

Service You Can Depend On

Non-Discrimination Notice

Mid-Delta Community Services, Inc. does not discriminate on the basis of disability, in admission to its programs, services or activities, in access to them, in treatment of individuals with disabilities, or in any aspect of their operations. Mid-Delta Community Services, Inc. also does not discriminate on the basis of disability in its hiring or employment practices.

This notice is provided as required by Title II of the Americans With Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973.

Questions, complaints, or requests for additional information regarding the ADA and Section 504 may be forwarded to the designated ADA and Section 504 compliance coordinator:

Elaine Canady, ADA Coordinator
Mid-Delta Community Services, Inc.
P.O. Box 745
Helena, AR 72342
(870) 338-6406, Ext. 1004
elcanady@suddenlinkmail.com
Monday thru Friday 1:00 – 5:00 p.m.

Free language for Limited English Proficient individuals is available upon request

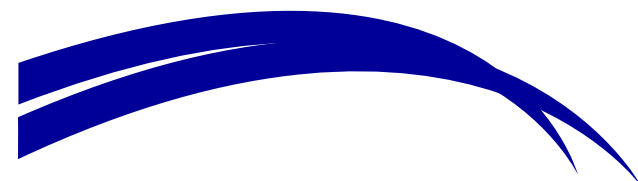
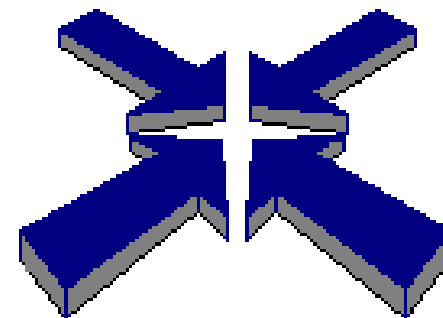
Deaf or hearing impaired people may use the Arkansas Relay Service by calling 1-800-285-1121 or the Customer Service Number at 1-800-285-7192



Mid-Delta Community Services, Inc.

Senior Citizens Program

“Helping People Help Themselves”



Margaret Staub
Executive Director

P. O. Box 745
610 South Biscoe Street
Helena, AR. 72342
870-338-6406 Phone
870-338-3629 Fax

www.middeltacommunityservices.org

Phillips County
Helena –West Helena Center
407 Desoto Street
West Helena, AR. 72390
870-572-2879

Lakeview Center
14426 Hwy 44
Helena, AR. 72342
870-827-6631

Marvell Center
708 College Street
Marvell, AR. 72366
870-829-3866

Lee County
Marianna Center
53 Poplar Street
Marianna, AR. 72360
870-295-2125

Monroe County
Brinkley Center
Cedar View Apartments
705 West 6th Street
Brinkley, AR. 72021
870-734-1234

Clarendon Center
553 North 7th Street
Clarendon, AR. 72029
870-747-5610

July, 2010

About Our Program

The Senior Citizen Program was established in 1974.

Mid-Delta Senior Citizens Program welcomes seniors 60 and older in Phillips County (Lakeview, Marvell, and Helena-West Helena), Monroe County (Brinkley, and Clarendon) and surrounding areas from 10:00 a.m. until 2:00 p.m. Monday-Friday.

The program offers a challenging, interesting, and active environment to enable our seniors to maintain self-sufficiency, and independence.

Our staff is eager to serve our senior citizens by listening to their concerns, encouraging positive thinking, and promoting self-esteem. By interacting in all activities, we focus on the needs of the entire group as well as the needs of each of our seniors.



Activities

We offer a variety of activities such as:

- Bean Bag Baseball
- Gardening
- Arts & Crafts
- Wii/Exercise
- Quilting
- Visiting Nursing Homes/Socialization
- Bingo Bash
- Field Trips
- Transportation/Shopping
- Interaction with the Head Start Program



Meals



"Food is an important part of a balanced diet"

Home Delivered Meals

Home delivered meal clients are those who are considered "Home Bound", meaning these individuals cannot come to the senior center or leave their home on a regular basis because of their health limitations.

Congregate Meal Site

Meals are served in a group setting and comprehensive supportive services including transport to the site, are provided for older adults.

Contract Meals

Meals are also available upon request for a minimum fee to senior citizens.

Elder Choice Program

These clients have been deemed eligible to receive services under the Department of Human Services Elder Choices/Assisted Living/Alternative Medicaid Waiver Program.

If you need additional information, call the community center nearest you.