

We were wondering...

Would you like to help improve or maintain your health with a nutritious daily meal?

Do you enjoy conversation and entertainment with others with a place to go to “just get out of the house?”

Are you recuperating from a recent hospital stay or illness?

Or are you just tired of cooking?

Do you have a loved one who could take advantage of the meals program?

PLEASE JOIN US!



ROCS

Dakota Senior Meals

140 Hwy 50

PO Box 70

Lake Andes SD 57356

605-487-7634

605-487-7883 Fax

Website www.rocsinc.org

Karen Janousek

Nutrition Director

kjanousek@rocsinc.org

If you, or someone you know would like more information about the Dakota Senior Meals Program, or any of the other services provided through ROCS in your community, please feel free to call us.

**Rural Office of
Community Services, Inc.**



Avon

Dakota

Senior Meals

Meadow View Manor

508 Birch

Avon, SD 57315

605-286-3692

**We serve meals Monday
through Friday at 11:45am**

**Call before 9am to
reserve a meal.**

About Us!

The Dakota Senior Meals program is a non-profit nutrition program that has been serving south central and south eastern South Dakota for over 30 years. It is a service provided by the Rural Office of Community Services (ROCS) in Lake Andes, SD. ROCS is a private, non-profit Community Agency providing a wide range of services including the Dakota Senior Meals program.

The Dakota Senior Meals program provides a nutritious noon meal five days a week at a nutrition site or home delivery is available for those who are unable to leave their homes. The program is for anyone 60 years of age or older and their spouses; however, any one may receive a meal. At most sites reservations are required so that the kitchen staff knows how many meals to prepare and serve.

ROCS is governed by a tri-partite board of directors from the private, public and low-income sectors.

ROCS is funded by federal, state, county and city governments as well as private and local community support.



The Dakota Senior Meals program is a true lifeline, whether recovering from a serious illness or surgery or just to have the opportunity to get together and socialize with others.

Many times the people who home deliver the meals are the only people that a participant sees all day long. The Dakota Senior Meals program enables the elderly to stay in their own home or apartment longer. This helps people stay where they are most comfortable, as well as helps save the state money and may prevent a person from using up their savings.

All donations are welcome to help pay for those who cannot afford the suggested donation. Dakota Senior Meals offers an "Adopt a Meal" plan that allows any one to donate towards a meal ticket for someone unable to pay for their own. We accept cash, checks and food stamps.

***ROCS Dakota Senior Meals are served in:
Armour, Avon,
Bonesteel, Burke,
Chamberlain,
Colome, Corsica,
Delmont, Fairfax,
Geddes, Gregory,
Jefferson, Kimball,
Kennebec, Lake Andes, Menno,
North Sioux City,
Plankinton, Platte,
Presho, Pukwana,
Scotland,
Springfield, Stickney,
Tyndall, Vermillion,
Wagner, White Lake & Winner.***