

May 2021



Meals on Wheels PLUS

OF MANATEE

Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8 oz of 1% low-fat milk and one slice of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org



In an effort to ensure the safest practices in response to COVID-19, **Meals on Wheels PLUS of Manatee** is continually making adjustments to our operations for you, our volunteers, and our staff. You will receive the same number of meals you normally receive in a week in one limited-contact delivery.

PET FOOD AVAILABLE

We can help with food for your pet! Dogs or cats—2 times a month, free of charge. Please call by 9am Monday for same-week delivery.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	5 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	6	7 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
10	11 Weekly Meal Delivery for Tuesday Clients	12 Weekly Meal Delivery for Wednesday Clients	13	14 Weekly Meal Delivery for Friday Clients
17	18 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	19 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	20	21 Weekly Meal Delivery For Friday Clients Produce Day for Friday Clients
24	25 Weekly Meal Delivery for Tuesday Clients	26 Weekly Meal Delivery for Wednesday Clients	27	28 Weekly Meal Delivery for Friday Clients
31  OFFICES CLOSED	In an effort to ensure the safest practices in response to COVID-19, Meals on Wheels PLUS of Manatee is continually making adjustments to our operations for you, our volunteers, and our staff. You will receive the same number of meals you normally receive in a week in one limited-contact delivery. PET FOOD AVAILABLE We can help with food for your pet! Dogs or cats—2 times a month, free of charge. Please call by 9am Monday for same-week delivery. 			

*****NEW DELIVERY TIMES 10 AM-2 PM. PLEASE BE HOME.*****

Please note: We will be using one menu, without meal options or exceptions.
Please plan ahead to store meals in your freezer. Make sure to read the food storage and reheating instructions.

COLONS CRAVE CULTURE

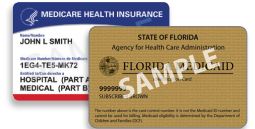
Yogurt and other cultured dairy products are important for a healthy intestinal tract. Studies show the calcium and vitamin D in cultured dairy products may help reduce the risk of colon cancer.



Humana has a plan for you

Do you have both Medicaid and Medicare?

Humana offers Medicare Advantage Dual Eligible Special Needs plans designed with you in mind.



Call your local, licensed sales agent today—we can help!



Alex Bueno
813-514-3374 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.
Abueno@humana.com

Humana.

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New Service Available to Homebound Manatee County Residents

Manatee County Public Libraries now offers free delivery of library materials to the elderly, disabled and those who are temporarily incapacitated.

Email susan.busch@mymanatee.org
or call **941-748-5555**
for more information.



[@manalibraries](http://mymanatee.org/library)



REMINDER:

Please place a small table or chair outside the door of your home. The volunteer who delivers your meals will place your meal outside your door on the table/chair and then knock on the door so you know the meal is there. The volunteer will step back from the door, to make sure you safely retrieve your meal.

COVID-19 VACCINE INFORMATION:

Manatee County residents interested in receiving the COVID-19 vaccine should visit www.MyManatee.org for vaccination availability. You can book an appointment to get vaccinated at the Health Department by calling (941) 242-6646. Appointments will be booked from 9 a.m. to 4 p.m. weekdays at DOH-Manatee, located at 410 Sixth Avenue East in Bradenton.

Mayo 2021



Meals on Wheels PLUS

OF MANATEE

Nuestra misión es ayudar a las personas a vivir de forma independiente brindándoles nutrición, cuidados y servicios de apoyo.

Todas las comidas se sirven con 8 oz de leche descremada al 1% y una rebanada de pan integral.

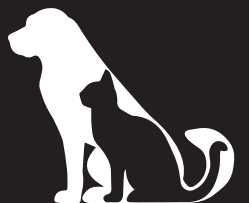
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En un esfuerzo por garantizar las prácticas más seguras en respuesta al COVID-19, **Meals on Wheels PLUS de Manatee** está continuamente haciendo ajustes a nuestras operaciones para usted, nuestros voluntarios y nuestro personal. Recibirá la misma cantidad de comidas que normalmente recibe en una semana en una entrega de contacto limitado.

ALIMENTOS PARA MASCOTAS DISPONIBLES

¡Podemos ayudar con la comida de su mascota! Perros o gatos: 2 veces al mes, sin cargo. Llame antes de las 9am del lunes para recibir entregas en la misma semana.



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3	4 Entrega de comida semanal para clientes de martes Producir día para clientes de martes	5 Entrega de comida semanal para clientes de miércoles Producir día para clientes de miércoles	6	7 Entrega de comida semanal para Clientes Viernes Producir día para Clientes Viernes
10	11 Entrega de comida semanal para clientes de martes	12 Entrega de comida semanal para clientes de miércoles	13	14 Entrega de comida semanal para Clientes Viernes
17	18 Entrega de comida semanal para clientes de martes Producir día para clientes de martes	19 Entrega de comida semanal para clientes de miércoles Producir día para clientes de miércoles	20	21 Entrega de comida semanal para Clientes Viernes Producir día para Clientes Viernes
24	25 Entrega de comida semanal para clientes de martes	26 Entrega de comida semanal para clientes de miércoles	27	28 Entrega de comida semanal para Clientes Viernes
31	MEMORIAL DAY OFICINAS CERRADAS ALIMENTOS PARA MASCOTAS DISPONIBLES ¡Podemos ayudar con la comida de su mascota! Perros o gatos: 2 veces al mes, sin cargo. Llame antes de las 9am del lunes para recibir entregas en la misma semana.			

*****NUEVOS HORARIOS DE ENTREGA 10 AM-2 PM. POR FAVOR ESTAR EN CASA.*****

Tenga en cuenta: Usaremos un menú, sin opciones de comida ni excepciones.

Planifique con anticipación para almacenar las comidas en su congelador. Asegúrese de leer las instrucciones de almacenamiento y recalentamiento de alimentos.

TU SISTEMA DIGESTIVO LOS NECESITA

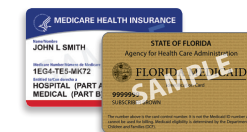
El yogur y otros productos lácteos cultivados con “bacterias buenas” son importantes para un tracto intestinal saludable. Los estudios muestran que el calcio y la vitamina D en los productos lácteos cultivados pueden ayudar a reducir el riesgo de cancer de Colon.



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RECORDATORIO:

Coloque una mesa pequeña o una silla fuera de la puerta de su casa. El voluntario que entrega sus comidas colocará su comida afuera de su puerta en la mesa / silla y luego llamará a la puerta para que sepa que la comida está allí. El voluntario se alejará de la puerta para asegurarse de que recoja su comida de manera segura.

INFORMACIÓN SOBRE LA VACUNA COVID-19:

Los residentes del condado de Manatee interesados en recibir la vacuna COVID-19 deben visitar www.MyManatee.org para conocer la disponibilidad de vacunas. Puede reservar una cita para vacunarse en el Departamento de Salud llamando al (941) 242-6646. Las citas se reservarán de 9 a.m. a 4 p.m. de lunes a viernes en DOH-Manatee, ubicado en 410 Sixth Avenue East en Bradenton.