

Council on Aging Nutrition Advisory Council Minutes Wednesday, October 20, 2010

Call to Order: Chair Robert Jensen called the meeting to order at 10:00 a.m.

Approval of Agenda: Janet Kopp, seconded by Laura Doll, made a motion to approve the agenda. Motion carried.

Roll Call:

Present: Phyllis Byrne, Laura Doll, Marti Everts, Nancy Flood, Robert Jensen, Polly Jones, Janet Kopp, Hjordis Olson, Evelyn Propp, Shirley Sweet, Doris Thom, Supervisor Terry Thomas, Ellen Trewartha, Joan Wilson

Staff: Joyce Lubben, Rane Goodroad

Introduction of Visitors: Marcy Berner-Reedy, Beloit Meals on Wheels; Kim Whitford and Rodney Oksuita, Best Events; Becky Suehring, Nutrition & Health Associates.

Citizen Participation, Communications and Announcements: Rane Goodroad shared some educational material that have been distributed to home delivered meal participants.

Approval of September 15, 2010 Minutes: Laura Doll made a motion to approve the September 15, 2010 minutes, seconded by Janet Kopp. Motion carried.

Staff Report:

Current Concepts in Elderly Nutrition: Rane Goodroad stated she received excellent material from this UW conference, particularly on swallowing and aging. There are swallowing specialty clinics at UW and Veterans Hospitals. Another speaker spoke on clinical trials being conducted on Alzheimer's disease, which indicates that approximately 40% of people who were diagnosed with Alzheimer's disease actually had clinical depression.

GWAAR Conference: Rane Goodroad reported that one speaker concentrated on a shift from providing participants what they need to what gifts and talents can they contribute.

Site Managers' Fall Training: Ms. Goodroad stated this fall training, which was the first hosted by Rock County, was a success. Five counties participated, with 68 attendees. Dr. Wakely from Mercy Health Systems spoke on stress management and was very well received. Another topic covered was emergency planning.

WISE Worker: Rane Goodroad reported that a WISE worker, Donna Peterson, is now working with the Council on Aging. She will mainly be conducting interviews for the

MMIS project. Along with that, she will be doing home delivered meal assessments, substituting for site managers, and other office projects.

Old Business:

Update on MMIS Project: Ms. Goodroad stated that the project is moving ahead slowly. Forms are being developed for the project.

Summary of Participant Surveys: Ms. Goodroad shared the 211 congregate participants and 42 home delivered meal participants have returned their surveys. The results are being tabulated.

New Business:

Shelf Stable Meals: In an effort to reduce costs, home delivered meal participants were asked, this year, if they want emergency meals, with 75 participants indicating they do. Participants will also receive a list of suggest shelf stable foods they may want to keep on hand in case of emergency.

Reports:

Dining Center Visits: Robert Jensen, Ellen Trewartha, Joan Wilson, Polly Jones, Janet Kopp, Marti Everts and Doris Thom reported on their visits to congregate dining centers.

Rebecca Suehring, Nutrition and Health Associates: Ms. Suehring reported she has been working on the therapeutic diets. She will be attending the Rock County Senior Fair. Her nutrition topic at the dining centers is the difference between the "sell by" and "use by" dates.

Kim Whitford, Best Events: Kim Whitford stated they are a month into the fall/winter cycle now and are just waiting to hear feedback from the participants.

Adjournment: A motion was made by Laura Doll to adjourn, seconded by Janet Kopp. Meeting adjourned at 10:46 a.m.

Minutes not official until approved by the Nutrition Advisory Council.