.com/>

(877) 508-6667

- Are you over 65?
- Are you disabled?
- Do you require assistance with grocery shopping and/or preparing meals?
- Are you on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit?
- Can you say yes to any of these questions? If so, you might qualify for government or health plan assistance and have Mom's Meals NourishCare delivered at little or no cost to you!

### **Riverview Community Action Corp.**

(412) 350-5460

- Oakmont, Verona, Cheswick, Springdale
- \$1.25 donation per meal

## **FOOD RESOURCES**

### **Allegheny County Assistance Food Stamps**

(412) 565-2146

### **Allegheny Valley Association of Churches, Inc. Food Bank**

(724) 226-0606

### **Eastern Area Adult Services**

(412) 829-9250

### **Food Stamp Information Hotline**

(800) 221-5689

### **Hunger Services Network**

(412) 681-1110

### **Just Harvest**

(412) 431-8960

### **Rainbow Kitchen Community Services**

(412) 464-1892

### **Squirrel Hill Food Pantry**

(412) 421-2708

**Westmoreland County Food Bank**  
(724) 468-8660

**List of local food pantries at PantryNet.org**  
[www.PantryNet.Org](http://www.PantryNet.Org)

**Greater Pittsburgh Community Food Bank**  
(412) 460-3663

**List of Pittsburgh Food Pantries at FoodPantries.org**  
[www.FoodPantries.org](http://www.FoodPantries.org)