

# Meal Sites:

## Carter County

Elizabethton Senior Center  
Phone: 423-543-4362  
Watauga Town Hall  
Phone: 423-444-1710

## Greene County

Roby Fitzgerald Adult Center  
Phone: 423-639-3128

## Hancock County

Sneedville Recreation Center  
Phone: 423-733-4253

## Hawkins County

Church Hill Nutrition Site  
Phone: 423-357-5387  
Mt. Carmel Senior Citizens Center  
Phone: 423-357-3281  
Rogersville Senior Citizens Center  
Phone: 423-272-9186

## Johnson County

Johnson Co. Senior Center  
Phone: 423-727-8883

## Sullivan County

Bristol-Slater Center  
Phone: 423-491-1253  
Edgemont Towers Housing Authority  
Phone: 423-797-4450  
Kingsport Renaissance Center  
Phone: 423-246-8060  
Kiwanis Towers Nutrition Site  
Phone: 423-246-0120

## Unicoi County

Clinchfield Senior Center (Erwin)  
Phone: 423-330-6904

## Washington County

Johnson City Senior Center  
Phone: 423-434-5723  
Jonesborough Senior Center  
Phone: 423-753-1080



## Meals on Wheels of Northeast TN

**Volunteer: 423-491-0304**

**Eligibility: 423-928-3258**

No person shall, based on the grounds of race, color, national origin, religious preference, or sexual orientation, be excluded from participation, or be denied the benefits, or be subjected to discrimination.



## First Tennessee Human Resource Agency

704 Rolling Hills Drive  
Johnson City, TN 37604  
Phone: 423-461-8200  
Email: [fthra@fthra.org](mailto:fthra@fthra.org)  
Website: [www.fthra.org](http://www.fthra.org)



First Tennessee Human  
Resource Agency (FTHRA)

# Meals on Wheels of Northeast Tennessee

*Helping to Improve Communities  
and the Lives of Others*



Serving TN Counties: Carter, Greene,  
Hancock, Hawkins, Johnson, Sullivan,  
Unicoi, and Washington.

## Meals on Wheels of Northeast TN

### Who we are:

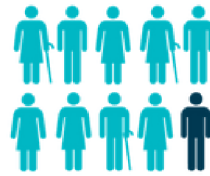
Meals on Wheels Northeast Tennessee is a food delivery system that runs Monday through Friday for seniors and the mentally and physically challenged in the local community. This program provides meals in eight counties, including Carter, Greene, Johnson, Hancock, Hawkins, Sullivan, Unicoi, and Washington.

These meals are delivered to the doorsteps of homebound seniors, Senior Citizen Centers, and other meal sites (community meals) in order to provide the most beneficial meal service for the recipient.

The nutrition program receives funds from Title III Older Americans Act, local governments, and USDA, which means meals come to recipients at no cost. There are no set fees for meals, but contributions and donations are encouraged.

### More than just a meal:

Frequent in-home visits provide unique opportunities to meet nutritional needs, combat social isolation, address safety hazards, and provide holistic care.



9 OUT OF 10  
say Meals on Wheels helps  
them live independently

### Qualifications

All individuals who receive homebound meals are assessed by the Area Agency on Aging and Disability (AAAD). The assessment determines which of the many services the individual is eligible for, including meal services.

Recipients of home-delivered meals must be at least 60 years of age or 18-59 years old and physically or mentally challenged. Recipients may be homebound due to illness, disability, or other conditions that make them unable to prepare a meal themselves.

To begin the eligibility process please call:  
**423-928-3258.**

### Community Meals

You must be 60 years old or older to participate, while spouses are welcome. We need your reservation two days in advance if you plan to join us for a meal at a meal site or Senior Center.

Each meal site has a site coordinator who is able to take reservations and your donation. A donation of \$3 is recommended, but **NOT** required.

### Volunteer:

Deliveries operate on a volunteer basis for people wanting to serve the community. Volunteers deliver Monday-Friday for the lunchtime meals, with routes taking one hour to complete. Meals on Wheels is always in need of volunteers for your area.

### Sponsorship:

If you or your organization are interested in sponsoring a homebound meal recipient, please contact the nutrition department at FTHRA at 423-975-5022. For \$8.00 a day, you could provide a needed, nutritious meal to an individual in your community.

