

## **Council on Aging Nutrition Advisory Council Minutes Wednesday, May 18, 2011**

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

**Approval of Agenda:** Ronnie Thomas, seconded by Ellen Trewartha, made a motion to approve the agenda. Motion carried.

### **Roll Call:**

Present: Terry Burrington, Phyllis Byrne, Marti Everts, Nancy Flood, Polly Jones, Janet Kopp, Hjordis Olson, Mike Santucci, Shirley Sweet, Doris Thom, Ronnie Thomas, Supervisor Terry Thomas, Ellen Trewartha, Joan Wilson

Excused: Robert Jensen

Staff: Joyce Lubben, Rane Goodroad

**Introduction of Visitors:** Kim Whitford from Best Events, and Becky Suehring from Nutrition & Health Associates were in attendance.

**Citizen Participation, Communications and Announcements:** Ronnie Thomas announced that the Share distribution is scheduled for this Saturday. Flyers will be going into the Senior Farmers' Market Voucher packets along with information from Second Harvest and a list of places where food is available.

**Approval of April 20, 2011 Minutes:** Joan Wilson made a motion to approve the April 20, 2011 minutes as distributed, seconded by Hjordis Olson. Motion carried.

**Report from Becky Suehring, Nutrition & Health Associates:** Ms. Suehring reported that the Healthy Eating class is now done, but went very well with a core group of five that completed the entire course. She was able to see some changed philosophies on eating. This month's topic at the nutrition sites is whole grains: the benefits and how to fit them into your diet. She is also doing home visits.

### **Staff Report:**

Fall Training for Site Managers: Rane Goodroad reported that instead of the regional site manager training being held in Janesville, it will be held in Waunakee.

Assessment Visits for Home Delivered Meals: Rane Goodroad stated that we are behind in conducting assessment visits. Phyllis Byrne and Polly Jones are trained to do the assessments. Marti Everts and Ellen Trewartha also agreed to be trained and to assist. There was discussion regarding how some participants stretch the home delivered meal into two meals because they are short of funds for groceries. It was

decided that information on low-cost nutritious foods will be provided in an effort to decrease their nutrition risk.

**Old Business:**

SFMNP Update and Volunteer Sign-up: A training for those who signed up to assist with the Senior Farmers' Market Nutrition Program will be held immediately after the June meeting.

**New Business:**

Fall Volunteer Appreciation Event: Terry Burrington, Hjordis Olson and Phyllis Byrne volunteer to plan this event. They will meet right after the SFMNP training in June.

**Reports:**

Dining Center Visits: Mike Santucci, Joan Wilson, Janet Kopp, Phyllis Byrne, Ellen Trewartha, Terry Burrington reported on their site visits. Robert Jensen submitted a written report.

Kim Whitford, Best Events: Ms. Whitford stated things seem to be going well.

**Adjournment:** A motion was made by Ellen Trewartha to adjourn, seconded by Hjordis Olson. Motion carried. Meeting adjourned at 11:00 a.m.

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