



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, October 18, 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 Rock County Council on Aging office, 3328 U.S. Highway 51 North, Janesville, Wisconsin.

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

Roll Call:

Present: Nancy Arnold, Vicki Gobel, Char Lezvow, Supervisor Norvain Pleasant
Suzanne Rasmussen, Cheri Scholz-Baker, Peg Slaback, Pam Strom,
Aaron Thomas, Chuck Wilson

Excused: Jean Boyle, Dawn Fossum, Jo Ann Koltyk

Unexcused: Jim Farrell, Sonja Heiser

Staff Present: Ranee Goodroad, Joyce Lubben, 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: Copies of October and November menus were distributed.

Approval of August 16, 2017 Nutrition Program Advisory Board Minutes: A motion to approve the August 16, 2017 minutes was made by Peg Slaback, seconded by Nancy Arnold. Motion carried.

Staff Report:

Volunteer Appreciation Recap: The Volunteer Appreciation luncheon was held on Friday, September 29, 2017, at Rotary Botanical Gardens. Pam Strom spoke to the volunteers at the luncheon, as did Ranee Goodroad; Chuck Wilson provided music for the event. Board members Nancy Arnold, Sonja Heiser, Jo Ann Koltyk, Char Lezvow, Peg Slaback, and Chuck Wilson were all present and assisted with the event. It was noted that there was a beautiful presentation

of food by Best Events Catering which should have made the volunteers feel appreciated. A cloth bag was also given to each volunteer in appreciation for their service. The number of attendees was approximately the same as last year.

Upcoming Special Events: November and December are the two busiest months of the year. For Veterans Day the November 10th meal will feature a spaghetti and meatball menu accompanied by cake with patriotic sprinkles. November 21st will be the annual Thanksgiving meal featuring turkey with the trimmings. Each meal site sets a limit for how many reservations can be taken; any reservations above that number are put on a wait list pending possible cancellations.

Old Business:

WAND Conference Workshop Reports: The theme of the conference was "Tap into Your Super Powers." Ranee Goodroad distributed a handout from the conference, with suggestions for local advisory boards. Pam Strom commented on the community perception that senior meal sites are for the underprivileged. Char Levzow talked about the stigma of going to a nutrition site, and mentioned cliques that exist at the sites. Aaron Thomas suggested that an attempt be made to make meals at the nutrition sites more of a *dining experience*, rather than a *nutrition program*. He suggested that perhaps articles including photographs could be put in the senior news and local newsletters. Nancy Arnold suggested that diners could be encouraged to visit other meal sites. Ranee brought up the *Lunch & Learn* idea, which has been done in the past. It was agreed that it would be profitable to discuss a different topic from the WAND handout each advisory board meeting. Suzanne Rasmussen mentioned that not all suggestions from the advisory board are implemented. Pam Strom mentioned that Ms. Goodroad has an upcoming meeting with dining center managers; Ranee will encourage the managers to initiate topics for discussion at the dining centers, beginning in January. There is a pilot program in Dane County which provides restaurant vouchers, rather than meals at nutrition sites. Perhaps Rock County should consider something similar. The GWAAR Advisory Board Handbook has been released in draft form, and contains 14 pages of acronyms. Ms. Goodroad mentioned that she would like to show a PowerPoint presentation at the November meeting which was shared at the WAND conference.

New Business:

Volunteer Recruitment: Ms. Goodroad stated the need for a pool of volunteers she could call when a substitute driver is needed. Recruitment methods suggested were reaching out to churches and service organizations such as Kiwanis and Lions Clubs and possibly requesting a community service announcement on the radio. Ranee requested service organization contacts that any board members may have.

Reports:

Best Events: Rodney Oksuita mentioned that Best Events purchased two new vehicles as there is travel in excess of 570 miles per day on their vehicles. The vehicles are now having refrigeration units installed; however the units are manufactured in Puerto Rico, and were delayed due to the hurricanes.

Nutrition & Health Associates: Arianna Coleman reported on the success of her *Healthy Eating* classes which she presented at the various nutrition sites. She received lots of good questions (especially about diabetic meals, etc.) and feedback from the diners.

Dining Center Visits: Reports were shared by Cherie Scholz-Bake and Peg Slaback.

Adjournment: A motion was made by Nancy Arnold, seconded by Supervisor Norvain Pleasant, to adjourn the meeting. Motion carried. Meeting adjourned at 10:52 a.m.

Minutes submitted by Linda Hardie.

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