



eliminating racism  
empowering women  
**ywca**  
Metropolitan Phoenix

**SENIOR**  
**PROGRAMS**  
*and Meals on Wheels*



**MEALS on WHEELS**  
**AMERICA**

TOGETHER, WE CAN DELIVER.

The YWCA Valley West Center is the **ONLY** provider of Meals on Wheels. Within the cities of Glendale and El Mirage clients are referred by AAA (Area Agency on Aging), SAIL (Senior Adult Independent Living), or ALTCS (Arizona Long Term Care Health Services) program. Meals on Wheels clients receive a hot meal five days a week, Monday through Friday, with weekend frozen meals available with a referral from a Case Manager. Dietician approved menus are included in a monthly newsletter. Private meal deliveries are available.

**SERVICE AREA:** Glendale & El Mirage      **SPECIAL DIET:** Low Sodium & Diabetic

**REFERRALS:** Potential clients may apply through AAA's (Area Agency on Aging) 24 hour Senior Helpline at (602) 264-4357. Information on referral process may also be made by contacting the YWCA Valley West, Monday through Friday, 8AM-3PM at (623) 931-7436.

**PRIVATE PAY CARE MEALS:** Are available for those able to pay a fee, do not qualify under other programs, or need meals for a short period of time. Call for delivery area. We do not discriminate based on sex, age, nationality, financial or medical condition.

**For more information on this program, please call the  
YWCA Valley West Center at (623) 931-7436.**

The Arizona YWCA Metropolitan Phoenix is dedicated to eliminating racism, empowering women and promoting peace, justice and dignity for all.

**JOIN OUR MISSION...**

Join Us to Help Eliminate Racism and Empower Women.

**BECOME A MEMBER.**

Learn more at [www.ywcaAZ.org](http://www.ywcaAZ.org)

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2999 N. 44th St, Ste 250  
Phoenix, AZ 85018

**602.258.0990**

TTY/TDD Accessibility icons for TTY and TDD services.



CELEBRATING OUR  
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## Senior Center YWCA SENIOR PROGRAMS

623-931-7436

8561 N. 61 Street Avenue  
Glendale, AZ 85301

### PROVIDING VITAL SERVICES TO WEST VALLEY RESIDENTS FOR OVER 35 YEARS.

West Valley seniors and disabled adults benefit daily from the nutritious meals, social activities, companionship, and transportation provided by the Arizona YWCA Metropolitan Phoenix. YWCA Valley West Center staff and volunteers serve over 98,000 meals to seniors annually.

#### Dining Room Meals

- Monday - Friday
- Hot meals Served At Noon
- Dietician Approved, Nutritionally Balanced Menus

#### Meals on Wheels

- Home Delivered
- Well Check
- Service Area: Glendale & El Mirage
- Special Diet: Low Sodium & Diabetic

#### Bountiful Bingo

- Grocery, Fun, Prize, Penny, Nickel & Pokeno
- Cash Bingo ~ Open to the Public

#### Assistance

- Dial-A-Ride Transportation
- Information & Referral
- Sun Valley Gleaners Brown Bag Site
- Food Plus Distribution Site
- Volunteer Opportunities

#### Health Programs

- Walking Programs
- Health Screenings: Dental, Eyes, Hearing, Blood Pressure, etc.
- Health Education Presentations
- Community Health Fairs

#### Education

- Current Events
- Health & Aging Issues
- Lending Library
- Computer Classes

#### Awesome Activities

- Cards, Games, Puzzles, and Board Games
- Local Trips
- Arts and Crafts
- Theme Parties & Special Events

#### We Feed Four Feet

- Dry or Canned Pet Food Provided

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TTY/TDD Accessibility icons for hearing, vision, and physical access.



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## **Senior Programs**

### **WE FEED FOUR FEET**

623-931-7436

8561 N. 61 Street Avenue  
Glendale, AZ 85301

### **PROVIDING VITAL SERVICES TO PETS OF SENIORS FOR OVER 10 YEARS.**

#### **Types of Services Provided:**

- Dry or canned pet food provided
- Assist with community resources for spaying/neutering, vaccines, and licensing

#### **Who is Eligible:**

- The pet food is provided to low-income seniors and disabled persons who participate in the YWCA's Senior Programs.

#### **Benefits of the Program:**

- Pets are a vital source of companionship and love for many homebound seniors and those with disabilities.
- A study published by the Journal of the American Geriatrics Society demonstrated that independently living seniors who have pets tend to have better physical health and mental wellbeing.
- Seniors with pets are also more likely to be active, cope with stress better, and have better overall health than their counterparts.

#### **Number of Animals Served:**

- Hundreds of local pets were fed last year through the We Feed Four Feet program

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TTY/TDD Accessibility icons for TTY/TDD, including a telephone, a person in a wheelchair, and a hearing aid.