



*Senior Nutrition Program  
Mon - Friday  
9:30AM - 1:00PM*

RIVERSIDE-SAN BERNARDINO COUNTY INDIAN HEALTH, INC *1-800-732-8805  
Ext. 1899*

*Or*

*Ext. 1999*

*Seniors 60+ may be eligible to receive a meal 5 days a week.*

The Senior Nutrition Program provides nutrition services to seniors who live on:

- Pechanga
- Morongo
- Cahuilla
- Santa Rosa
- Torres-Martinez
- Soboba

Or in adjacent communities.



Congregate Meals

Home Delivered Meals



	<u>ELIGIBILITY</u>
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<ul style="list-style-type: none"> <li>• Nutrition and Health Education <ul style="list-style-type: none"> <li>• Nutrition screening</li> <li>• Socialization</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Any older individual who is frail, and homebound by reason of illness, disability or, isolation.</li> <li>• A spouse of a person in (1) above, regardless of age or condition.</li> <li>• An individual with a disability who lives at home with older individuals.</li> </ul>
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Office: 951-849-4761 EXT 1899  
Toll Free: 800-732-8805 EXT 1899  
11555 1/2 Potrero Rd  
Banning, CA 92220

**Native American Caregiver Support Program**

To provide a comprehensive referral and service system for families or individuals who are caregivers to elders who are chronically ill or who have a life-altering physically mental or developmental disability.

Services available include:

- Information about services
  - Caregiver training
  - Support groups
  - Counseling
  - Assistance to caregivers



Respite

- Supplemental services on a limited basis to

**Fit After 50**

An exercise program to increase strength and mobility for elders (not an aerobics program) sitting, standing and stretching.

- Restore Balance
- Lower Blood Pressure
- Increase Bone Density
- Prolonged Independence

At Morongo Senior Nutrition Center  
Monday and Friday (9:00am - 10:30am)



Brooke Aponte

Caregiver Coordinator  
Office: 951-849-4761 EXT 1999  
Toll Free: 800-732-8805 EXT 1999  
11555 1/2 Potereo Rd

complement care provided by caregivers.	Banning, CA 92220
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