

SCENIC VALLEY AREA AGENCY ON AGING NUTRITION PROGRAM

Serving days and times may change. Call in advance
for information and to make reservations.

Alverno Apartments

3525 Windsor Ave., Dubuque
582-2364 | Serving: M-F 11:30

Bellevue Community Center

1700 State Street, Bellevue
872-4666 | Serving: M-F 11:30

Cascade Senior Center

109 1st Ave W, Cascade
852-3047 | Serving: M-F 11:30

St. Francis Community Center

120 3rd Street S.W., Dyersville
875-2600 | Serving: M-F 11:30

Fireman's Hall

103 2nd Ave NW, Farley
875-2600 | Serving: T,TH 11:30

Heritage House

7396 Columbus St, New Vienna
875-2600 | Serving: Second,
Third & Fourth Thursdays 11:30

Golden Age Activity Center

1208 West Marion, Manchester
927-5473 | Serving: M-F 11:30

Delhi United Methodist Church

304 Market, Delhi
Fellowship Hall
927-5473 | Serving: TH 11:30

Fire Station

117 N Center, Dundee
Community Room
927-5473 | Serving: W 11:30

Earlville United Parish UCC-UMC

111 North West, Earlville
927-5473 | Serving: M-F 11:30

Jackson County Senior Center

1000 East Quarry, Maquoketa
652-6771 | Serving: M-F 11:30

Ecumenical Towers

250 West 6th Street, Dubuque
556-5586 | Serving: M-F 11:00

Dubuque Lifetime Center

3505 Stoneman Rd, Dubuque
556-3305 | Serving: M-F 11:30

“ I have an illness or
condition that made me
change the kind and/or
amount of food I eat.”



Conditions and illnesses like cancer, heart disease, diabetes, kidney problems, and a variety of other diseases can affect the way people eat. They may lose their appetite, experience taste changes, feel full easily, or have difficulty preparing meals. If you are experiencing any of these symptoms, you can meet with a Registered Dietitian who can help you plan meals and provide other information and tips to help you manage your nutrition and health condition.



Scenic Valley Area VIII
Agency on Aging

Scenic Valley Area Agency on Aging's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination regarding race, color, national origin, religion, sex, age and handicap.

Here are some tips to get you started:

Diabetes:

- You should first see a dietitian to help you set up an individual meal plan.
- Watch portion sizes of high starch foods like pasta and potatoes.

Heart Disease:

- Limit your intake of saturated and trans fats because they are worse for your heart.
- Try seasoning foods with herbs and spices instead of fats.
- Watch your intake of salt, as this can raise your blood pressure.
- Look for “low sodium” labels on food.

If you get full easily or have a small appetite:

- Eat smaller meals and snacks throughout the day.
- Place only small servings of food on your plate so eating doesn't seem so overwhelming.
- Choose foods rich in calories and nutrients.
- Choose nutrient dense drinks like milk, milkshakes, or juice.

If you have difficulty preparing meals or don't like to cook:



- Have easy-to-prepare foods like fresh fruit, string cheese, frozen dinners, instant soup or cereal mixes, yogurt, and whole grain cereals on hand.
- Peel, chop, or mix foods while sitting at the table.
- If you feel particularly good one day, make extra and freeze for leftovers.
- Have friends, family, or church members bring meals to your house.
- Check with your local Senior Center and ask about Meals on Wheels.

Source: Nutrition education information provided by the Registered Dietician, Greater Wisconsin Area Agency on Aging Resources, Inc., January 2009.

FIND THE SCENIC VALLEY AREA AGENCY ON AGING OFFICE IN YOUR COUNTY:

Delaware County

1208 West Marion Street, Manchester, IA 52057
Ph 563-927-5037 | Fax 563-927-6134

Dubuque County

Fountain Park-Springs Building
2728 Asbury Road, Dubuque, IA 52001
Ph 563-588-3970 | Fax 563-588-1952

Jackson County

1000 East Quarry Street, Maquoketa, IA 52060
Ph 563-652-6771 | Fax 563-652-6771

E-mail: mail@scenicvalley.org
Web site: www.scenicvalley.org