

## **Senior Specific Resources**

**Catholic Health Care Services In Home Support Program-** The in Home Support Program can provide transportation (65+) and home delivered meals (60+) for homebound seniors in Philadelphia. They focus on South Philadelphia, but can refer you to other services if you are outside the catchment area. If signed up for home-delivered meals, you will receive 7 meals weekly. It is based in St. Charles Senior Community Center, Center City.

(215) 732 1140

<http://catholichealthcareservices.org/in-home-support/>

**PCA (Philadelphia Corporation for the Aging) -** Call for a variety of free services, including meal delivery, at-home care, employment assistance, home repair, transportation, legal assistance, information and referrals, protective services, and more.

(215) 765-9040

**KleinLife In Home Support-** KleinLife provides 3-4 months of services to temporarily homebound 60+ seniors in Philadelphia, but can be extended after that. They can connect you to many services such as provide home delivered meals, house-keeping, incontinence supplies, home repairs etc.

215-698-7300 x180

<http://kleinlife.org/in-home-support/>

**Philabundance CSFP Senior Food Box-** Seniors 60+ at or below 130% of poverty line in Bucks, Delaware, or Philadelphia counties get free, monthly food boxes containing vegetables, fruit, juice, pasta, milk, cereal, cheese, canned meat and non-meat protein. Boxes are distributed to local agencies for seniors or their caregivers to pick up.

(800) 319-3663

<http://www.philabundance.org/programs-2/senior-food-box/>

**Senior Farmers' Market Nutrition Program- Qualifying** seniors (60+ and under 185% of the poverty income guidelines) can receive \$20 in FMNP checks. Recipients are given a list of participating farmers and farmers' markets when they receive their checks. There are over 1,000 FMNP participating farmers at 800 farm stands and 190 farmers' markets in Pennsylvania. Eligible senior recipients receive the SFMNP by going to a distribution site in their county.

For more info, call the Philadelphia Corporation for Aging 215-765-9040.

[http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS\\_0\\_2\\_24476\\_10297\\_0\\_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-\(FMNP\)-&-Senior-Farmers-Market-Nutrition-Program-\(SFMNP\)&navid=12&parentnavid=0&palid=17&](http://www.agriculture.state.pa.us/portal/server.pt/gateway/PTARGS_0_2_24476_10297_0_43/AgWebsite/ProgramDetail.aspx?name=Farmers-Market-Nutrition-Program-(FMNP)-&-Senior-Farmers-Market-Nutrition-Program-(SFMNP)&navid=12&parentnavid=0&palid=17&)

**Homelink Inc. Home Deliveries-** Homelink provides meals to older adults and persons with disabilities who are having difficulty with meal production. The meals are frozen dinners with protein, starch, vegetable, bread, juice, milk and dessert. They cater to low sodium, low cholesterol, diabetic desserts, and pureed meals. The fee is 5 dollars a meal, but sometimes there are donations. Homelink serves North Philadelphia: 19120, 19132, 19133, 19140 North West Philadelphia: 19119, 19126, 19129, 19138, 19141, 19144, 19150 West Philadelphia: 19104, 19131, 19139, 19143, 19151 South Philadelphia: 19142, 19145, 19146, 19147, 19148, 19153. If outside these zip codes, you can pick up meals from a site in 19119.

(267) 682-1020

[www.homelinkinc.org](http://www.homelinkinc.org)

**Nutritional Needs for Seniors** - A collection of resources for seniors focused on nutritional needs and aging concerns.

<https://www.parentgiving.com/elder-care/nutritional-needs-for-seniors/>