

THE HEARTBEAT

THE OFFICIAL PUBLICATION OF
MEALS ON WHEELS COLLIN COUNTY

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EMERGENCY MEALS - BLUE BAG

By Annette Payne, RD, LD, CDE

You should have received a blue bag of emergency meals. These 5 shelf stable meals are provided in the event that MOWCC temporarily cannot deliver meals due to COVID-19.

Please DO NOT EAT these meals unless instructed by MOWCC.

The meals do not need refrigeration.

Expiration dates vary, but most are good through May 2021.

If the meals are not needed for emergency use, you may be instructed to use them for future MOWCC holiday meals.

Should you eat these meals in the event of a non-emergency, please contact our office to request meal replacement.

YOUR FEEDBACK MATTERS

We appreciate any and all suggestions you have to help make your experience with MOWCC a better one. Please email rossr@mowcc.com with any suggestions.

SMARTPHONE/ COMPUTER ACCESS

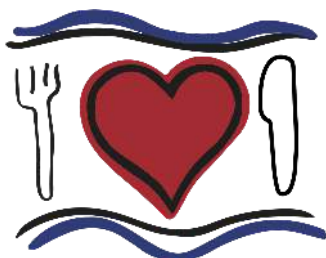
If you have access to a smartphone or computer, let us know! We are looking for new and exciting ways to stay in touch with you.

**FRONT DESK:
(972) 562 – 6996**



COVID-19 Prevention and Senior Safety Net Items Available for Requests

- Exercise Peddler: We are currently out of stock, but are still accepting people onto the waiting list. Reserve yours today!
- Cloth Masks: There are still plenty of masks to go around as we have in supply.
- Hygiene/Sanitization: Request sanitizer, toothbrush, toothpaste, soap, deodorant, shampoo, and more.
- Incontinence: Request Depends, bed pads, daily pads (men and women), and Wet Wipes.
- Nutrition: Boost, Ensure, and Glucerna (for diabetics).



MEALS ON WHEELS
Collin County

NEW NORMAL DELIVERIES

by Ryan Ross, BAC

We know that there has been a bit of confusion on how meals are being delivered. To keep you and our volunteers safe, here is what to expect from deliveries:

- Volunteers will knock on the door, place your meals on the doorknob, and will not leave until they see you.
- They will stand at least 6 feet back to promote social distancing.
- All volunteers will have masks and gloves on.
- Their hands will be washed/sanitized before delivering.

We ask you to also wear a mask to protect yourself and volunteers during deliveries. Thank you for your understanding. Contact the office if you need a mask.

Census 2020 Update

Haven't had time to take the 2020 census yet? That's okay because the deadline is now October 31st. It takes no longer than 5 minutes and it's as simple as calling 844-330-2020 and answering a few questions. This helps Meals on Wheels so the city can provide more for seniors and disabled adults like you.