

Meals on Wheels:

Meals on Wheels are available to individuals throughout the ADRC-CW four-county region. Meals on Wheels provide balanced nutrition delivered right to the door.

Eligibility: The nutrition program coordinator will coordinate a home visit for interested individuals to explain the program and determine eligibility for this service. Basic eligibility requirements include:

- adults 60 and older
- homebound (does not leave the home under normal circumstances)
- physically or emotionally unable to travel for a meal with others or prepare an adequate meal

Spouses, domestic partners, and caregivers for eligible participants are also eligible to receive Meals on Wheels.

Each request for Meals on Wheels is evaluated on an individual basis.

Suggested contribution is \$4.50 per meal*: A monthly contribution letter is sent to each customer or designee.

For more information call:

Antigo

1225 Langlade Rd
Antigo WI 54409
715-627-6232

Marshfield

300 S Peach Ave Ste 1
Marshfield WI 54449
715-384-8479

Merrill

607 N Sales St Ste 206
Merrill WI 54452
715-536-0311

Wausau

2600 Stewart Ave Ste 25
Wausau WI 54401
715-261-6070

Wisconsin Rapids

220 3rd Ave S Ste 1
Wisconsin Rapids WI 54495
715-421-0014

Toll Free

888-486-9545
www.adrc-cw.org
Find us on Facebook

Volunteer to deliver: Meals are delivered by sensitive, caring volunteer drivers who are concerned with the well-being of the individual. Consider becoming a volunteer driver.

***No eligible person is denied services because of inability to pay.**



SENIOR NUTRITION PROGRAM



Community Congregate Dining:

Nutrition and more: Senior dining offers more than just a healthy meal. Senior dining also provides a chance to socialize and connect with others in a welcoming atmosphere.

Nutrition education, information about resources for older adults, volunteer opportunities, & a variety of activities are also available.

Senior dining provides nutritious meals to persons age 60+. Well-balanced and tasty menus are planned by a registered dietitian, and take local food preferences into consideration.

Benefits: Balanced nutrition is important to keep persons age 60+ healthy and independent. Good nutrition is vital to maintaining strength and reducing risk for infection or illness.

Senior dining meals means less grocery shopping, meal planning, cooking, and clean-up! All for a minimal contribution as you're able.

Who Can Join:

Persons age 60+: Anyone over the age of 60 is welcome to enjoy the delicious meals on a contribution basis.

Income, assets, ability to shop or cook are NOT considered for community senior dining eligibility.

Also welcome:

- A spouse or domestic partner who attends senior dining with their spouse or domestic partner who is age 60 or older.
- An adult with a disability who lives with an eligible older individual participating in senior dining.
- An adult with a disability, under age 60, who lives at a senior housing Complex that also hosts an ADRC-CW community congregate senior dining site.

Call to register and reserve your meal:

Call 888.486-9545 to for a dining site in your area and reserve your meal by NOON the business day in advance.

Suggested Contribution:

The ADRC of Central Wisconsin relies on customer contributions to cover about 30% of the program costs. Some program costs are covered by local, state & federal grants .

Suggested contribution is \$3.75 per meal*: Customers can contribute to the cost of meals each time they join us, or can choose to contribute weekly or monthly.

If requested, a monthly contribution summary letter can be sent to the customer, or to someone who helps with finances.

