

# Serving Senior Citizens

*in Clark County and surrounding rural areas.*

## FREE NUTRITIOUS MEALS

FROZEN | SEMI-FROZEN | SHELF STABLE

*Shipped directly to your doorstep monthly.*

### ELIGIBILITY IS SIMPLE

**MUST BE** at least 60 years old

**MUST BE** able to store 20-30 meals

**MUST BE** able to heat up meals



## RESPITE CARE VOUCHERS

Respite vouchers are issued and used as payment for a licensed home health care professional, which allows an opportunity for the senior to attend Adult Day Care, or an Assisted Living Facility.

This is a 'no cost' program to assist those who care for their loved ones. We want to give your **'FAMILY CAREGIVER'** a little worry-free time.



### FOR FREE MEALS

**702.633.7264 EXT. 235 |**

**LINDSEY.ESPINOSA@HHOVV.ORG**

### FOR RESPITE CARE VOUCHERS

**702.507.1848 |**

**CORY.LUTZ@HHOVV.ORG**



Helping  
Hands  
of Vegas Valley

Serving Senior Citizens In Our Community