



**COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES**  
**Wednesday, February 20, 2019**

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

**Approval of Agenda:** A motion was made by Cherie Scholz-Baker, seconded by Supervisor Norvain Pleasant, to approve the agenda. Motion carried.

**Roll Call:**

Present: Jean Boyle, Vicky O'Donnell, Mark Richardson, Robert Borremans, Patricia Burhans, Sherril Gilbertson, Cherie Scholz-Baker, and Chuck Wilson

Excused: Vicki Gobel, Janice Turner and Pam Strom

Staff Present: Lachel Fowler, Linda Hardie

**Introduction of Visitors:** Ellen Wiegand, Beloit Meals on Wheels; Rod Oksuita, Best Events; Arianna Coleman, Nutrition & Health Associates; and Rob Wilkinson

**Approval of January 16, 2019 Nutrition Advisory Board Minutes:** A motion was made by Jean Boyle, seconded by Patricia Burhans, to approve the January 16, 2019 Nutrition Advisory Board minutes. Motion carried.

**Citizen Participation, Communications and Announcements:** Robert Borremans shared that there has been a bill proposed at the state level to provide a tax credit for caregivers. Contact Representative Deb Kolste for more information. Rob Wilkinson stated that reimbursement for caregivers is inadequate; care facilities are closing due to financial difficulties. He also noted that May 14 is Aging Advocacy Day, sponsored by the Wisconsin Aging Advocacy Network; he suggested contacting GWAAR if interested in participating. Ellen Wiegand shared that Beloit Meals on Wheels is kicking off their annual March for Meals fundraiser on March 1; she also distributed flyers promoting the fundraiser.

**Staff Report:**

Cancellations/Closures for Inclement Weather: Linda Hardie stated that, due to extreme weather conditions, it has been necessary to close senior dining sites and home delivered meals six times so far this winter. Beloit Meals on Wheels has also been forced to close twice.

March Menus: Linda noted that there is a special corned beef and cabbage menu in honor of St. Patrick's Day; there are also meatless menus for Ash Wednesday and Lenten Fridays. Diners have commented in past years that they are very appreciative of this accommodation.

**Old Business:**

Cooking Class Proposal:

Arianna Coleman has spoken with Pam Lentz, the dietician at Cedar Crest, about a basic cooking class for men. Pam indicated a definite interest, mentioning the social room, main lounge, or a smaller family kitchen area as possible Cedar Crest hosting locations, depending on the number of participants. Pam also had questions about potential costs to participants, length of individual class sessions, number of sessions, time of day, instructor, etc. There was concern expressed by some board members that not all of the potential Cedar Crest hosting locations would be large enough or that they could be difficult to find for those who are unfamiliar with the facility. Arianna Coleman and Rod Oksuita suggested that it would be advisable to engage an instructor who is ServSafe certified; it was also recommended that there be a liability waiver which would be signed by participants and that class size be limited to 8-12 participants. If the first class were to be hosted at Cedar Crest, should other locations be considered for subsequent class offerings? Considering accessibility, there was concern expressed that all available participant spots not be taken by Cedar Crest residents; it was suggested that CC residents comprise no more than 5 enrollees. Rod will reach out to a contact at Blackhawk Technical College. Linda spoke with Angela Flickinger at the UW-Extension office, who stated that although UW-Extension does not have anyone who could instruct the class, they do have curriculum which they would be happy to share.

**Reports:**

Best Events: No announcements

Nutrition & Health Associates: Arianna is working on the final tweaking of the spring/summer menu cycle.

Dining Center Visits: Supervisor Norvain Pleasant reported that he enjoyed his dining experience at Grinnell Hall on February 19; the food was delicious and the diners were very lively.

Home Delivered Meal Ride-Alongs: There were no home delivered meal ride-alongs.

**Adjournment:** A motion was made by Supervisor Norvain Pleasant, seconded by Vicky O'Donnell, to adjourn the meeting. Motion carried. Meeting adjourned at 10:40 a.m.

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