

Senior Dining

Elderly Nutrition Program



Overview

The purpose of the Older American's Act, Title III Elderly Nutrition Program is to provide nutrition services that assist older individuals in Wisconsin to live independently, by promoting better health through improved nutrition and reduced isolation through programs coordinated with nutrition-related services.

Nutrition services and health include the procurement, preparation, transport and service of meals; nutrition screening; and nutrition counseling to older individuals at community dining centers or in their homes.

Objectives of the Program

- Prevent malnutrition and promote good health behaviors through nutrition education, nutrition screening and intervention of participants.
- Serve wholesome, delicious meals that are safe and of good quality, through the promotion and maintenance of high food safety and sanitation standards.
- Promote or maintain coordination with nutrition-related and other supportive services for older adults.
- Target older adults who have the greatest economic or social needs with particular attention to low-income minority and rural individuals.

Senior Dining



Fellowship, Food Fun



Fellowship...Food...Fun.

That is what Senior Dining is all about. Enjoy a nutritious meal at a warm friendly senior center or Senior Dining room, in the company of friends. Volunteer opportunities are available as well as other planned activities.

Who can attend and what is the cost?

Anyone who is 60 years or older, the spouse of someone attending age 60 or older, a person with a disability, under age 60, who resides in housing facilities occupied primarily older individuals at which Senior Dining is offered and disabled individuals who resides at home with and accompanies an adult 60 or older to the dining center may participate in Senior Dining.

Meals are offered on a donation basis, but that doesn't mean they are free. The full meal cost and the suggested donation amounts are posted at the site. You are asked to donate as generously as you can afford, all donations go directly back into the nutrition program. Your generosity and support of the program is greatly appreciated!



Home-Delivered Meals



If you unable to join others for a meal at a senior dining room because of health problems, you may be eligible for Home Delivered Meals, an in-home assessment is required to determine eligibility.

Eligibility Criteria:

- Age 60 or older who is frail, **essentially homebound** by reason of illness, disability, or isolation and **has no one to prepare a meal for them.**
- A spouse of a person eligible for HDM's regardless of age or condition, if the assessment concludes that this is in the best interest of the homebound older individual.
- A disabled individual who resides at home with an eligible individual.

How do I sign up?

Participation requires a detailed telephone interview and an in-home assessment. Please call the number below to discuss your situation and to set up an appointment.

715-479-3625

Meals are provided on a donation basis. Donation requests outlining the number of meals ordered on a suggested donation per meal are mailed to participants on a monthly basis. No eligible participant will be denied service based on inability to pay.

Non-Elderly Disabled Persons Living Alone

Nutrition programs may provide nutrition services on a contribution basis to non-elderly disabled persons living in the community who do not live with or accompany an older person as long as there are sufficient funds available to serve the elderly. Services shall be approved on a case-by-case basis. Written requests to provide the service must verify demonstrated need, must document that other programs or resources are unavailable to provide the service or to pay the full cost of the meal, & must verify that there are sufficient program funds available to provide meals to the elderly.

Eligibility for All Others

All other non-elderly persons may be served congregate meals only if the total cost of providing the service is paid by the individual, his or her family, or by another program on the person's behalf.

Nutritious Meals

All meals include milk and are carefully planned to include a variety of foods that provide at least 33% of the recommended daily amounts for older adults. Attention is given to food selection & preparation to reduce fat, sugar & sodium to allow many persons with health problems to work these into their special diets. Free dietary counseling is also available.

Participation in the Program

Many volunteer opportunities exist at each dining center and participants are strongly encouraged to get involved. Assisting with various tasks, such as setting and clearing tables, serving meals, clean-up, etc is an integral part of the Elderly Nutrition Program.