

## **Council on Aging Nutrition Advisory Council Minutes Wednesday, September 15, 2010**

**Call to Order:** Chair Robert Jensen called the meeting to order at 10:00 a.m.

**Approval of Agenda:** Janet Kopp, seconded by Supervisor Terry Thomas, made a motion to approve the agenda. Motion carried.

### **Roll Call:**

Present: Laura Doll, Marti Everts, Robert Jensen, Polly Jones, Janet Kopp, Hjordis Olson, Evelyn Propp, Shirley Sweet, Supervisor Terry Thomas, Ellen Trewartha, Joan Wilson

Excused: Phyllis Byrne, Nancy Flood, Doris Thom

Staff: Joyce Lubben, Ranee Goodroad

**Introduction of Visitors:** Marcy Berner-Reedy, Beloit Meals on Wheels; Kim Whitford and Rodney Oksuita, Best Events; Becky Suehring, Nutrition & Health Associates.

**Citizen Participation, Communications and Announcements:** None.

**Approval of August 18, 2010 Minutes:** Supervisor Terry Thomas made a motion to approve the August 18, 2010 minutes, seconded by Joan Wilson. Motion carried.

### **Staff Report:**

Site Managers' Meeting Updates: Ranee Goodroad reported that site managers met on September 14 for their quarterly meeting. Topics included budget/cost saving measures, the need for increased donations, and the training module, "What to do until help arrives." The Beloit Daily News interviewed Cindy Ross, site manager for Grinnell Hall.

### **Old Business:**

Volunteer Appreciation Event: Ms. Goodroad thanked all those who attended the volunteer appreciation event and helped.

Fall Training Update: Ms. Goodroad reported that she is leading a committee to plan the regional fall site managers' training. Dr. Wakely, from Mercy Health Systems, is speaking on "How to Find Balance in Life through Stress Management." The training, which will be held on October 8, 2010 at Rotary Gardens, will also include presenters from GWAAR and BADR.

Rock County Senior Fair Update: A sign-up sheet was distributed for those board members who wished to volunteer at the Rock County Senior Fair.

Annual Participant Evaluation Summaries: Evaluation forms have been distributed to all sites. No changes were made to the format for either home delivered or congregate meals to allow for a comparison of the results from 2009 to 2010. A final summary report will be presented to the Council at the October meeting.

**New Business:**

Medication Management Improvement System Grant: Joyce Lubben stated that Rock County is receiving a MMIS grant. The purpose of the grant is to interview older adults regarding their medication use. A web-based software program analyzes that data. If a problem is indicated, the pharmacist is given permission to directly contact the medical provider. Mark Johnson of Kealey Pharmacy will be the volunteer pharmacist. Home delivered meal clients will be the first to be offered this assessment program.

Fall/Winter Six-Week Cycle Menu: Becky Suehring and Kim Whitford reviewed the new fall/winter six-week menu.

**Reports:**

Dining Center Visits: Janet Kopp, Shirley Sweet and Marti Everts reported on their visits to dining centers.

Rebecca Suehring, Nutrition and Health Associates: Joyce Lubben stated that Nutrition & Health Associates has been awarded the next three-year contract for dietician services.

Kim Whitford, Best Events: No report.

**Adjournment:** A motion was made by Hjordis Olson to adjourn, seconded by Laura Doll. Meeting adjourned at 10:45 a.m.

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