

## Good Nutrition is Vital to Good Health

- Good nutrition can improve our mood, sense of well-being, overall health and longevity.
- Poor nutrition affects overall health and complicates other medical conditions.
- Home delivered meals may contribute to the health & independence of older adults living in the community, especially those who are food insecure or those who are making transitions from acute, subacute, and chronic care settings to the home (IOM 2012)
- Studies found that home delivered meals significantly improved diet quality, nutrient intake and reduced food insecurity and nutrition risk among participants (Zhu et al 2013)

### SAMPLE MENUS

BBQ Chicken  
Mashed Potatoes & Gravy  
Green Beans  
Fresh Fruit

Salisbury Steak  
Mashed Potatoes and Gravy  
Sliced Carrots  
Applesauce

Roast Pork Loin  
Parsley Buttered Potatoes  
Corn  
Applesauce Cake with Raisins

Swedish Meatballs  
Mashed Potatoes & Gravy  
Squash  
Tropical Fruit

Sloppy Joe on a Bun  
Potato Salad  
Baked Beans  
Peaches

\* All meals served with milk & grain

### PRICE COUNTY SENIOR SERVICES

104 S. Eyder Avenue  
P.O. Box 88  
Phillips, WI 54555

Phone: 715-339-2158

Fax: 715-339-4018

Email: [kris.mabie@co.price.wi.us](mailto:kris.mabie@co.price.wi.us)

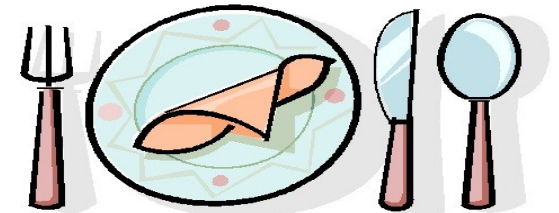
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(updated 1/10/23)

## Price County Senior Nutrition Services

### Senior Dining and Home Delivered meals

#### Our objective .....

To serve seniors good food that is wholesome and nutritious and provide opportunities for socialization.



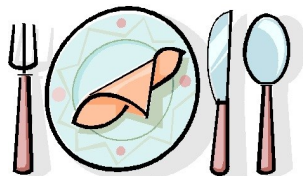
**Food, Friendship, Fellowship & Fun !**

**For Information  
about our nutrition  
services please call  
715-339-2158**

## Price County Senior Dining

Senior Dining Sites are located in five communities throughout Price County. Senior dining provides nutritious, well-balanced meals; promotes better health; and reduces isolation through opportunities for socialization.

Each site offers meals four days per week at 11:30 a.m. Please contact the specific site for serving days. Please RSVP a meal 24 hours in advance on weekdays.



While each site is unique, all of the senior dining sites occasionally offer a variety of activities to foster friendship, fellowship and fun.

Home delivered meal participants benefit from a face to face visit from a volunteer each time a meal is delivered to their home.

## Senior Dining Locations

### **Brantwood Community Center**

W1593 US Highway 8

M-Th 11:30am

**715-564-2569**

Site Manager: Sally Ellis

### **Kennan Village Municipal Building**

N4315 Mequon Street

M-Th 11:30am

**715-474-3325**

Site Manager: Kristen Hartmann

### **Ogema Public Library**

W5005 State Road 86

M-Th 11:30am

**715-767-5130**

Site Manager: Phil Youngs

### **Park Falls - Peace Center**

598 2nd Avenue N

M-Th 11:30 am

**715-339-5302**

Site Manager: Dawn Nichols

### **Fred Smith Concrete Park - Studio**

N8236 State Hwy 13, Phillips

T-Fri 11:30am

**715-339-5301**

Site Manager: Marlys Dobson

Home delivered meals are available in the Catawba, Prentice and Fifield communities in addition to the locations above.

## Who can eat at the Senior Dining Site?

Individuals age 60 or older and their spouse/domestic partner regardless of their age. Disabled individuals of any age who reside at home with and accompany an older individual to the site.

## Who can get home delivered meals?

A person aged 60 or older who is essentially homebound by reason of illness, disability or isolation; A spouse or domestic partner of a person eligible for a HDM as described above, regardless of age or condition; or an adult with a disability who resides with an eligible older individual participating in the program if an assessment concludes that participation is in the best interest of the homebound older individual. Informal caregiver who lives with the homebound person may also qualify.

## How do I get started?

**Senior Dining:** Simply call the site manager phone number listed at the left at least 24 hours in advance. The site manager will help you register.

**For home delivered meals,** contact Price County Senior Services at 715-339-2158 to determine if you are eligible.

## Am I charged for meals?

Meals are offered on a suggested contribution basis of **\$4.75 senior dining & \$5.25 for home delivered.**

If you can contribute more, you are welcome to do so. However, if you are unable to make a contribution, no eligible person will be denied a meal.