

### **Nutrition Sites:**

Congregate Dining is offered at the following locations in Polk and Burnett Counties. Home Delivered Meals are also prepared, packaged and distributed from these sites.

### **A&H Area:**

A&H Senior Center  
28315 County Rd. H; Webster  
715-635-7199

### **Amery:**

Amery Congregational Church  
201 Harriman Ave N; Amery  
715-268-6818

### **Grantsburg:**

Grantsburg Senior Center  
118 Madison Ave W; Grantsburg  
715-463-2940

### **Milltown:**

Milltown Community Center  
301 2<sup>nd</sup> Ave SW, Milltown  
715-825-5025

**Siren:** Siren Senior Center  
23943 State Road 35, Siren  
715-349-2845

**Webster:** Webster Senior Center  
7421 W. Apple St; Webster  
715-866-5300



### **BALSAM LAKE OFFICE (Polk County)**

100 Polk County Plaza Suite 60  
Balsam Lake, WI 54810  
Local phone: 715-485-8449  
Fax: 715-485-8460

### **SIREN OFFICE (Burnett County)**

7410 County Road K, #180  
Siren, WI 54872  
Local phone: 715-349-2100  
Fax: 715-349-8644

**877-485-2372**

**adrc@co.polk.wi.us**  
**adrcnwwi.org**

### **We offer the following at each office location:**

- Office appointments
- Telephone consultation
- Home visits for people who aren't able to come in to the office
- Flexible appointment scheduling

## **Elderly Nutrition Program**



*Congregate Dining and  
Home Delivered Meals  
Programs*

***Providing nourishing meals,  
companionship and connections  
to services that promote  
independent living***



# ADRC of Northwest Wisconsin Nutrition Services:

## **Elderly Nutrition Program**

The ADRC of Northwest Wisconsin Elderly Nutrition Program is available to **ALL** seniors 60 years of age or older and their spouses, regardless of age.

The goals of the Elderly Nutrition Program is to promote a healthy lifestyle through good nutrition and assist in expanding social opportunities.

The Elderly Nutrition Program is funded with Older Americans Act (OAA) funds, state and county funds, private contributions and participant donations.

Participant donations are requested but not required. All are encouraged to contribute an amount they can afford.

**No one** is ever denied services because of inability to donate suggested amount. Suggested Donation Per Meal is \$4.00.

## **Home Delivered Meals**

Home Delivered Meals are provided to individuals who are unable to attend the dining sites and who meet the home-bound eligibility requirements.

Eligibility criteria for Home Delivered Meals:

- 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 with an eligible individual.

Meals are delivered Monday, Tuesday, Thursday and Friday by volunteers.

Frozen meals are available for Wednesday and weekends.

**How do I get started?** Contact the ADRC of Northwest Wisconsin at 877-485-2372.

## **Congregate Dining**

Congregate Dining is offered at six locations. Congregate dining provides a nutritious meal and an opportunity to dine and socialize with peers and friends.

Persons age 60 and older of all income levels are welcome to enjoy the delicious meals and friendly atmosphere at the nutrition sites.

In addition to getting a delicious meal, each site provides opportunities to meet new people, renew old friendships and keep current on programs and issues relating to seniors.

The meal is served at 11:30am Monday, Tuesday, Thursday and Friday. The menu is available at each meal site and is published in The Voice each month.

**How do I get started?** Contact your local nutrition site (or where you plan to attend and dine) to make your reservation 24 hours in advance. If a nutrition site staff person is not available please leave a message.

## **Nutrition Education**

A registered dietician is available through the ADRC for participants found to be at nutritional risk or have nutrition related concerns. Services may include:

- Nutrition Education and Counseling
- On-going monitoring of nutritional needs
- Information and referral for additional services that may be needed.

