

## ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM

**5,294 nutritious, ready to eat meals were provided to 53 residents of Newton last year and performed 2,380 safety focused auxiliary services.**

The Meals on Wheels service feeds adults, primarily elderly people trying to remain in the own homes, recuperating from surgery or medical treatment (chemotherapy, dialysis, radiation, etc.), coping with chronic debilitating disease, episodes of acute illness, multiple health problems; or advanced age and frailty.

The Nutrition Program provides hot noon lunches at the Vic-Geary Center in Plaistow on Greenough Road, 5 days per week and through that Center delivers meals to those local residents who are homebound.

Through the frequent home delivery, the older person is seen and helped, if needed in small ways: bringing in the mail, opening a jar; and in big ways: getting assistance in cases of accidents, falls and health crises or taken steps to prevent these situations by monitoring for changes or other signs of issues arising. (Telephone: 603-679-2201)

Respectfully submitted,

Debra Perou

Executive Director