



# Senior Dining Programs

Senior Nutrition Programs provide seniors with nutritious meals as well as opportunities to socialize with others. There are two programs to meet the different needs of elderly persons—Congregate Meals and Home Delivered Meals. An estimated 70,000 seniors in Wisconsin participate in Elderly Nutrition Programs each year.

## ELIGIBILITY

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- Am I Eligible?** **YOU MAY** be eligible to participate if...
- you are age 60 or over. Spouses of eligible seniors can participate regardless of age;
  - there are no income or asset limits;
  - disabled residents may participate regardless of age when they live in a housing unit that also houses a meal site.

## BENEFITS

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- What Meal Programs Are Available?** **THERE ARE** two meal programs:
- *Congregate Meals* serve ready-to-eat meals to seniors at over 600 community locations around the state. Iowa County sites are located in Arena, Avoca, Blanchardville, Dodgeville, Highland, Linden, Mineral Point and Rewey. Newcomers are always welcome. A meal reservation is necessary one day in advance. Diabetic dessert exchanges are available with a medical recommendation.
  - *Home Delivered Meals*—or "*Meals on Wheels*"—brings meals to homebound seniors who can't prepare daily meals and who can't get to congregate meal sites because of frailty, illness or disability. Meals are brought by caring, sensitive persons, who are often volunteers. Home delivered meals are available in the Iowa County communities that have congregate dining sites.

**What is the Cost?** **WHILE THERE** is no set charge for meals, there is a suggested donation. Currently this is \$4.00 for congregates and \$4.25 for home delivery. You are encouraged to contribute what you can afford.

**How Often Can I Get Meals?** **SUN PROGRAM Meal Sites** provide a noon meal. Most meal sites serve meals Monday through Friday. Extra meals are available for evenings and weekends.

**What Transportation Is Available?** Contact Aging and Disability Resource Center Southwest Wisconsin—Iowa County for availability of transportation to sites. (608-930-9844) or <http://www.iowacounty.org/> Click on Department, then ADRC.

**Other Services** **SOME LOCATIONS** may also provide you with health screenings, nutrition education

## APPLICATION

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**How Can I Participate?** **ELDERLY NUTRITION** programs in Iowa County are administered by Seniors United for Nutrition (SUN). If you're home-bound they will arrange a visit to see if you are eligible for Home Delivery. They are located at 303 W Chapel St, Ste 1400, Dodgeville WI 53533, or by phone at 608-930-9845 or <http://www.iowacounty.org/> Click Departments then Seniors Nutrition.