

Douglas County Meals on Wheels (MOW) FAQ's

Q. How do I qualify for Douglas County Meals on Wheels?

A. You must be a current resident of Douglas County, age 60+, and homebound (no longer driving). Family caregivers residing in the same home may also qualify for meal service. A single meal box comes with five frozen meals. The suggested contribution per meal is \$2.50 (\$12.50 a week or about \$55 per month). No one is ever turned away if they are unable to contribute towards their meals; any contribution to the program would be greatly appreciated.

Q. How and when are the meals delivered?

A. Volunteer drivers deliver a frozen meal box (5 meals) on Tuesday for the Parker, Franktown, and Highland Ranch areas. On Thursdays, drivers deliver to Castle Rock, Sedalia, and Larkspur.

Q. I really need meals for the weekend too, is that possible?

A. Sorry, not at this time. The meal program is only one box with 5 frozen meals per week.

Q. What if I need to run an errand or have an appointment during meal delivery time?

A. We must be able to give the meals to someone. If you cannot be home, you will need to make arrangements with a neighbor for us to leave them with. Please contact us with the arrangement. Placing a note on the door will not be accepted.

Q. I am going to be out of town or have company in town cooking for me. Can I cancel for a temporary amount of time?

A. Yes, if you are not going to be home, you just need to let the Coordinator know (a minimum of two days in advance) to cancel the delivery.

Q. Am I required to receive a meal box every week?

A. No, meal frequency can be changed from once-a-week to every other week or even once per month. Please let the Coordinator know if you would like to change your delivery frequency.

Q. What if I don't like the main course or sides?

A. The boxes are prepackaged by MOW and cannot be altered for individual taste, allergies, or intolerance.

Q. Once I sign-up do I have to stay on the Meals on Wheels program?

A. No, you may stop your MOW deliveries at any time. Please note, if you are off the program for 90+ days, a reassessment will be required and there may be a waiting list to resume meal delivery.

Q. What special diets do you accommodate?

A. All meals are based on senior nutrition guidelines (low in sodium, sugars, and fats).

Q. When will I receive a bill?

A. You will receive a *contribution* reminder in the mail about 30 days after you start the program. *This is not a bill!* It is a contribution reminder notice. Please send what you feel you can contribute to the program for that month.

Q. How can I sign up?

A. Sign up by calling our Coordinator, Rebekah, to schedule an assessment. The assessment takes about 20 minutes, but once completed, deliveries can typically start the following week. After receiving your meals for six months, a reassessment will be required in your home. A person from Volunteers of America will contact you to schedule this.

Rebekah Reeves, Volunteer Coordinator

Direct: (720) 733-2292



"Loving Life in the Second Half"

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