



**COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
November 15, 2018**

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 9:00 a.m. on November 15, 2018 at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Char Levzow, seconded by Sonja Heiser to approve the agenda. Motion carried.

Roll Call:

Present: Jean Boyle, Jim Farrell, Vicki Gobel, Sonja Heiser, Char Levzow, Vicky O'Donnell, Supervisor Norvain Pleasant, Mark Richardson, Cherie Scholz-Baker, Peg Slaback, Pam Strom, Janice Turner

Excused: Suzanne Rasmussen, Chuck Wilson

Unexcused: Johnny Owens

Staff Present: Linda Hardie, Joyce Lubben, Mary Barrett

Introduction of Visitors: Also present were Robert Borremans, Patricia Burhans, Sherril Gilbertson, Janet Smith, Ellen Wiegand and Roberta Gray-Turnball.

Citizen Participation, Communications and Announcements: Sonja Heiser reported that one of the church coordinators for the home delivered meal volunteers in Evansville recently passed away and a new coordinator is being recruited.

Ellen Wiegand stated that the "Girls Night Out" selected Beloit Meals on Wheels as their October charity to support. The group raised \$4,100. Jean Boyle mentioned she has attended these events and highly recommends them.

Approval of September 12, 2018 Nutrition Advisory Board Minutes: A motion was made by Sonja Heiser, seconded by Jean Boyle, to approve the September 12, 2018 minutes. Motion carried.

Staff Report:

2018 Statistics: During the 2018 reporting year (October 2017-September 2018), there were 16,626 congregate meals served, which is down 5% from 2017; there were also 49,891 home delivered meals served, which is up 6% from 2017. It was noted that the County Board has determined that they never want there to be a waiting list for the Home Delivered Meal program.

Update on GWAAR Training: Site managers and Linda Hardie attended a training in Sun Prairie on September 26. There were two insightful presentations: the first by a former Madison police officer who spoke about suicide prevention; the second by two members of the Dane County Drug Task Force who spoke about signs and symptoms of drug abuse. These topics were very pertinent, as both suicide and drug abuse are very prevalent among the elderly population.

Update on WAND Fall Training: On October 30, Linda attended the Wisconsin Association of Nutrition Directors Fall Training, where several informative topics were presented. One topic was Trauma Informed Care, which explores how traumatic events shape a person's life, particularly traumatic events which occur during childhood (98-99% of incarcerated persons were sexually assaulted as a child). Another topic was Mental Health First Aid for Older Adults, in which it was learned that 1 in 4 older adults have mental health issues; because these issues are often mistaken for normal aging, less than 40% receive treatment, which contributes to an extremely high suicide rate among the elderly. A third presentation discussed Medicare fraud and how to report it; and the final presentation focused on how mid-term elections would impact programs and funds which impact older Americans.

Report on Volunteer Recognition Event: The event was held on October 5 at Rotary Botanical Gardens, where Best Events served a beautiful buffet luncheon. The catering staff, fall themed table linens, floral centerpieces, and cranberry punch for the event were all donated by Best Events. Several board members assisted, including Pam Strom and Sonja Heiser, who both spoke to the group, and Chuck Wilson, who provided the music. Each volunteer received a mini auto trash can and a thank you card.

New Business:

Survey Results: A PowerPoint presentation was shown at the September meeting.

Reports:

Best Events: Rodney Oksuita provided an overview for the new members of the services Best Events provides for the elder nutrition program. Rod stated that Best Events donates 30,000 – 40,000 pounds of food annually; ECHO and the Mercy Homeless Shelter are the primary recipients of this food which would otherwise be thrown away.

Nutrition & Health Associates: Arianna Coleman recently returned from a leave of absence, but emailed her report, as she was unavailable for the meeting. She noted that the most recent Healthy Eating Class was cancelled due to lack of interest; quarterly visits to the dining sites have begun; the nutrition education topic for November is Vitamin D. New menu requirements (which are very similar to those of the National School Lunch Program) are now in place.

Dining Center Visits: None

Adjournment: A motion was made by Jean Boyle, seconded by Supervisor Norvain Pleasant, to adjourn the meeting. Meeting adjourned at 10:34 a.m.