



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, July 19, 2017

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 10:17 a.m. by Chair Pam Strom at the Rock County Council on Aging, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Jo Ann Kolytk, seconded by Aaron Thomas to approve the agenda. Motion carried.

Roll Call:

Present: Jean Boyle, Dawn Fossum, Sonja Heiser, Jo Ann Kolytk, Supervisor
Norvain Pleasant, Suzanne Rasmussen, Cherie Scholz-Baker, Peg
Slaback, Pam Strom, Aaron Thomas

Excused: Nancy Arnold, Jim Farrell, Char Lezvow, Jenny Schmidt, Chuck Wilson

Staff Present: Ranee Goodroad, Linda Hardie

Introduction of Visitors: Also present were Rodney Oksuita from Best Events and Arianna Coleman from Nutrition & Health Associates

Citizen Participation, Communications and Announcements: On July 26, Grinnell Hall will host the second of three summer events featuring a special menu and 1950's music by Chuck Wilson.

Approval of May 17, 2017 Nutrition Program Advisory Board Minutes: A motion was made by Supervisor Norvain Pleasant, seconded by Jean Boyle, to approve the May 17, 2017 minutes. Motion carried.

Staff Report:

Introduction of New Clerical Assistant: Linda Hardie gave a brief overview of her employment history; she has worked in various capacities at a variety of locations over the years, and has dealt with people of all ages, including many seniors.

Nutrition Directors Regional Meeting: This Beaver Dam meeting was recently attended by Ranee Goodroad; she shared some information garnered there:

- Wisconsin has a meal cost tool (a formula), to determine actual meal costs; it takes into account the costs of the food, mileage, labor, administration, postage, and facilities.
- The average actual cost in Wisconsin is \$12.24 per congregate meal and \$10.17 per home delivered meal.
- The average requested donation per meal in the state of Wisconsin is \$4.00. Rock County currently requests a \$3.25 donation per congregate meal and a \$3.65 donation per home delivered meal.

- The average donation in Wisconsin is \$2.54 per congregate meal and \$2.37 per home delivered meal. The average donation in Rock County is even less than the state average.
- Raneë suggested that the Board consider increasing the suggested donation per meal, as there has been no increase in the requested donation for at least 10 years.
- It was decided that further discussion on increasing the suggested donation be added to the agenda for the August meeting.

Old Business:

SFMNP Voucher Distribution Update: Raneë Goodroad thanked those who assisted with the Senior Farmer's Market Nutrition Program voucher distribution and discussed fluctuation in distribution numbers over the past three years. Compared to last year, distribution in Beloit, Evansville, Janesville, and Clinton were all slightly down; Edgerton and Footville distributions were slightly up. At the time of the meeting, there were still approximately 45 vouchers remaining. A report will be given on final numbers once all the vouchers have been distributed. Raneë noted that in order for someone to receive a voucher they must be a Rock County resident who is at least 60 years of age; must meet the income guidelines; and must not have received the vouchers in 2017. To increase distribution numbers next year, possible changes/additions to distribution sites were mentioned, as well as potential methods to increase awareness.

Home Delivered Meals Participant Surveys: This item was tabled until August as results were not available.

Special Event Updates: Chuck Wilson was at Grinnell Hall, in Beloit, for the senior dining center picnic in June. This was the first time the number of reservations were limited to 70. This worked very well.

New Business:

Review of Congregate and Home Delivered Meal Participant Survey Form: Raneë Goodroad received an affirmative answer when she had asked Sara Koenig, the Elder Nutrition Program Manager at the Wisconsin Bureau of Aging & Disability Resources, if comments/revisions could be submitted for the 2018 survey. Copies of the current survey were distributed to meeting attendees so they could take the forms home in order to offer suggestions at the August meeting.

Volunteer Appreciation Open House: Once again, it is anticipated that this event will take place in September at Rotary Gardens and be catered by Best Events. At the event, Chairperson, Pam Strom, will give a presentation; then Raneë Goodroad will speak. Ms. Goodroad will pursue securing a reservation and taking care of other arrangements. Suggested: 2-4 p.m. on a Tuesday, Wednesday, or Thursday during September, but not on dates that would conflict with senior fairs or onsite trainings.

Raneë asked for suggestions for gifts to be given to the volunteers at the open house. Pam Strom suggested coffee mugs. It was noted that practical gifts are preferred (flashlights and keychains given in the past were appreciated). There are approximately 100 volunteers; budget per gift is approximately \$3.00.

Reports:

Best Events: There was recently a very productive meeting on fall/winter menu cycle. It was noted that in the past, Best Events had initiated menu suggestions, which were then handed over

to Nutrition & Health Associates for adjustments to meet criteria. Most recently, the fall/winter menu cycle was initiated by Nutrition & Health Associates, and then went to Best Events to address production and other concerns which appears to be a more beneficial method.

Nutrition & Health Associates: It was felt that the recent meeting on the fall/winter menu cycle was beneficial and went very well; it addressed the menus from the standpoints of nutrition, production, etc. It was felt that the meeting was necessary to avoid a repeat of the multiplicity of changes that occurred to the spring/summer menus after they had already been published.

Meal pattern requirements will change effective December 31, 2018; one of the noted changes will be that any fruits or vegetables in desserts will then be able to be counted toward the fruit and vegetable requirements. Best Events also received a copy of the new meal pattern requirements.

Dining Center Visits: Reports were provided by Sonja Heiser, Nancy Arnold and Jean Boyle.

Adjournment: A motion was made by Supervisor Norvain Pleasant, seconded by Sonja Heiser, to adjourn. Meeting adjourned at 11:05am

Minutes submitted by Linda Hardie

Minutes not official until approved by the Council on Aging Nutrition Advisory Board.