



**COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES  
November 15, 2017**

**Call to Order:** The meeting was called to order by Chair Pam Strom at 10:00 a.m. at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

**Approval of Agenda:** A motion was made by Aaron Thomas, seconded by Supervisor Norvain Pleasant, to approve the agenda. Motion carried.

**Roll Call:**

Present: Nancy Arnold, Jean Boyle, Jim Farrell, Dawn Fossum, Vicki Gobel, Sonja Heiser, Char Levzow, Supervisor Norvain Pleasant, Suzanne Rasmussen, Peg Slaback, Pam Strom, Aaron Thomas

Excused: Jo Ann Koltyk, Cherie Scholz-Baker, Chuck Wilson

Staff Present: Joyce Lubben, Ranee Goodroad, Linda Hardie

**Introduction of Visitors:** Rodney Oksuita of Best Events Catering; Arianna Coleman of Nutrition & Health Associates; Ellen Weigand of Beloit Meals on Wheels; Vicky McCulloch of Evansville Heights; and Janice Turner (citizen).

**Citizen Participation, Communications and Announcements:** Ranee Goodroad mentioned the upcoming Thanksgiving meal planned for next Tuesday, November 21, 2017; there are just a few openings left, if any board members are interested. Copies of the December menu were also distributed with note made of a Christmas meal on December 21; if board members are interested in partaking, it is recommended they make their reservations early.

**Approval of October 18, 2017, Nutrition Advisory Board Minutes:** A motion was made by Char Levzow, seconded by Dawn Fossum to approve the October 18, 2017 minutes. Motion carried.

**Staff Report:**

Increased Involvement of Participants at Dining Centers: Ranee Goodroad will be meeting with dining center managers on November 30th to discuss changes and updates; diners will be encouraged to provide a smile of the day, an activity, etc., rather than asking the dining center managers to take on additional tasks.

Ms. Goodroad also mentioned that she found a doctoral thesis on congregate dining online. Written in California in 2008, there were 7 primary themes mentioned which are remarkably applicable to the situation in Rock County today: 1) Image of program participation is a detriment (perception as poor/underprivileged); 2) Infrastructure is an ongoing challenge;

3) Leadership of dining center managers is critical to program success; 4) Lack of program flexibility due to strict federal guidelines; 5) Lack of ability to select foods/menus; 6) Lack of ethnic menu diversity to appeal to a variety of groups; 7) Food presentation and dining center ambiance.

Dining Center Manager Change at Evansville: Amy Martinson, formerly a volunteer at Creekside Place, is the new dining center manager.

### **Old Business:**

Recruitment of HDM Volunteer Subs – Janesville: Ranee Goodroad stated there is an urgent need for substitute drivers for home delivered meals in Janesville. This would be the perfect opportunity for board members to get first-hand look at how the program works. An unusually high number of subs are needed due to a family emergency. Ranee Goodroad passed around November and December schedules, asking that board members give consideration to substituting. No board members took the opportunity. Because the need for home delivered meal drivers is so critical, Ms. Goodroad has reached out to 50 local churches, sent letters to area service organizations, is submitting an article to be published in the Senior Review, is sending a press release to the Janesville Gazette, will be posting on [www.volunteermatch.com](http://www.volunteermatch.com), and will be doing a radio interview in the near future in an attempt to gain visibility and secure more drivers.

Volunteer Visitors to HDM Recipients: Initially mentioned at the August board meeting, a potential *Caring Companions* program, in which volunteers would provide a listening ear to isolated/lonely homebound persons who are interested in a visit, was discussed. Ranee Goodroad stated she would be unable to take on all the responsibility for such a program, but would be happy to co-facilitate if a board member would be willing to do the same. The co-facilitator would initiate contact with those who wish to participate. Ms. Goodroad would take on the responsibility of doing necessary criminal/caregiver background checks. A sign-up sheet was circulated to indicate board interest. Jean Boyle and Sue Rasmussen indicated they would be interested in participating; however, there were no volunteers for co-facilitating.

2018 Suggested Donation Rate: Effective January 1, 2018, the suggested donation for both congregate and home delivered meal will be increasing to \$4.00.

### WAND Training Follow-Up:

a. Board Orientation Power Point Presentation: A PowerPoint presentation which was given at the WAND Training was shown, with board members asked for feedback. One interesting tidbit from the PowerPoint was that the Nutrition Program is intended to be a wellness program; as such it is envisioned to prevent malnutrition and promote health. Consensus was that it would be beneficial for new advisory board members to view the presentation and also for current board members to look more closely at individual sections of the presentation at future meetings. Ms. Goodroad will send an email containing a link to the PowerPoint presentation, enabling board members to view the presentation at their leisure.

b. “Be Visible – How Can We Improve Our Community Image”: One of the challenges of local nutrition programs is to attempt to remove the stigma from participating in such a program, as participants are often perceived as being underprivileged.

c. Identify Key Partners: How can we better work cooperatively with the community organizations which house the dining centers, benefitting both the nutrition program and the community organization/senior center.

**Reports:**

Best Events: At a cost of \$30,000 each, the two new vans which have been purchased to facilitate the senior meals have had modifications completed and are now in service. Also, Walworth County has extended their contract with Best Events through 2018. This benefits Rock County in cost sharing, volume purchasing, etc. Rodney noted that Walworth County has more senior meal participants than Rock County (despite the fact that Rock County is more populous).

Nutrition & Health Associates: Newsletters, menu work, and healthy eating presentations are all addressed on an ongoing basis. The strict requirements for calcium, sodium, Vitamins A and C, were mentioned, as well as the fact that both daily and weekly requirements are taken into consideration. Both regular and diabetic menus are carefully planned to protect the health of those consuming the meals.

Dining Center Visits: Peg Slaback visited Clinton on October 27, 2017. Though the group was small the diners were very friendly and offered some feedback on a few of the menu items.

**Adjournment:** A motion was made by Sonja Heiser, seconded by Dawn Fossum, to adjourn the meeting. Motion carried. Meeting adjourned at 10:55 a.m.

Minutes submitted by Linda Hardie.

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