

Our Story

Mid-East Area Agency on Aging (MEAAA) created CHOICE in 2014 as a solution to the on-going challenge of attracting older adults to Senior Centers. CHOICE brings a variety of programs and services to community locations where older adults naturally congregate, such as libraries. As a result, more people are accessing information and resources that enable them to live in their homes and communities for as long as possible.

To build upon the options within its nutrition program, MEAAA developed an expansion of its successful CHOICE program, CHOICE Counts.

This innovation program has several goals. One goal is to expand access to healthy meals. Our intent is for participants to "Make their CHOICE Count" by selecting menu items from the five categories that make up Title III-C Meal. We are increasing choice and convenience, and in conjunction with Fricks Market meal options will be available 3 days a week, during deli hours.

Monthly programming will bring together community partners to inform and educate participants on health topics related to aging, while at the same time offering opportunities for social interaction.

Through participation in the CHOICE Counts program, participants are given the tools to improve upon their health/well-being, make and monitor healthier food choice, and socialize more, which is intended to help alleviate symptoms of loneliness and depression.

Choice Counts

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A unique dining opportunity for older adults to learn, socialize and enjoy healthy meals in their community. Choice Counts is an award-winning program offered by MEAAA in collaboration with Fricks Market in Union, MO.

If you are interested in learning about this wonderful opportunity, join us at Fricks for an informational enrollment session on February 6th at 10:30 am in the lower cafe.

For more information, contact Cathy at the Union Senior Center (636) 583-5432 or email Alyssa at agaterman@mid-eastaaa.org

You must be 60 years or older to participate.



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