



At Access Care Partners, we go beyond providing meals—we deliver nourishment, safety, and meaningful connections to support your overall well-being.

Whether through our Home Delivered Meals program or Community Table gatherings, we offer meals that meet your specific dietary needs and cultural preferences. We proudly team up with Delaney's Market, our local catering partner, to offer the highest quality meals with fresh flavors in every bite, all while adhering to the nutrition and portion guidelines from the Massachusetts Executive Office of Aging & Independence.

By choosing Access Care Partners, you're not just getting a meal—you're gaining a network of care and resources designed to help you thrive at home and in your community. Let us provide the support you need to live a healthier, more connected life.



For more information about these and other programs and services, check out our website at [www.accesscarepartners.org](http://www.accesscarepartners.org)

Serving Holyoke, Chicopee, Ludlow, Granby, Ware, South Hadley, Belchertown & many surrounding communities.

Access Care Partners is supported in part by Older Americans Act funding from the MA Executive Office of Aging & Independence, the Administration for Community Living and private funding sources.

**Access  
Care Partners**

formerly WestMass ElderCare

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Holyoke, MA 01040

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# Nutrition Services



**Access  
Care Partners**

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**Ready to take the next step?**  
Our Community Resource Specialists and Options Counselors are here to assist!

Phone: 413-538-9020  
Email: [info@accesscarepartners.org](mailto:info@accesscarepartners.org)  
Website: [www.accesscarepartners.org](http://www.accesscarepartners.org)



Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Aging & Independence.



At Access Care Partners, our mission is to preserve the dignity, independence, and quality of life of older adults and persons with disabilities and chronic conditions **OF ALL AGES.**

### **Delivering More Than a Meal**

#### **Daily Wellness Checks**

Our reliable and friendly home delivered meal drivers provide a warm hello and wellness check every day to ensure your safety and peace of mind.

#### **Case Management**

Our experienced Care Managers are here to assess your needs and provide personalized service, ensuring you have the support and resources to thrive.

#### **Nutrition Counseling**

Consumers may receive personalized, in-home nutrition counseling with our Registered Dietitian to support their health and wellness goals. A typical visit includes a review of your medical history and eating habits. Advice & support is provided to help you meet your nutrition goals. Common conditions include weight loss, diabetes, heart disease, and more.

### **Meals to Meet Your Needs**

Choose from meals that fit your lifestyle, preferences, and dietary needs:

- Authentic Latino Meals
- Vegetarian Meals
- Dental Ground Meals
- Chopped Meals

#### **Medically Tailored Meals**

- Renal Meals
- Cardiac Meals
- Pureed Meals

### **We Can Also Help With:**

- Supplemental Nutrition Assistance Program (SNAP)
- Farmer's Market Coupons
- Fresh from the farm bags of produce
- Referrals for monthly Brown Bag program
- Other Services - As your needs change, we can connect you with additional services, including: homemaking assistance, personal care services, and money management services.

### **Community Programs**

Our Community Table program brings people together to share meals in a welcoming, social setting. Enjoy freshly prepared, nutritious meals served at select local Senior Centers and housing sites where you can connect with others, participate in activities, and build a sense of community—all while enjoying a delicious lunch prepared by Delaney's Market to meet the nutrition and portion guidelines from the Massachusetts Executive Office of Aging & Independence.

Our Latino Restaurant Community Dining Program offers older adults the chance to enjoy traditional Latino meals in a vibrant, local restaurant.

**Call Us Today!**