

Catholic Charities Health & Nutrition Services: Today

Senior Food Boxes

- Through our partnership with The Food Bank for Central and Northeast Missouri and the United States Department of Agriculture (USDA), Catholic Charities distributes Senior Boxes to qualifying residents in Cole County.
- Cole County residents age 60 and over who meet income eligibility guidelines qualify for the program. Currently, seniors 60 and over with a household income at 130% or less of the Federal Poverty Level (FPL) qualify.
- This is an ongoing program so we continue to register new seniors, so tell your friends who are eligible! Or have them call the Catholic Charities office at (573) 635-7719.

Walk With Ease

- Walk With Ease (WWE) is an evidence-based walking program designed to improve balance and strength, increase walking pace, and improve arthritis symptoms and confidence in one's ability to manage arthritis symptoms.
- Currently we are holding these classes online through Zoom meetings, however they will be offered in-person once that is safe to do. Our next online class series will run from January 10th to February 20th. Sign up by calling Liz Harrison at (573) 445-9792.

Catholic Charities Health & Nutrition Services: Tomorrow

In 2021, Catholic Charities will be expanding health care services with the completion of our "Open Hearts, Open Doors" renovation at the former chapel/gymnasium of the La Salette Missionaries, also known as "Shikles" in Jefferson City, MO.

Clinic services that will be available:

- Weight/BMI monitoring
- A1c monitoring
- Blood pressure checks & Self-Management training
- Flu vaccination
- Nutrition Counseling

Another soon-to-be addition at the new home of Catholic Charities is a client-choice food pantry.

- Client-choice pantries allow people who seek food assistance the opportunity to choose for themselves what products they receive, rather than being presented with a pre-selected and packaged assortment of food.
- We expect the pantry to be available by late summer of 2021.

Contact Information

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