

\$20,000 Grant Awarded to the Nutrition Program

Greater Wisconsin Agency on Aging Resources (GWAAR) recently gave counties an opportunity to apply for grant money for revitalization of the nutrition program. Of the 19 counties that applied Dunn County was one of 8 that was awarded the funding. We are so excited and grateful to have this opportunity!

The purpose of the grant money laid out by our state is to:

- Maintain health and safety of older adults in the community
- Decrease isolation
- Facilitate meaningful social involvement
- Preserve the autonomy of older adults in Wisconsin
- Provide more than just a meal

The Dunn County Nutrition Program's project will focus on the theme "Celebrate Healthy Aging" by offering health fairs, scheduled consistently at all dining centers or communities throughout the county.

Celebrate Healthy Aging will entail three components.

A. A licensed masseuse offering chair massage. We realized that seniors who often live alone and have lost their spouse are experiencing Skin Hunger. Skin hunger is a relatively new term that has been applied to the emotional response created by the loss of touch in our society. Senior citizens receive the least touching of any age group. Nonetheless, the aging process tends to loosen inhibitions, so seniors may be more likely to touch and to accept touching than younger age groups.

B. One on one consult with a registered dietician. We currently offer nutrition education to all meal sites on healthy eating in general. This project will be more in-depth. A dietician will offer a brief presentation on dealing with a specific chronic condition and be open to questions from the group. Before and after the presentation participants will have an opportunity to privately discuss their illness or condition and receive specific information on food and nutrition and how best to manage that specific condition with diet.

C. Healthy Options Salad Bar with no reservation required. We will offer a salad bar luncheon consisting of fresh veggies, whole grains and some surprise recipes that will leave you wondering how we prepared that!

I only hope that the activities grow from there. Make sure you look for our notices at local businesses and newspapers for a "Celebrate Healthy Aging" wellness fair coming to your community.

Bobbette Tunnyhill Nutrition Program Coordinator

