

SENIOR TRIFECTA

1. Being on a low fixed income
2. Having little to no adequate transportation
3. Being physically limited

These are the daily struggles our seniors face everyday. Our program delivers a holistic approach to aging. RSVP provides multiple programs working in conjunction with each seniors needs. These programs are to help seniors to allow their funds to go further creating less stress in their lives due to monetary restraints.

MISSION STATEMENT

It is our mission to provide a comprehensive professional network of resources for aging services with an emphasis on combating elder abuse.

WAYS TO GIVE

Support from individuals, businesses, civic groups and foundations are the lifeline of RSVP Enid. You help us take on the most important challenge of helping some of the most vulnerable in our community. We are changing lives, saving lives, and improving lives of seniors because of donors like you. RSVP Enid is a 501(c)(3). You make this possible. Your contribution is fully tax-deductible.



RSVP OF ENID

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It is the policy of this agency not to discriminate in admission, access, treatment or employment in its programs or activities on basis of race, creed, color, sex, age, ancestry, national origin, religion or disability.

Services provided by the Older Americans Act of 1965 are always provided at no cost. Donations are accepted to help defray the cost of services and are used to expand existing Title III services. This pamphlet is financed with state and federal Older Americans Act funds through LTCA of Enid Area Agency on Aging and the Oklahoma Department of Human Services.



RSVP ENID

SERVING NORTH CENTRAL OKLAHOMA

COMPREHENSIVE PROFESSIONAL RESOURCE CENTER FOR AGING SERVICES

SENIOR SOCIAL CENTER

A place where active adults 55 and older can enjoy companionship, share a mid-day meal, expand their knowledge, be entertained, receive health screenings, participate in activities and improve their overall health and sense of well-being. Located just north of downtown, the Senior Social Center is a welcoming place where everybody knows your name and where you can feel comfortable and valued. There is no membership fee and attendance is free.

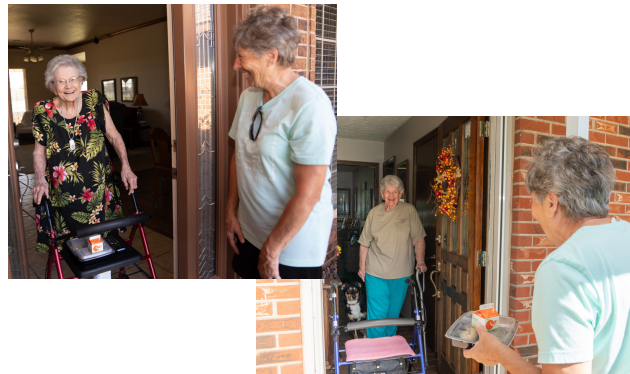
Lunch is served from 11:30–12:30. Lunch is for a suggested donation of \$3.00 and menus are available weekly at the center. Monthly activity calendars are also available at the senior center.



202 W. Walnut 580-237-1447
Open Monday - Thursday
10:00 am - 1:00 pm

ENID MOBILE MEALS

Inadequate nutrition can have an impact on the quality of life of our older citizens. Those experiencing food insecurity are more likely to be in poor health and have limitations in activities of daily living which could lead to a loss of their independence. Home-delivered meal programs, such as Enid Mobile Meals, help improve their diets and provide food security for those participating, thus giving them the stability to stay in their homes longer.



Enid Mobile Meals also reduces isolation and reassures and comforts families who live far from loved ones, providing recipients with a friendly smile and that important safety check, making the program extend far beyond the meal.

We deliver meals 5 days a week, Monday through Friday, around lunchtime. The meals are \$76.00 per month and are prepared by a licensed dietitian so we help foster a nutritionally balanced diet. For further information on how to get started, contact RSVP at: 580-233-5914.



Volunteering

We are always in need of Enid Mobile Meals drivers, delivery drivers for the Regional Food Bank of Oklahoma Senior Food Boxes, and with specialty projects for home repair and yardwork services for seniors, as they arise.

Your one hour of service, once weekly, or monthly, will change lives!

Commodity Box Program

Through a partnership with the Regional Food Bank of Oklahoma, we provide a 40 lb box of commodities to your doorstep or through the Senior Center, once a month. To qualify, you must be 60 or over and make less than \$1,632 per month for a household of 1.

Telephone Reassurance

This program helps assist the growing number of homebound seniors who live alone. They can talk to someone who understands what their going though, share stories and develop a friendship. Many seniors look forward to their weekly or daily call from one of our volunteers.