



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, January 16, 2019

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 10:10 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 Janice Turner, seconded by Jean Boyle, to approve the agenda. Motion carried.

Roll Call:

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

Excused: Johnny Owens, Suzanne Rasmussen, Vicki Gobel, Janice Turner

Staff Present: Lachel Fowler, Linda Hardie

Introduction of Visitors: Rod Oksuita, Best Events; Arianna Coleman, Nutrition & Health Associates

Approval of December 19, 2018 Advisory Board Minutes: A motion was made by Cherie Scholz-Baker, seconded by Pam Strom, to approve the December 19, 2018 Nutrition Advisory Board minutes. Motion carried.

Citizen Participation, Communications and Announcements: Chuck Wilson attended the Beloit Meals on Wheels meeting, where there was talk about funding for their program vs. funding for home delivered meals in the rest of the county. Chuck also replaced a broken window for a homebound Beloit MOW recipient who had mentioned a break-in during Chuck's ride-along.

Staff Report:

Spring/Summer Menu Planning: Progress is being made on the Spring/Summer menu. Robert Borremans brought up the possibility of using local produce for the Nutrition Program; the model to which he referred is something that counties can use if they are running their own meals, rather than using a caterer. Rod Oksuita and Chuck Wilson mentioned challenges associated with purchasing local produce (strict rules, regulations, and procedures, etc. which growers must follow.) Even though the However, seniors can use Senior Farmers' Market Vouchers to purchase local produce.

Positive Impact: Linda Hardie told of a local home delivered meal recipient who, after 6 weeks on the program, was able to be taken off hospice, due to the positive increase which the meals had on her health. According to national statistics, home delivered meals are very cost-effective: 90% of recipients say the meals improve their overall health. And a year of home delivered meals can be provided for a senior for the same cost as just one day in a hospital/ten days in a nursing home.

Old Business:

Cooking Class Proposal: Janice has gotten positive feedback on the cooking class proposal. Other thoughts were that Judy Simonds, the Health Promotion coordinator might be able to assist with class facilitation. Janice Turner mentioned holding the class in a church kitchen which would be commodious for the group; or possibly taking advantage of a therapy department kitchen in a nursing home or assisted living. Robert Borremans stated that Joe Wallinger, from Blackhawk Technical College, as a possible facility contact. Arianna could potentially teach the class; she will also check on CedarCrest as a potential location for the class (CedarCrest has a community room with kitchen facilities). There is also a possibility of collaboration w/CedarCrest or Huntington Place, if they already have a similar class in place. Linda will check with the UW-Extension office, to see if they have any offerings in this area.

Reports:

Best Events: Rod Oksuita stated that Best Events is ready for winter, if it ever decides to appear.

Nutrition & Health Associates: Arianna Coleman mentioned some of the challenges associated with developing the menu; she specifically mentioned bean requirements, which do not refer to green beans at all, but to black, garbanzo, Great northern, kidney, red, navy, pinto beans, etc. as well as black eyed peas and lentils. Although diners aren't fond of having this category on such a regular basis, there is no room to compromise, due to federal mandates. Arianna will begin the next round of nutrition education and Healthy Eating classes in March.

Dining Center Visits: Jean Boyle visited The Gathering Place; Pat Burhans attended Riverview Heights.

Home Delivered Meal Ride-Alongs: Janice Turner rode with a home delivered meal driver in Evansville. Chuck Wilson accompanied a Beloit Meals on Wheels driver.

Adjournment: A motion was made by Mark Richardson, seconded by Jean Boyle, to adjourn the meeting. Motion carried. Meeting adjourned at 11:06 a.m.

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