

DIRECTOR'S REPORT | *Monica Douglas*

VOLUNTEER OPPORTUNITIES

Dedicated LSS Senior Nutrition volunteers of all ages are instrumental in keeping services alive in their local communities. Their hearts guide their hands through daily service as they take reservations for meals, plan special events, assist in the kitchen, package and deliver Meals on Wheels and assist with the hidden 'behind-the-scenes' tasks.

Senior dining staff are grateful to work side-by-side with volunteers who give of their hearts to deliver food and friendship to the thousands of older adults served across the state. Their investment of time and talent is evidence of their commitment to providing their neighbors with high quality service.

New volunteers are always needed. Please contact your local senior nutrition site or log on to our website and click on 'Volunteers' to find out how you can help. **We would love to have you!**



When LSS Senior Nutrition began in 1978, we administered the program in just four communities. 40 years later, we now operate congregate dining and meals on wheels in 165 communities in 39 Minnesota counties.

LSS meals were originally acquired as frozen airline-style foods that were reheated in regular ovens. A few years later, we opened a "central kitchen." We began cooking our own home-style cooked hot meals and delivering them to smaller communities. We grew through partnerships with nursing homes and schools.

In 1998, LSS staff introduced its "diners clubs" concept, whereby local restaurants provide meals to older adults throughout the day. This allows diners to eat at different times with a variety of meal choices and companions.

Next we added our "bundled services" and our meals were sent to older adults in a few rural areas — along with their groceries, medications and even library books!

Today our latest concept of meal service is a partnership with Health Partners to offer "prescription meals" as part of an older adult's recovery following a hospital discharge.

This is a very special place with very special people. I have been honored to serve with caring LSS staff and volunteers, and our many partners. I have truly enjoyed my journey and look forward to the next chapter of my life as I retire.

I'm happy to pass the baton on to the highly capable Kristin Schurrer, the new Senior Director. I am confident that Senior Nutrition will continue to flourish under her guidance.

Thank you.

Monica Douglas

Monica Douglas
Senior Director



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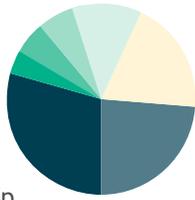


www.lssmn.org/nutrition



2017 FUNDING SOURCES

25 % ■ Customer Donations
22 % ■ Federal
19 % ■ State Waivered
15 % ■ In-Kind
8 % ■ State
7 % ■ NSIP
4 % ■ Site Sponsorship



LSS Senior Nutrition services are funded in part with federal funds through the Older Americans Act, which is administered through the Minnesota Board on Aging and Area Agency on Aging. LSS complies with the Civil Rights Act of 1964.

MEAL GIFT CERTIFICATES

can now be purchased online!

As family and friends age, they tend to want fewer material gifts. A meal gift certificate is a welcomed alternative for any occasion. Seniors enjoy the tasty and nutritious food, interaction with neighbors and others in their community, and appreciate not having to cook or clean-up!

For a senior with health issues or who may not be eating well, a thoughtful meal certificate may be the perfect gift that combines convenience, healthy eating and social interaction. Meal gift certificates may be used at any of the 168 LSS Community Dining Sites or Diners Club locations and home-bound seniors may use the gift certificates for home-delivered meals.



To place an order for these thoughtful gift certificates go to:
www.lssmn.org/nutrition

Senior Linkage Line: 800.333.2433
MinnesotaHelp.info

MN Relay 711: Dial 711 from anywhere in the country and you will be connected to the relay service in the state where you are located.

PRESCRIPTION MEALS HELP OLDER ADULTS RECOVER



HAROLD WITH HIS WIFE EDE

LSS is working with several health care systems to deliver Prescription Meals to older adults upon discharge from the hospital. Anecdotally, we have heard that one year's worth of senior dining meals costs less than one day in a hospital.

LSS Senior Nutrition's latest concept of meal service is a partnership with HealthPartners to offer "prescription meals" as a part of an older adult's recovery after a hospital discharge.

This is part of our continued strategy to make a difference in the lives of older adults statewide by delivering both proper nutrition and increasing social connection.

Recently, hospital staff connected 90-year-old Harold Bauer with the service, where LSS partners with healthcare providers to deliver 10 days' worth of food to people recently discharged from the hospital.

For Harold, reliable access to nutrition as he regained his health meant a speedier return to his regular routine, including volunteer work as a Meals on Wheels driver. It was through this work he met his wife, Ede, whom he married in December following his recovery.

Registered dietitians with LSS plan the meals to meet older adults' nutritional needs with reduced salt and the recommended amount of fiber, vitamins and nutrients. Each meal can be tailored to meet specific dietary needs, such as low sugar or reduced fat.

"We know that food is medicine," said Sarah Anderson, a senior nutrition administrator with LSS. "An individual can't really recover well if they're not nourishing their body."

Sarah worked to establish the Prescription Meals service with the Windom Area Hospital, where Harold stayed. It is one of eight such partnerships throughout Minnesota.

LSS Older Adult Services

With the right community supports, older Minnesotans are **Abundantly Aging**: staying healthy, choosing to live at home longer, giving back as volunteers and remaining as independent as possible.

LSS Senior Nutrition is a service of Lutheran Social Service of Minnesota, which serves **all people** regardless of race, color, creed, religion, national origin, sex, sexual orientation, disability or age.