



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, February 15, 2017

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

Approval of Agenda: A motion was made by Supervisor Norvain Pleasant, seconded by Jo Ann Koltyk, to approve the agenda. Motion carried.

Roll Call:

Present: Jean Boyle, Dawn Fossum, Jo Ann Koltyk, Supervisor Norvain Pleasant, Jenny Schmidt, Cherie Scholz-Baker, Peg Slaback, Pam Strom, Chuck Wilson

Excused: Nancy Arnold, Sonja Heiser, Jim Farrell, Char Lezvow, Suzanne Rasmussen

Unexcused: Aaron Thomas

Staff: Ranee Goodroad, Stevie-Lyn Zenke

Introduction of Visitors: Rebecca Suehring, Nutrition and Health Associates; Rodney Oksuita, Best Events

Citizen Participation, Communications and Announcements: Chuck Wilson announced a *Scoopie Night* fundraiser for Beloit Meals on Wheels on March 1, 2017, at Beloit Culver's.

Approval of January 18, 2017 Advisory Board Minutes: A motion to approve the January 18, 2017 minutes was made by Jean Boyle, seconded by Chuck Wilson. Motion carried.

Staff Report:

Introduction of Meatless Meals and St. Patrick's Day Special Menu: In response to requests from diners, meatless meals will be served on Fridays between March 3 and April 7 with the exception of St. Patrick's Day on March 17th which will be the traditional corned beef and cabbage.

Eat Well, Age Well and Eat Well, Care Well Nutrition Education Series: The Greater Wisconsin Agency on Aging Resources has developed a twelve month nutrition education series including handouts, table tents, placemats, and newspaper articles. The *Eat Well, Age Well* materials will supplement the nutrition education materials developed by Nutrition and Health Associates. Select materials from this series will be made available on the Rock County website and Facebook. The *Eat Well, Care Well* series focuses on the nutritional needs of caregivers.

Contacts for Presentations: Ranee Goodroad requested suggestions of organizations which may be interested in presentations focusing on the services provided by the Rock County Council on Aging with in-depth information about the nutrition program. The Lions and the Golden Kiwanis were suggested. Advisory board members will research additional possibilities.

Update from UW-Intern: Stevie-Lyn Zenke presented an overview of her internship to date which included informational contacts with Rock County agencies, completing assessment visits for home delivered meals, dining center visits, and a variety of on-line educational opportunities.

Old Business:

Grocery Store Survey: The Advisory Board reviewed a draft copy of a survey which will be distributed to grocery stores throughout Rock County. The purpose of the survey is to determine which “user friendly senior services” are being offered by each store. Services would include: delivery of food, online ordering, drive-up, and in-store assistance. It was noted that in addition to identifying which services are currently available, it may encourage stores to consider adding “senior friendly” services.

Personal History Activities: A request was made by Ranee Goodroad for someone to develop a personal history activity as a lunch and learn type presentation. Jo Ann Kolyk volunteered to develop such a presentation which will be offered in conjunction with lunch.

New Business:

Home Delivered Meal Outreach in Rural Areas: Ranee Goodroad discussed the challenges in reaching people who live in rural areas who may be in need of home delivered meals but may be unaware of the service. Since relatives and friends are frequently the first point of contact for inquiring about the home delivered meals service, the Advisory Board suggested medical facilities, churches, FFA, and 4-H.

Reports:

Best Events: Rodney Oksuita reported that Best Events has arranged for a new vendor, located in Madison for purchasing bread. Best Events staff have been working with Nutrition and Health Associates to develop meatless meal menus in addition to the spring/summer menu.

Nutrition & Health Associates: Rebecca Suehring reported that Chelsea Roth has outlined the quarterly nutrition education topics for 2017 focusing on four different subjects related to Cooking for One or Two. Arianna Coleman, Nutrition Technician with Nutrition and Health Associates, is working on nutritional analysis of the spring/summer menu and completing site sanitation visits.

Dining Center Visits: Peg Slaback reported as to her dining center experiences at Grinnell Hall in Beloit and The Gathering Place in Milton. Chuck Wilson reported as to his visits to Grinnell Hall.

Adjournment: A motion to adjourn the meeting was made by Chuck Wilson seconded by Jenny Schmidt. Motion carried. Meeting adjourned at 10:47 a.m.

Minutes submitted by Ranee Goodroad

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