



SOS

Service Opportunity for Seniors
meals on wheels

Our mission

We foster the independence and dignity of older adults by reducing food insecurity and isolation, with daily nutritious meals, friendly visits, and connection to support services.

Communities we serve

Oakland
Piedmont
San Leandro
San Lorenzo
Castro Valley
Hayward
Fremont
Newark
Union City



Our clients



Our meals



Client assessments

Activities of Daily Living (ADL)

- **Self-feeding**
- **Bathing**
- **Toileting**
- **Transferring in/out of bed/chair**
- **Walking**
- **Dressing**

Instrumental Activities of Daily Living (IADL)

- **Meal preparation**
- **Shopping**
- **Medication management**
- **Money management**
- **Using telephone**
- **Heavy housework**
- **Light housework**
- **Transportation**

Client assessments (Continued)

Nutrition Risk

- **Illness/condition that changes type and/or amount of food consumed**
- **Eating fewer than two meals per day**
- **Eating few vegetables/fruits/dairy**
- **Consuming 3+ alcoholic drinks daily**
- **Dental/mouth issues causing difficulty chewing/swallowing food**
- **Eating alone**
- **Taking three or more medications**
- **Recent +/- of 10 lbs without effort**
- **Physical ability to cook/shop/feed self**



Our Volunteers



Thank you!