



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, July 18, 2018

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 10:00 am by Chair Pam Strom at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

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

Roll Call:

Present: Jean Boyle, Jim Farrell, Vicki Gobel, Sonja Heiser, Char Levzow, Vicky O'Donnell, Johnny Owens, Supervisor Norvain Pleasant, Suzanne Rasmussen, Mark Richardson, Peg Slaback, Pam Strom, Janice Turner, Chuck Wilson

Excused: Cherie Scholz-Baker

Unexcused:

Staff Present: Linda Hardie

Introduction of Visitors: Tom Brien, County Board; Maggie Sanna, Nutrition & Health Associates

Citizen Participation, Communications and Announcements: Tom Brien noted that he is interested in familiarizing himself with the different county committees. Chuck Wilson stated that on July 25, there will be a 1950's theme meal and dance at Grinnell Hall; also at a recent Beloit Meals on Wheels banquet, two ladies, age 92 and 93, were recognized for having delivered meals for 40 years. Jean Boyle toured Oak Park Place, a new senior housing facility in Janesville, and was favorably impressed.

Approval of June 20, 2018 Nutrition Advisory Board Minutes: It was noted that while the minutes state "Janet" Turner; they should state "Janice" Turner. A motion was made by Janice Turner, seconded by Peg Slaback, to approve the June 20, 2018 minutes. Motion carried.

Staff Report:

Staffing: Linda Hardie reported that the .4 clerical position is vacant. Applications are being taken by Human Resources. A temporary worker with experience working for the Nutrition Program is currently assisting.

Home Delivered Meal Ride-Alongs: Char Levzow, Janice Turner, and Sonja Heiser shared that their prior ride-alongs had been worthwhile. Board members were encouraged to ride along to be better informed about this aspect of the Nutrition Program, as home delivered meals comprise more than half of the senior meals served in Rock County.

Home Visits: Linda Hardie said that she has recently done some in-home visits to home delivered meal participants; she met some delightful people who greatly appreciate the program.

Old Business:

2018 Senior Farmers' Market Nutrition Program: 376 of the 489 vouchers were distributed at the seven distribution sites. While some distribution sites showed decreased numbers, others showed increases. Chuck Wilson noted that decreased numbers in Beloit could be partially due to new community garden plots. Remaining vouchers are being made available from 9:00 am until noon on normal business days, at Council on Aging offices. Peg Slaback commented on the gratefulness of the voucher recipients.

New Business:

Revised Elder Nutrition Meal Pattern: Maggie Sanna gave a brief overview of the new meal pattern requirement which is to be implemented no later than January 1, 2019. It is component based, rather than nutrient analysis based, as specific categories of foods (e.g. red/orange vegetables) typically provide similar nutritional values. This will be fully implemented in Rock County on October 1, 2018.

Reports:

Best Events: Rodney Oksuita was unable to attend today's meeting.

Nutrition & Health Associates: Maggie Sanna stated that she had completed sanitation visits at the dining sites and that things seemed to be going well overall.

Dining Center Visits: Sonja Heiser visited Creekside Place in Evansville when baked chicken thigh and leg was the main entrée. She refused to eat it after she saw the pinkness of the meat. She stated that she was not the only one who didn't eat much or any of the chicken. Discussion ensued; Linda Hardie stated that pinkness is now a common problem due to the typical age of chickens at time of butchering. She provided a USDA handout which addressed the issue: color is not a determining factor for doneness, but rather a temperature of 165°. However, if diners are eating little or no protein when this particular entrée is served, it is counter-productive to include it in the menu rotation. Maggie Sanna stated that boneless chicken breast could be substituted. If amenable to Best Events, this change will be implemented immediately. Sonja also noted that Amy, the dining center manager, is doing an excellent job of promoting meals in the community.

Adjournment: A motion was made by Sonja Heiser, seconded by Chuck Wilson, to adjourn the meeting. Motion carried. Meeting adjourned at 10:33 am.