

Other services available through the Aging & Disability Resource Center: include:

Benefit Specialists

Care for the Caregiver

Chore Services

Senior Dining Centers

Homemakers

Medical Equipment: New & Used

Bi-monthly Newsletter

Telephone Reassurance

Transportation

**Aging & Disability
Resource Center**

505 Broadway Baraboo WI 53913

Phone: (608) 355-3289

1-800-482-3710

Fax: (608) 355-4750



Aging & Disability
Resource Center

of Sauk County

Home-Delivered Meals

**Supporting
health and independence
through proper nutrition!**

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

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

How can Home-Delivered Meals work 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.

It is widely acknowledged that the cost of a one year supply of home-delivered meals is approximately equal to the cost of one day in the hospital!

How do I know if I am eligible for home-delivered meals?

Home-delivered meals are meant to support you in recovery after an illness or to maintain proper nutrition for those who are more than 60 years old, frail, essentially homebound and unable to shop and prepare adequate meals for themselves.



The very best results come when you join your neighbors at your community's senior dining center. But for those for whom this is not possible, home-delivered meals are a healthy alternative.

**Restaurant quality lunches
delivered to your door!**

How do I get started?

If you are interested in home-delivered meals, you need only call the Aging & Disability Resource



One simple telephone call is all it takes!

Center to inquire about service in your area. If you are hospitalized or have a spell of illness, your medical provider may also make a referral for home-delivered meal service.

What can I expect everyday?

Depending on where you live you will receive either a hot home-delivered meal each day or a hot meal along with multiple frozen meals. (The only exception is inclement weather. You will be instructed what to do during bad weather days.)

A volunteer will arrive at your home between 11:30 and 1:00 p.m. with your lunch.

Lunch includes at least 1/3 of the daily recommended dietary allowances (RDA's) including a serving of fruit, meat/poultry/fish/protein, vegetable, bread with butter and milk. The menu is printed in the ADRC newsletter and in local newspapers. Side dishes or desserts may occasionally require substitutions made by the caterer.

Your restaurant-quality lunch is prepared by a local caterer then packaged and delivered to you by staff and volunteers.

What are my responsibilities?

Please be at home! Once you begin receiving your lunch through this program, there is no need to call in a reservation. The Dining Center staff will assume that you will be receiving a lunch unless they hear from you.

Therefore, it is very important that you contact your dining center if you will be away from home at lunchtime. For example, you have a medical appointment scheduled or have become ill and are hospitalized. One of the benefits of this program is that a cheerful volunteer will see you everyday and check-up on

your well-being. If you do not answer the door, our policy is to call your emergency contact person and/or the Sheriff's Department to send help to your home.

Safety First! During winter months, please make arrangements to have your sidewalks or driveway cleared of snow and ice. Volunteers will not deliver to your home if walkways are unsafe.



"Hello, my friend!
It's lunchtime!"

Improved wellness: If your health improves so that you are able to attend your dining center for lunch, please call the ADRC to be removed from the home-delivery route and make your reservation for lunch at the dining center!

If you need assistance with transportation, please mention this to the office staff and someone will assist you.

What do I do if something changes?

You will be away from home: If you know you will be away for an appointment, please contact your dining center the day before to cancel your reservation for that day. Your lunch cannot be left if you are not at home.

Address, phone number, emergency contact information changes: Please contact the office with your updated information.

Is there a fee for this program?

No! Since the home-delivered meal program is provided as part of the Older Americans Act, people who receive this service 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 delivery service. The current suggested donation is \$3.00 per lunch.

Senior Dining



Fellowship, Food Fun