

The **Cumberland County Nutrition Program** is funded by Title III of the Older Americans Act, to provide nutritious meals in a social setting to the senior citizens of the County.

The goals of the Nutrition Program are to:

- promote good health through proper nutrition
- reduce loneliness by offering the opportunity to socialize and be with others
- provide easy access to other programs and benefits available



### WHO MAY COME?

Any County resident 60 years of age or older and their spouse may participate. If the nutrition site is located in a federally subsidized housing facility, disabled residents are eligible and welcome to attend. Participants are asked to call two days in advance so that a meal can be ordered. Transportation is available if needed by calling CATS (Cumberland Area Transit System) at (856) 691-7799.

### HOW THE PROGRAM WORKS

Each day, Monday through Friday, a hot noontime lunch is served. Menus include meat, fish or chicken; vegetables; fruits; bread or rolls; milk; and coffee or tea. The well balanced meals are planned by a nutritionist to provide 1/3 of the RDA (recommended daily allowances). Diabetic meals are also offered.

Representatives of other agencies visit the luncheon sites to keep all informed about events, programs, and services.

There is no fee for meals served. Each participant is given the opportunity to make a contribution to the program. The suggested donation is \$2.00. Donations are used to offset the cost of the meals and to expand the program to more seniors.

*Volunteers serve in many capacities, including packing for Meals on Wheels, serving at the site, and assisting at the desk or in the kitchen. Volunteer participation is encouraged at every site.*

**CALL THE SHARING CENTER NEAREST YOU TO MAKE A RESERVATION (9:30 a.m. to 1:30 p.m.):**

#### BRIDGETON ✓

Bridgeton Multi-Purpose Sr. Center  
Burt St. and Babe Ruth Rd.  
Bridgeton, NJ 08302  
Site Manager: Jean Rugenus  
Telephone: (856) 455-4323

#### VINELAND

Tarkiln Acres Community Hall  
Tarkiln Drive  
Vineland, NJ 08360  
Site Manager: Carol Wilson  
Telephone: (856) 692-8289

#### MILLVILLE ✓

High Rise East  
130 South Second Street  
Millville, NJ 08332  
Site Manager: Virginia Smith  
Prokson  
Telephone: (856) 825-8779

#### COMMERCIAL TOWNSHIP

Louise Moore Senior Center  
Haleyville-Mauricetown Rd., RD#1  
Port Norris, NJ 08349  
Site Manager: Edith  
Telephone: (856) 785-9817

#### MAURICE RIVER TOWNSHIP

Maurice River Twp. Municipal Bldg.  
590 Main Street  
Leesburg, NJ 08327  
Site Manager: Mary Hagemann  
Telephone: (856) 785-0325

#### DEERFIELD TOWNSHIP

Charlotte Brago Senior Center  
736 Landis Avenue  
Rosenhayn, NJ 08352  
Site Manager: Lorene Thompson  
Telephone: (856) 455-6902  
(Serves Mon., Tues., Wed.)

#### SEABROOK\* ✓

Edgar Joyce Senior Center  
1323 State Highway 77  
Bridgeton, NJ 08302  
Site Manager: Kim Hemple-Miletta  
Telephone: (856) 451-5649  
(Serves Tues., Wed., Thurs.)

#### LAWRENCE TOWNSHIP ✓

Lawrence Township Senior Center  
14 Mulford Drive  
Cedarville, NJ 08311  
Site Manager: Kathy Conti  
Telephone: (856) 447-1000  
(Serves Tues., Wed., Thurs.)

*\*After lunch, classes in Arts & Crafts, Cooking, etc., are available.*

- ✓ Sites offer Healthy Bones Exercise Program



The Cumberland County Nutrition Project for the Elderly operates under the auspices of the Cumberland County Board of Chosen Freeholders and is administered by the Cumberland County Office on Aging & Disabled, funded primarily by Title III C-1 of the Older Americans Act, as received from the New Jersey Division of Aging, and the U.S. Administration on Aging.

All services of the County Office on Aging & Disabled are available to older residents of the County in accordance with Title VI of the Federal Civil Rights Act and applicable State statutes.



Cumberland County Board of Chosen Freeholders

Louis N. Magazzu, Director

James A. Dunkins  
Joseph Pepitone  
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Thomas L. Sheppard  
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# CUMBERLAND COUNTY CONGREGATE NUTRITION PROJECT FOR THE ELDERLY

*Join us for lunch, friendship and fun  
at the Sharing Centers !*



The Cumberland County Nutrition Project for the Elderly is a Federally funded program operated by the Cumberland County Office on Aging & Disabled, 800 East Commerce Street, Bridgeton, N. J. 08302.

Dale L. Finch  
Executive Director  
(856) 453-2220 or 453-2221

Jean Rugenus  
Director, Congregate Nutrition Project for the Elderly  
(856) 453-2213

