

SOUTHOLD TOWN SENIOR SERVICES

Did you know that *your* Human Resource Center in Mattituck provides:

Hot nutritious meals to senior participants age 60 and older (and spouses of any age) five days a week at the Human Resource Center. Transportation is available. The voluntary contribution is \$4.00 per meal. **Sign up is before 11:30 a.m.**, meals are served at noon.*

Home Delivered Meals - available to homebound residents 60 or older (spouses and disabled dependents of any age). This program provides a nutritionally well-balanced meal to help maintain health and well-being as well as daily contact which offers vital support. The voluntary contribution is \$4.00 per meal.*

The Residential Repair Program provides assistance to elderly homeowners or renters 60 and older with minor household chores or repairs that do not require the skills of a licensed craftsman. There is no fee for these services, however donations are accepted and used to expand services. Homeowners and renters are responsible for supplies and materials.*

Senior Adult Day Care Katinka House offers a full day of care, weekdays from 9 a.m. to 4 p.m. in a protective setting for frail or cognitively impaired elderly adults 60 years of age and older. The program provides much needed respite for family caregivers. There is a \$25.00 fee per day for this service. Please call 298-4470 for more information.

The Caregiver Support Group meets on the third Tuesday of every month at 1:30 PM at the Human Resource Center in Mattituck.

Case Management, including benefits and entitlement counseling and application assistance (Medicare/Medicaid, EPIC, Home Energy Assistance Program, etc.), long term care planning, and information and referral services. Senior advocates from Suffolk County Office for the Aging are also available on site monthly. Please call for an appointment, 298-4460.

Retired Senior Volunteer Program – Volunteers call Monday through Friday to any homebound senior who requests this service and would benefit from a friendly call. Please call RSVP @ 288-0754 to register or to volunteer.

Senior Transportation – We provide regular route and demand responsive transportation for seniors 60 years of age and over. We offer regular trips to the Senior Nutrition Center, shopping trips to Riverhead, local grocery shopping and recreational trips. We provide transportation for essential medical appointments and ask for a minimal donation. Advance notice is required for all medical transportation requests. Please call 298-4460.

For further information on any of the above programs, please call the Human Resource Center in Mattituck @ 298-4460. Please feel free to visit their website: http://southoldtown.northfork.net/human_resources_center.htm

*These programs are jointly funded by Southold Town, Suffolk County Office for the Aging and NYS Office for the Aging.