



WHERE HOMEBOUND SENIORS *Turn For Answers*

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Savory Selects – A Convenient and Healthy Meal Option for All Seniors

Mealtime can be difficult for seniors, particularly if they live alone. Seniors who are physically unable to prepare their own meals have an option to receive Meals-on-Wheels. But there are many active seniors who are capable of preparing their meals but may not like to cook or just want to enjoy a meal without the preparation and clean-up. Others may need meals temporarily if they are recovering from an illness or surgery, or when winter weather makes it difficult to get to the grocery store. These seniors often go out to eat, rely on frozen meals, or simply snack instead of eating a balanced meal.

CASS now gives these seniors the option of ordering a convenient and healthy alternative to preparing meals at home. The Savory Selects menu offers a choice of 31 entrees. In addition to the entree each meal offers a choice of fruits, breads, snacks or dessert, milk and

juices, and cereals. The number of meals and delivery schedule can be arranged to meet the senior's schedule.

Those caring for aging parents have found the Savory Selects meal program to be a sensible and economical option for meals. It gives them peace of mind, knowing their parent has a nutritious and easy to fix meal on hand. Good nutrition is important to seniors. As we approach the cold and flu season and winter weather, this program can help seniors remain healthy and safe in their homes.

To learn more about the Savory Selects program, or to start delivery, contact CASS at (513)721-4330. More information, including a copy of the Savory Selects menu, is available at www.CASSdelivers.org.



THE CASS Connection

A CINCINNATI AREA SENIOR SERVICES NEWSLETTER WINTER, 2012

From the Executive Director's Desk...



Tracey Collins
CASS Executive Director

A Look Back at a Successful Year

Dear Friends of CASS,

A few weeks ago, my phone rang. I saw Fayetteville, Arkansas on the caller ID. When I answered, the caller told me that CASS had been selected to receive a \$10,000 grant from the Walmart Foundation as part of its "12 Days of Giving" holiday Facebook campaign. CASS was one of 145 organizations nationwide and one of only 10 senior service agencies selected from more than 5,400 nominations to receive a grant. That unexpected phone call caused me to think about the many other good and positive things that happened at CASS during the past year.

In the spring, we expanded Savory Selects. This home-delivered meal program gives seniors a choice of 31 entrées along with a selection of fruits, juices, breads, snacks and milk. The frozen meals are delivered once a week, giving seniors more choice in what and when they will eat each day. CASS is the only Meals-on-Wheels provider in Hamilton and Warren Counties offering this program. The \$50,000 "Building the Future" vision grant from the Meals-on-Wheels Association of America and the Walmart Foundation that we received in July will allow CASS to update and expand the technology component of the program in order to offer this meal option to additional seniors. Ours was one of 50 grants awarded nationwide to support new and innovative senior nutrition programs and it was an honor to be selected.

With support from the Scripps Howard Foundation, CASS launched a new website. The new site gives a complete rundown of CASS's services and will be updated regularly with news and information of interest to seniors and their caregivers. The new site will allow us to take online donations and the employee portal will make it easier to communicate with our staff in the field. I encourage you to take a look at the new site, www.CASSdelivers.org and sign up to receive electronic updates. You can also follow us on Facebook.

CASS was reaccredited by the Council on Accreditation (COA), recognized as an "outstanding provider for setting high standards and making a commitment to its constituents to deliver high quality services." COA sets standards for best practice standards for human service organizations and requires adherence to those standards. CASS was also a finalist in the Cincinnati Business Courier's "Best Place to Work" competition, based on work-force engagement, management efficiency, trust and other work place issues. These awards are a tribute to the work and professionalism of our dedicated staff.

The past year also brought tremendous community support. We received \$180,000 in restricted grants from 12 foundations. These restricted funds are enabling us to become more efficient in our operations.

Along with everyone else, the current economic conditions have affected CASS. But, we are weathering the economic storm. Our clients have been affected as well. Now more than ever, they depend on CASS to be there for them. I am hoping 2012 will bring an upturn and stability to the economy that will give CASS the ability to continue to be a lifeline for seniors who have no where else to turn. Thank you for your interest and support of CASS.

Sincerely,

Tracey Collins
Executive Director

