



# FREQUENTLY ASKED QUESTIONS

IF YOU DO NOT FIND THE INFORMATION YOU ARE SEEKING IN  
THIS DOCUMENT, PLEASE CONTACT US AT  
**856-935-3663**

## 1. WHO DOES MOWSC SERVE?

MOWSC serves people who have requested the meal service and meet the following eligibility requirements: typically over 60 years of age; Salem County residents, primarily homebound with physical or mental impairments which make meal preparation difficult.

Depending on availability of funds, short term service is offered for up to six weeks for those who are recuperating from serious illness and need meals for a while. In some cases, service is provided for a spouse or other caregiver who is at risk of becoming overwhelmed by the responsibilities involved in caring for a loved one.



Situations change. Clients sometimes become better able to provide for themselves. When this occurs, MOWSC will take clients off its program to accommodate others. Staff visit to re-certify clients periodically.

## 2. WHAT ABOUT INCOME? CONTRIBUTIONS?

Amount of income *is not* a condition for service. All who apply for MOWSC are asked to voluntarily contribute to the cost of the meals and are sent a monthly "cost share statement." The "cost share" is determined by the client. No one is refused service because of inability to make a donation. Some clients choose to pay in full for their meals.

## 3. HOW IS MOWSC FUNDED?

MOWSC receives funding from a Social Service Block Grant, Title III of the Older Americans Act, the United Way of Salem County, FEMA, Casino Revenue Funds, Salem County Board of Chosen Freeholders, local churches, grants, private donations, client donations and fundraising events such as The Giant Pumpkin Carve.

## 4. WHAT MEAL SERVICES ARE AVAILABLE?

- **Hot meals** — Volunteers deliver hot, medically supervised meals to elderly and disabled Salem County residents each Monday through Friday, including holidays such as Thanksgiving and Christmas.
- **Supper Meals** — In addition to the hot meal, volunteers deliver cold, medically supervised supper meals to individuals needing more assistance in preparing meals.



■ **Frozen Meals** — Frozen meals are delivered to 20 to 30 county residents each week. Recipients are screened to ensure they have the means of heating up a frozen meal.

■ **Weekend Meals** — This program began in 1997 to help sustain the frailest individuals during weekends when no other assistance was available. On Fridays, volunteers deliver an extra hot meal for Saturday and a cold meal to utilize on Sunday.

■ **Emergency Meals** — MOWSC delivers shelf stable meals to clients each year in the event there is an emergency that would prevent volunteers from safely delivering meals. When this happens, each client is called to ensure that they are safe.

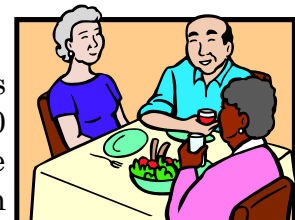
## 5. MENUS AND SPECIAL DIETS?

MOWSC clients receive medically supervised meals. A registered dietitian plans the menus. Meals must meet 1/3 of the Recommended Dietary Allowance for seniors as determined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences. Annual surveys show clients enjoy the meals.

MOWSC offers customized diets for clients with special dietary needs. A label on the lid of each meal indicates the type of diet served. A physician recommends each diet. MOWSC offers diabetic, low salt, gluten free, renal, mechanical soft and house diets.

## 6. WHO DELIVERS THE MEALS?

Volunteers throughout Salem County deliver the meals. At this time volunteers number around 325. They donate nearly 7,000 hours of time, drive more than 60,000 miles and serve more than 40,000 meals to about 230 different county residents each year.



## 7. WHO OVERSEES MEAL DELIVERY?

In any given week, MOWSC staff must see that more than routes get driven. We schedule volunteers, nutritious menus and clients. MOWSC is overseen by Executive Director, Peg Marshall. Our staff includes Michele Burke, Intake Coordinator, who visits each prospective and current client to assist in assessing eligibility; Ruth Ann McKee, Volunteer-Program Coordinator, who is responsible for coordinating all volunteer activities, as well as Tiffany Stigile, Finance Coordinator.

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