

Telephone Reassurance Program

As part of the Care Management Program, volunteers from the Telephone Reassurance program offers phone calls to home-bound clients in order to provide a point of friendly contact. Participants in this program are able to obtain valuable information regarding community based programs and services which may be of assistance.

Service Area:

Glendale, La Crescenta,
Montrose & Verdugo City.

“Caring Caller” Program

This telephone reassurance program is for seniors 60 and older and disabled adults that live in Glendale, La Crescenta and Montrose exclusively. The program helps to reintegrate those home-bound seniors back into the community through a caring phone call from a volunteer from the Glendale Police Department Community Police Partnership. If you know of a senior who may benefit from this program, please call (818) 548-3775.

We provide
Dignity and Support
for Independent Living.

For the following services,
please contact us at
(818) 548-3775.

Integrated Care Management

Home Delivered Meals Program

Congregate Meals Program

Caring Caller Program

Other Senior Program Locations

Sparr Heights Community Center

1613 Glencoe Way, Glendale CA 91208
(818) 548 - 2187

Maple Park Community Center

820 East Maple Street, Glendale CA 91205
(818) 548 - 3797

Pacific Community Center

501 S Pacific Avenue, Glendale CA 91204
(818) 548 - 4098



Adult Recreation Center
201 E Colorado Street
Glendale, CA 91205



**PARKS, RECREATION &
COMMUNITY SERVICES**

*Quality
Senior Services
and
Nutrition Programs
for the Community*

Adult Recreation Center

201 E Colorado Street
Glendale, CA 91205
(818) 548 - 3775

Glendale - Senior Services & Nutritional Meals Programs

Care Management Program

Integrated Care Management is for seniors 60 and older and for disabled adults. It is designed to meet the special needs of frail individuals who may be experiencing difficulty in maintaining an independent living arrangement.

Care Managers conduct visits in the home with clients to determine the extent of their needs. They design a care plan that is specialized for each individual and coordinate services to assist them at home.

THE PROCESS INCLUDES:

- ✦ Client intake
- ✦ In-Home Assessment
- ✦ Care Plan
- ✦ Coordinate & Monitor Services

ASSIST CLIENTS WITH SERVICES, SUCH AS:

- ✦ Transportation
- ✦ In-Home Services
- ✦ Medicare/medical
- ✦ Social Security
- ✦ Legal Services

The service area includes the residents of Glendale, La Crescenta and Montrose.

Home Delivered Meals Program

The Home Delivered Meals Program is designed to provide healthy meal alternatives to homebound and/or bedridden seniors. In order to qualify, each senior must complete or provide the following:

- ✦ Enrolled in Care Management
- ✦ HDMP Intake/Assessment
- ✦ Medical Certificate

MEALS

Each frozen meal provides a balanced and nutritious meal. Each meal contains:

- ✦ Average of 1100 mg sodium
- ✦ 30-35% fat
- ✦ Delicious Entrées, Vegetables and Side Dishes
- ✦ Complete heating instructions

Unfortunately, we are unable to accommodate special diets or substitution. This is a county regulated program, reviewed by a Certified Registered Dietician and overseen by the high standards of the Los Angeles Area Agency on Aging.

PACKAGING

Each delivery includes:

- ✦ 7 frozen meals (prepackaged)
- ✦ 7 milks (non-fat or 2% fat)
- ✦ Fresh Fruit (Assorted or canned)
- ✦ Occasional Dessert

Congregate Meals Program

We encourage seniors to come and enjoy a hot meal at one of our sites. Adults 60 years of age or older and their spouses are eligible. In addition to a hot meal, enjoy:

- ✦ A chance to make new friends
- ✦ Holiday specials
- ✦ Movies and Lectures
- ✦ Participate in activities

All in a restaurant type atmosphere.

CONGREGATE MEAL DONATIONS

- ✦ Seniors \$2.00 donation
- ✦ Non-Seniors \$4.75 donation

MEAL SITES & TIMES

ADULT RECREATION CENTER

Meals served Monday - Saturday at 11:30 a.m.
Sunday at 12:00noon.
Phone Number (818) 548-3778

MAPLE PARK COMMUNITY CENTER

Meals served Monday - Friday at 11:30 a.m.
Phone Number (818) 548-3784

SPARR HEIGHTS COMMUNITY CENTER

Meals served Monday - Friday at 11:30 a.m.
Phone Number (818) 548-2187

The City of Glendale requests a donation of \$2.00 per meal. These donations allow us to provide the Home Delivered Meals Program and the Congregate Meals Program to many seniors.

LIFE-LONG LEARNING OPPORTUNITIES FOR SENIORS

The Parks, Recreation & Community Services Department provides a variety of opportunities for seniors to participate in life-long learning classes for personal growth and development. Participation is open to individuals ages 50 and older. Special recreation events and informational programs are scheduled throughout the year. In addition, a number of classes are offered in collaboration with the Glendale Community College.* **For information, call (818) 548-2184.**

*All Glendale Community College seminars are **FREE** to seniors.

TRANSPORTATION SERVICES & BUS PASS SALES

Transportation services include Dial-a-Ride, by reservation, and MTA discount bus passes, sold at Sparr Heights and the Adult Recreation Center from the 25TH of each month through the 10TH of the following month. Proof of Glendale residency and age is required. Beeline Bus Passes are also available at both senior center locations. The MTA bus pass for seniors is honored by the Beeline. **For information, call (818) 548-3775.**