

## **Nutrition and Meal Assistance Available**

For seniors in need of home delivered meals they are being provided through Albany County Department for Aging and Colonie Senior Service Centers. In addition to lunches and dinners to go provided at the Beltrone Living Center (6 Winners Circle, Colonie ) home delivered meals will also be provided.

Home delivered meals can be ordered by calling 518-459-2857 ext.303. Please call a day in advance if possible.

Colonie Senior Service Centers is providing transportation seven days per week to assist with grocery shopping and pharmacy assistance, please call 518-459-6064. If you have family or neighbors who are able to shop for you please access them first as this service will have capacity limits.

For the disabled and under 60 residents in need of a meal delivery please call NY Connects at 518-447-7177.

For those receiving SNAP benefits they or their caregivers, can utilize their SNAP benefit for online food purchases through Walmart and Amazon.

Isolation and loneliness present mental health challenges for all of us! We are all in this together, please take a few minutes to call neighbors and friends that may not have a support network, hearing a friendly voice during these challenging days benefits us all!

Senior Resources Dept. is here to help. Please contact 518-459-5051 or email me directly at [caryc@colonie.org](mailto:caryc@colonie.org).

Keep well,

Chris Cary  
Director  
Colonie Senior Resources Dept.