



Congregate Meals Participant Information Sheet

You are required to complete the following information the first time you participate in the congregate meals site. If you have any questions, please ask the Site Supervisor. The information collected is considered confidential and will not be released without written permission. **PLEASE WRITE LEGIBLY.**

NAME _____

ADDRESS _____

CITY & ZIP _____

TELEPHONE _____

DATE OF BIRTH _____

RACE/ETHNICITY _____

Check all that apply:

Over 75 years old

Male

Female

Disabled

Frail

Limited English Speaking

Veteran

Lives alone

Income over \$12,060/year for one person OR over \$16,240/year for two people

How did you hear about us? _____

In case of emergency, Center of Concern should contact:

Name/Relationship _____

Telephone _____

(Participant Signature)

(Date)

(Staff Signature)

(Date)

(Turn over→)

Nutrition Health Statement

- | | | |
|---|---|---|
| 1) Have you made changes to the way you eat because of an illness or medical condition? | Y | N |
| 2) Do you eat fewer than 2 meals per day? | Y | N |
| 3) Do you eat few fruits or vegetables, or milk products? | Y | N |
| 4) Do you have 3 or more drinks of beer, liquor or wine almost every day? | Y | N |
| 5) Do you have tooth or mouth problems that make it hard for you to eat? | Y | N |
| 6) Do you always have enough money to buy the food that you need? | Y | N |
| 7) Do you eat alone most of the time? | Y | N |
| 8) Do you take 3 or more different prescribed or over-the-counter drugs a day? | Y | N |
| 9) Have you lost or gained 10 pounds in the last 6 months without wanting to? | Y | N |
| 10) Are you usually physically able to shop, cook, and/or feed yourself? | Y | N |

Activity Survey

What interests you? What type of programming or activities would you like to see at the site?

If you'd like to learn more about the programs and services offered at Center of Concern please contact us at (847) 823-0453 or visit our website at www.centerofconcern.org.

Thank you for joining us! We look forward to serving you!