

Food Services

Food for Life

The Food for Life Program is a home delivered meal program intended for clients who face the challenge of preparing meals due to post-hospitalization or chronic and acute illness or who are in need of nutritional support. Participants may receive one to three meals per day prepared in the kitchen at St. Andrew's Episcopal Church and delivered by volunteer drivers.

Dining Out Program

Many Food for Life recipients have physical and financial limitations and going out to a restaurant may be difficult. Chefs at these six local restaurants prepare and donate a special meal each month which is delivered to the clients' homes by volunteers.

Barrio Grill
Blue Willow
Feast
Kingfisher
Pastiche Modern Eatery
The Cup Café

Please support these local businesses when you have a choice in restaurants.

Food Pantry

The Food Pantry assists low-income clients and their family members to meet their nutritional needs by providing food to supplement their food budget. The Food Pantry works in partnership with the Community Food Bank (CFB). While SAAF supplements food bags with protein and dairy items, the basic food bag follows the Community Food Bank emergency food bag guidelines.

- One food bag is available to eligible households every 30 days.
- SAAF provides supplemental frozen foods every 30 days. Supplies vary each month, but usually include frozen meats, cheese, butter, and bread.
- Harvest Days are held the last Wednesday and Thursday of each month and provide fresh fruits and vegetables.

Hygiene and Cleaning Items

Low-income clients may receive hygiene and cleaning items every 30 days.

- Hygiene supplies vary but may include soap, toothbrush, toothpaste, shampoo, toilet paper, personal hygiene items.

- Cleaning supplies vary but may include laundry soap, dish soap, cleaner and bleach.

For more information about eligibility for these and other SAAF Support Services, please contact a Case Manager or Peer Counselor.

HEALTH CARE SERVICES

Dental Services

Dental services through SAAF are provided utilizing the dentists contracted with Delta Dental of Arizona. Clients receive an annual benefit of \$1,500 per calendar year. This program covers Routine and Basic services at 100% and Major services (crowns, bridges, dentures, etc.) at 50%. Please contact a Case Manager or Peer Counselor for eligibility information.

Additional assistance with dental services above the limit of the Delta Dental Program may be available through the Dental Supplemental Program. Please contact a SAAF Case Manager or Peer Counselor for additional information.

Medications Assistance Program (MAP)

- The Medications Assistance Program provides short-term medication vouchers (up to 3 times) for people who have no other means of obtaining the prescription (An annual maximum benefit applies).
- MAP also provides assistance with co-payments for medications that parallel the medication classifications on the state ADAP Formulary (An annual maximum benefit applies).
- SAAF provides assistance to eligible clients with COBRA and health insurance premium payments (An annual maximum benefit applies).

Mental Health Services

General mental health services are provided on site at SAAF by a Licensed Professional Therapist through a collaboration with COPE Community Services. Case Managers and Peer Counselors are able to make appointments for clients interested in the service.

Complementary Therapies

The Complementary Therapies Program provides access to a Naturopathic physician and therapies including acupuncture, massage therapy, chiropractic care, personal training, sweat lodge and nutritional supplements (purchased through the Travis Wright Memorial Buyers' Club) for clients with limited incomes who meet eligibility requirements. The program generally maintains a waiting list.

Wellness Program

The Wellness Clinic is coordinated and staffed by volunteer practitioners. The Wellness Clinics provide acupuncture, massage, and chiropractic care to clients who are not

eligible for the Complementary Therapies Program. Contact the Support Services Associate for more information to access these services. Appointments are limited.

For more information about eligibility for these and other SAAF Support Services, please contact a Case Manager or Peer Counselor.

OTHER SUPPORT SERVICES

Transportation

- Monthly bus passes and finite ride passes
- Taxi vouchers for medical appointments
- Limited gasoline cards

Health Education

HIV Update is held on the second Wednesday of the month from 12:00 pm to 1:15 pm and provides presentations on a wide variety of topics addressing health care and quality of life issues for people living with HIV/AIDS. Lunch is served.

Holiday Project

The Holiday Project is a collaborative project of SAAF and TIHAN, providing support, gifts, and food to clients and their families during the winter holiday season. All services provided through the Holiday Project are supported through community donations.

For more information about eligibility for these and other SAAF Support Services, please contact a Case Manager or Peer Counselor.