

Nutritional Services.....

North Carolina nutrition programs are designed to meet the nutritional needs of low income, rural, isolated and at risk older adults.

In 2005, Lincoln County became the first county in North Carolina to begin the restaurant voucher program. In the pilot phase, the program has gone through changes as well as constant evaluation and growth in order to ensure both a quality program and that funding mandates be met. The pilot stage has come to an end. As more counties begin their own restaurant voucher program and as funding challenges continue during these tough economic times, changes are unavoidable.

Eligibility for Participation

You must be:

Lincoln County Resident

60 years of age or older

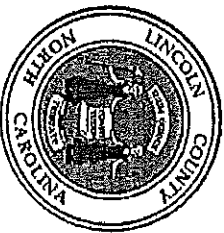
Or the spouse of a Qualified Participant

Once eligibility criteria is met, priority for service will be based on need.

Lincoln County's Voucher Nutrition Program...

Has been a huge success and will now be a regular part of Lincoln County nutrition programs. To ensure compliance with state regulations and requirements certain policies will be enforced starting July 1, 2009.

- **Voucher use**— all 12 vouchers must be used within a 30 day span. New vouchers will not be issued until all previous vouchers are used. If a participant does not use any vouchers for 2 months in a row, they can't be removed from the nutrition program. Please contact nutrition coordinator to discuss any problems you have regarding voucher use policy.
- **Voucher distribution**— will be at the end of designed nutrition or health related programs. Senior Services staff will be available to issue vouchers. Events where the vouchers will be dispensed will be listed in the Golden Grapevine the senior center quarterly newsletter.
- **Wait List**— will be prioritized by those with the greatest need. Length of time on the wait list will not be a factor in receiving services.
- **Transportation**— may be available to those requiring transport to area dining sites. Please contact transportation coordinator at 704-736-8492



This program is funded by OAA funds and must adhere to all federal and state requirements.

Activities, Classes, & Events...

Listed below are some of the programs and events made available through or provided by Lincoln County Senior Services.

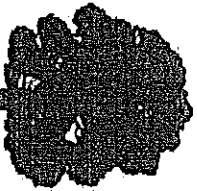
- Arthritis Exercise Classes
- Arthritis Foundation Tai Chi
- Bingo
- Bridge/Canasta
- Cardio Dance Class
- Exercise Classes
- Fitness Room
- Health and Wellness Classes
- Health Fairs
- Health Screens
- Informative Workshops
- Lincoln County Senior Health Day
- Older Americans Celebration
- Piecemakers' Guild
- Pottery Workshops
- Safety Classes
- Senior Games Cheerleading
- Senior Games
- Senior Yard Sales
- Silver Arts



**NUTRITION SERVICES ARE
INTENDED TO:**



1. Promote, maintain, and improve the health and well being of older adults through the provision of a nutritionally balanced meal.
2. Reduce the isolation experienced by many older adults through opportunities for social interaction by participation in the nutrition program.
3. Provide nutrition education and supportive service activities in order to enhance the older adult's ability to remain independent.
4. Enable older adults to remain at home as long as possible and facilitate the discharge of older adults from hospitals and care providing facilities.



LINCOLN COUNTY
Senior Services

*Our Mission is to enhance the
quality of life for all Older Adults and to
promote participation in
all aspects of the community.*

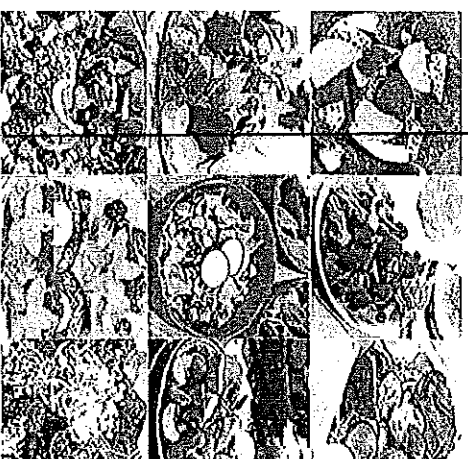
Lincoln County Senior Services
Restaurant Voucher Program
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sbrooks@lincolncounty.org

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LINCOLN COUNTY
Senior Services

**Restaurant
Voucher**

Nutrition Program



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Lincolnton, NC 28093

Nutrition
(704) 736-8811
Senior Services Phone
(704) 732-9053

www.lincolncounty.org