



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, March 20, 2019

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 10:15 a.m. by Jean Boyle at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Mark Richardson, seconded by Pam Strom, to approve the agenda. Motion carried.

Roll Call:

Present: Robert Borremans, Jean Boyle, Sherril Gilbertson, Vicki Gobel, Vicky O'Donnell, Supervisor Norvain Pleasant, Mark Richardson, Cherie Scholz-Baker, Janet Smith, Pam Strom, Janice Turner

Excused: Patricia Burhans and Chuck Wilson

Unexcused: Suzanne Rasmussen, Johnny Owens

Staff Present: Lachel Fowler, Linda Hardie

Introduction of Visitors: Rod Oksuita, Best Events; Arianna Coleman, Nutrition & Health Associates; Pam Lentz, Cedar Crest.

Approval of February 20, 2019 Nutrition Advisory Board Minutes: A motion was made by Cherie Scholz-Baker, seconded by Supervisor Norvain Pleasant, to approve the February 20, 2019, Nutrition Advisory Board minutes. Motion carried.

Citizen Participation, Communications and Announcements: None shared.

Staff Report:

Home Delivered Meal Recipient Influx: Linda Hardie stated that there were 15 new home delivered meal recipients in February; 9 thus far in March. This is a difficult time of year for seniors.

Happenings: Ms. Hardie noted that another home delivered meal driver slipped and fell on the ice; fortunately, his injuries were minor, and he required no medical attention. She continues to do meal site and home delivered meal visits. Diners are appreciative of the meatless menus for Ash Wednesday and Lenten Fridays. A call was recently received from Inclusa, stating that a significant influx of home delivered meal recipients could be expected in July, as there are approximately 200 frail elderly on an Inclusa wait list. In light of this, Linda is particularly happy

to have a new volunteer driver, and has also sent a press release to three local papers, soliciting additional home delivered meal drivers for the program. An informative article entitled *The Genius of the Older Americans Act* by Tom Frazier, was distributed, as it was thought it might be of interest to board members.

Old Business:

Cooking Class Proposal:

Angie Flickinger at UW-Extension, was consulted regarding possible curriculum for the proposed cooking class. She indicated that there is a free curriculum and a curriculum for \$75. Both are intended for a class of eight sessions. Rod Oksuita will reach out to a contact from Blackhawk Technical College about possible use of that facility; he also offered that The Armory, Kandu, or Pontiac Convention Center kitchens could be possible locations, if a commercial kitchen setting were desired. Pam Lentz, Cedar Crest dietitian, stated that several areas at Cedar Crest could work well as hosting locations and offer a more home-like feel. She also was confident that there would be a number of Cedar Crest residents who would be interested in the class. A kitchen facility which closely mimics a residential kitchen was felt to be advantageous for those to whom the class is geared: older men in general and widowers in particular, who are unfamiliar with or uncomfortable in the kitchen. A hands-on instruction style is thought to be the most beneficial to these attendees. Cherie Scholz-Baker stated that Mercy Health is anticipating offering a cooking class starting this fall, geared toward older adults. Attendees will be able to observe food preparation, but will not be invited to participate. It was not felt that this would be a good fit for partnering, due to the differences in targeted attendees and instruction styles. When cost was mentioned, board members generally concurred that there could be no way of determining that at this point of the planning stage. Janice Turner mentioned that typically, cost of food is included in cooking class fees. Lachel indicated that monies from the Council on Aging could possibly be allocated for the class. Those present with connections to potential instructors are going to reach out to find someone who might be willing to teach the class. However, without a time of day, location, etc., it will be difficult to recruit. The thought is still that a class would likely be 2-3 hours in length to allow for instruction, preparation, and subsequent consumption of the prepared foods; and would be geared to 8-10 or so participants.

Reports:

Best Events: Spring/Summer menus are out.

Nutrition & Health Associates: Becky Suehring has been stepping in for Arianna's Nutrition Program responsibilities, while Arianna covers medical leaves for two other employees.

Dining Center Visits: Supervisor Norvain Pleasant and Sherril Gilbertson dined at Grinnell where the atmosphere was friendly; diners told Sherril that they would like more mashed potatoes and meatloaf. Janet Smith visited The Gathering Place; the food was hot and nutritious; 18 diners were present. She suggested that the Dining Center Visit Form be modified to request the number of diners; also that diners' birthdays be observed by the dining sites.

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

Adjournment: A motion was made by Janice Turner, seconded by Mark Richardson, to adjourn the meeting. Motion carried. Meeting adjourned at 10:48 a.m.

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