

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

“ Without wanting to,
I have lost or gained
10 pounds in the last
six months. ”



Achieving or maintaining a healthy weight is good for your health and well-being. If your weight is changing rapidly without you trying, it may be a sign of a health problem. Elderly persons with unintentional weight loss are at higher risk for infection, depression, malnutrition, and death. Unintentional weight gain can cause existing health conditions to get worse. Check with your doctor about meeting with a Registered Dietitian to help you achieve a healthy weight for you.



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 that may help you:

If you are gaining too much weight:

- Make sure you are eating a balanced diet with plenty of fruits and vegetables.
- Watch your intake of processed, fried, high-fat, and high-sugar foods. Become familiar with reading nutrition labels.
- Control your portion sizes of meals, snacks, and desserts.
- Choose healthy snacks like fresh fruit, yogurt, cut up fresh vegetables, whole grain crackers, popcorn, and low-fat granola.
- Eat slowly and take time to enjoy your food.
- Get adequate exercise. Aim for at least 30 minutes each day. Things like walking, swimming, housework, yard work, and light weight-lifting are great ideas to get moving.

If you are losing too much weight:

- Be sure you are eating enough. If eating three meals is too overwhelming for you, try eating smaller meals throughout the day.
- Make sure you are getting enough protein in your diet to maintain muscle strength. Good sources of protein include: fish, eggs, nuts, dairy products, meat, and beans.
- Consider adding extra gravies, sauces, jams, or salad dressings to foods to increase calorie intake.

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

3505 Stoneman Road, Dubuque, IA 52002
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