

**There are five (5) senior centers in
Rensselaer County. They are:**

Troy Area Senior Center

19 Third Street

Troy, NY 12180

518-270-5348

Rensselaer Area Senior Center

East & Herrick Streets

Rensselaer, NY 12144

518-463-2166

Edward C. Swartz Senior Center

1800 East Schodack Road

Castleton, NY 12033

518-477-6581

Everett Wagar Senior Center

2 Roxborough Road

Grafton, NY 12082

518-279-3413

Hoosick Falls Senior Center

69 Church Street

Hoosick Falls, NY 12090

518-686-7561

Rensselaer County
Unified Family Services
Department for the Aging

1600 7th Avenue
Ned Pattison Government
Building

Phone: 518-270-2730

Fax: 518-270-2737

**Home Delivered
Meals**

**Rensselaer County
Unified Family Services
Department for the Aging**



Steven F. McLaughlin, County Executive

Carol L. Rosbozom, Commissioner

Home Delivered Meals are available for people who are:

- Residents of Rensselaer County
- 60 Years of Age or Older
- Home bound
- Living alone
- Frail
- Physically incapable of preparing a meal
- Unable to obtain help from others
- Lacking facilities to prepare meals
- Receiving Hospice Care*

A Home Visit will be **REQUIRED** to be on the Home Delivered Meals Program. The Home Visit will consist of an assessment to determine eligibility for the program.

*No assessment needed for seniors receiving Hospice Care.

Home Delivered Meals are prepared daily onsite at one of the local senior centers in Rensselaer County. The Home Delivered Meal will meet at least One-Third (1/3) of the recommended dietary allowances (RDA) for an adult age 60 years and older.

Each meal will include:

3 ozs edible portion meat, fish, poultry or alternative

2 1/2 cups servings of vegetables

1 serving whole grain or enriched bread

1 teaspoon butter or margarine

1/2 cup dessert

1/2 pint milk, 2% or fortified skim

The suggested contribution is \$3.00 per meal. On Fridays, the Brown Bag Meal is \$1.00. No one is denied a meal due to an inability to contribute.

All meals are delivered between 11 a.m. and 2 p.m., Monday through Friday.

Services provided the Rensselaer County Unified Family Services, Department for the Aging are funded by Rensselaer County, the New York State Office for the Aging and the Older Americans Act of 1965.

For more information on the Home Delivered Meals Program please call 518-270-2739 or 518-270-2730