



RIVERSIDE-SAN
BERNARDINO COUNTY
INDIAN HEALTH, INC

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

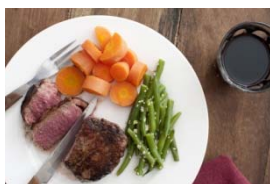
*1-800-732-8805
Ext. 1899
Or
Ext. 1999*

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

<ul style="list-style-type: none"> • Meals • Nutrition and Health Education <ul style="list-style-type: none"> • Nutrition screening • Socialization 	<p style="text-align: center;"><u>ELIGIBILITY</u></p> <ul style="list-style-type: none"> • Any older individual who is frail, and homebound by reason of illness, disability or, isolation. • A spouse of a person in (1) above,
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	<p>regardless of age or condition.</p> <ul style="list-style-type: none"> • An individual with a disability who lives at home with older individuals.
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Chrystal Daugherty
 Site Manger/ Head Cook
 Office: 951-849-4761 EXT 1899
 Toll Free: 800-732-8805 EXT 1899
 11555 1/2 Potereo 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 services

And

- Supplemental services on a limited basis to complement care provided by caregivers.

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 @ 9:30



Brooke Aponte

Caregiver Coordinator
 Office: 951-849-4761 EXT 1999
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