

Many Hands Make Light Work!

We need your time and talents! There are limitless opportunities to help out at your dining center as a volunteer! Consider being a:

- Member of the set-up or clean-up crew
- Host/hostess
- Member of the seasonal decorating committee
- Member of the activity & party-planning committee
- Travelin' buddy / lunch carpooler
- Server
- Home-delivery driver and more!



Aging & Disability
Resource Center

of Sauk County

Senior Dining Centers

Supporting
health and independence
through proper nutrition!

Aging & Disability Resource Center of
Sauk County
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The Aging & Disability Resource Center
is a division of Sauk County Government.

Add **LIFE**SM
Laughter
Independence
Friends &
Energy

SM Add LIFE is a service mark of the Wisconsin Aging
Network's Add LIFE Campaign

What can the Senior Dining Center do for me?

The purpose of the Nutrition Program as part of the Older Americans Act is "to provide nutrition services that assist older adults to live independently, by promoting better health through improved nutrition and reduced isolation". The program includes the service of meals, nutrition screening, nutrition education and counseling to older adults at community dining centers or in their homes.

Improved health and greater independence are the results of nutritious, well-balanced meals and the promotion of good health behaviors. Studies have shown that improved nutrition reduces symptoms related to medication management and dehydration and therefore reduces the need for emergency medical care or hospitalizations. Other types of healthcare are most effective when combined with nutritious eating habits.

DID YOU KNOW? It is widely acknowledged that the cost of lunch served daily for one year is less than the cost of one day in the hospital!

Can anyone have lunch at the Dining Center?

Yes! All are welcome at the dining center, however those who are age 60 or older are eligible to enjoy lunch on a contribution basis. Those who are less than 60 years old are asked to pay full price.



Restaurant-quality lunches shared
with friends and neighbors!

How does this work?

Lunch is served weekdays, except holidays. Dining centers serve 3-5 days per week depending upon the community.

It's easy! If you would like to dine at your community's center, just call by noon to make your reservation at least one day in advance.



One simple
telephone call is
all it takes!

While at the dining center, sign the reservation list for the each of the days you will be attending for the rest of the week!

**Just come,
have fun and
enjoy yourself!**

**Is the food good?
Will I like it?**

Of course, everyone has their personal tastes, likes and dislikes but, overall guests at the dining centers rave about how tasty their lunches are!

Your restaurant-quality lunch is prepared by a local caterer and delivered hot and fresh to your dining center each day! Once per week there is fresh baked bread or dinner rolls. You will enjoy an entrée, potatoes, pasta or rice, usually two vegetables, fruit and dessert each day. You also have your choice of milk or coffee. Pick up a copy of this month's menu today!



Is this a healthy meal?

Each menu is nutritionally balanced and reviewed by a registered dietician. The menus support a general diet. There are some accommodations made for those with diabetes however, if you have other dietary restrictions, you will need to decide for yourself which menu items are a good choice for you and dine accordingly.

Here are 4 sample menus:

Baked Chicken	Swiss Steak
Mashed Potatoes	Baked Potato
Copper Penny Salad	Mixed Veggies
Pineapple Tidbits	Vanilla Pudding
Homemade Cookie	Pecan Pie

Ham Rolls	Lasagna
Sweet Potato	Italian Blend Veg.
Health Slaw	Apricot Halves
Key Lime Pie	Orange Sherbet
Fruit Cocktail	Birthday Cake



What other activities go on at the dining center?

The dining centers each hold regular activities, card games, parties and host monthly guest speakers to help you stay healthy and "plugged in" to what's happening in your community.

These are great opportunities to socialize and stay independent. You probably already know the people lunching at your dining center...Just come and see!

How much does all this cost?

Since the senior dining center is provided as part of the Older Americans Act, people who enjoy lunch at the dining center are asked to make a contribution to the program in whatever amount they are able. Your contribution is greatly appreciated! All contributions are used to maintain or expand this service.

All are welcome at the dining center however, those who are younger than 60 years old are asked to pay the full cost of the lunch. This information is posted at the dining center.

Are there other services available?

Other prevention programs are frequently held at the dining centers. Be on the lookout for posters and other announcements about special opportunities like *Eat Better, Move More, Living Well with Chronic Conditions*, and balance & fall prevention programs.



Is there a dining center in my community?

These are the 8 dining centers serving Sauk County:

Baraboo Dining Center
Highpointe Commons
1141 12th Street
Phone (608) 963-3436

Merrimac Dining Center
Tuesday—Thursday
Merrimac Village Hall
100 Cook Street
Phone (608) 963-2286

Reedsburg Dining Center
Reedsburg Willow Heights
800 Third Street
Phone (608) 963-3438

Sauk/Prairie Dining Center
730 Monroe Street
Phone (608) 963-3437

Spring Green Dining Center
117 South Washington
Phone (608) 588-7800

Transportation may be available to your dining center. Call the Commission on Aging for arrangements.