



It's our purpose to assist these communities by offering home-based supportive services that increase older adults' independence and choice:

Amherst • Blandford • Chester
 Chesterfield • Cummington
 Easthampton • Goshen
 Granville • Hadley • Hatfield
 Huntington • Middlefield •
 Montgomery • Northampton •
 Pelham • Plainfield
 Russell • Southampton • Southwick
 Tolland • Westfield
 Westhampton • Williamsburg
 Worthington

Highland Valley Elder Services, Inc.

is a private tax-exempt organization that links people and communities to resources for dignity and choice.

We are a federally designated Area Agency on Aging (AAA) and a state designated Aging Services Access Point (ASAP).

The Agency receives federal funds from the Administration on Aging and state funding from the Massachusetts Executive Office of Aging & Independence (AGE).



**To Report Elder Abuse 24/7:
 Call 800-922-2275**



320 Riverside Drive, Suite B
 Florence, MA 01062



413-586-2000



www.highlandvalley.org
info@highlandvalley.org

Agency Hours: Monday-Friday 9am-5pm



Highland Valley
 ELDER SERVICES

Nutrition Counseling



**Provided by a
 Registered Dietitian
 Nutritionist**

www.highlandvalley.org



Highland Valley
 ELDER SERVICES

NUTRITIONAL COUNSELING

Nutrition Counseling is a way to manage chronic health conditions, especially through weight loss or weight maintenance. This therapeutic approach to health can help you reduce symptoms of certain conditions and prevent further health complications by following a personalized diet and meal plan. To get started, you need the help of a Registered Dietitian Nutritionist (RDN). Highland Valley Elder Services has a Registered Dietitian on staff to help you with your nutritional questions.



WHO SHOULD SEEK MEDICAL NUTRITION THERAPY?

Nutrition Counseling aims to manage certain chronic conditions through an individualized nutrition plan. Your RDN will work with you to create a nutrition plan that fits your dietary needs and will give ongoing feedback as you pursue your health goals. While many people may feel nervous or reluctant about starting a new diet or meal plan, your dietitian will give you the tools you need to manage your condition through dietary changes. Your doctor may suggest nutritional therapy if you have one of these conditions:

- Prediabetes & Diabetes
- Heart disease
- Renal Disease & Kidney concerns
- Weight management (loss or gain)
- Gastrointestinal disorders
- Osteoporosis
- Constipation & Gastroenteritis
- GERD & acid reflux



WHY CHANGE MY DIET?

An unbalanced diet can create deficiencies which can lead to many different health problems. A registered dietitian can assess your diet and find areas that need improvement or help ease your nutritional concerns.

We all have a relationship with the foods we eat and sometimes need help from a professional. A registered dietitian can recognize eating habits and behaviors and help you make changes to your diet, building a healthy and balanced nutrition plan for you.



For more information about Nutrition Counseling call 413-586-2000 and ask for the Information & Referral Department.