



**COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES**  
**Wednesday, January 18, 2017**

**Call to Order:** The January 18, 2017 meeting of the Rock County Council on Aging Nutrition Advisory Board was called to order at 9:57 a.m. by Chair Pam Strom at the Janesville Fire Station, 303 Milton Avenue, Janesville, Wisconsin.

**Approval of Agenda:** A motion was made by Jean Boyle, seconded by Sonja Heiser to approve the agenda. Motion carried.

**Roll Call:**

Present: Jean Boyle, Jim Farrell, Dawn Fossum, Sonja Heiser, JoAnn Koltyk, Char Levezow, Supervisor Norvain Pleasant, Jenny Schmidt, Cherie Scholz-Baker, Peg Slaback, Pam Strom, Aaron Thomas

Excused: Nancy Arnold, Sue Rasmussen, Chuck Wilson

Staff Present: Joyce Lubben, Ranee Goodroad, Lisa Lucas, Stevie-Lyn Zenke

**Introduction of Visitors:** Also present were Rod Oksuita, Best Events and Becky Suehring, Nutrition & Health Associates.

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

**Approval of December 21, 2016 Advisory Board Minutes:** A motion was made by Char Levezow, seconded by Aaron Thomas, to approve the December 21, 2016 minutes. Motion carried.

**Staff Report:**

Introduction of UW-Whitewater Intern: Stevie-Lyn Zenk recently began an internship with the Rock County Council on Aging. She will graduate in May from UW-Whitewater with a Bachelor of Science in Social Work and a minor in Family, Health and Disabilities. The primary focus of her internship will be the Nutrition Program.

Planning for 2017 Special Events: Upcoming special meals include Valentine's Day, February 14<sup>th</sup>, and St. Patrick's Day on March 17<sup>th</sup>. In response to several requests for meatless meals on Fridays during Lent, the Nutrition Program will be offering some new entrees. Also discussed were various possibilities for oral histories as part of activities at the dining centers. Options for developing this activity will continue to be explored.

**Old Business:**

2017 Participant Surveys Result: The 2017 Participant Surveys for the congregate and home delivered meal programs were reviewed. While the survey questions are standardized for statewide use, each county may add one to three customized questions. The Advisory Board

recommended adding two questions for Rock County: satisfaction with the location of the dining center; and transportation issues related to dining center attendance.

### **New Business:**

Unmet Nutritional Needs for Home Delivered Meal Participants: Rane Goodroad outlined some barriers which contribute to increased nutritional risk. Grocery shopping barriers include: transportation, and physical limitations such as lifting, walking, carrying, range of motion. Another problem is finding nutritional resources for disabled individuals who are homebound but under 60 years of age. Becky Suehring, Nutrition and Health Associates, offered to provide a list of area grocery stores. It was discussed that a survey of these grocery stores could identify possible resources such as home delivery; store employees or volunteers being available for shopping assistance.

Substitute Home Delivered Meal Volunteer Drivers: Rane Goodroad discussed the need for adding volunteers who would be available to deliver meals when the regular volunteers are unavailable.

Refrigerator Magnets: The Nutrition Program has purchased refrigerator magnets which provide home delivered meal participants information as to safely reheating food and the contact information for the program. A sample was distributed for review.

### **Reports:**

Best Events: Mr. Oksuita stated that everything seems to be going well at this time.

Nutrition & Health Associates: Becky Suehring, Nutrition Health and Associates, reported that the development of the spring/summer menu cycle will soon begin. Topics for the quarterly nutrition education for 2017 are based on the theme of Healthy Cooking for One or Two. Each quarter would focus on one specific aspect of this theme: Frozen Foods, Pantry Foods, Fresh Foods, and Leftovers.

Dining Center Visits: Reports were provided by Supervisor Norvain Pleasant and Char Levzow.

**Adjournment:** A motion was made by Aaron Thomas, seconded by Supervisor Norvain Pleasant, to adjourn the meeting. Motion carried. Meeting adjourned at 10:44 a.m.

Minutes submitted by Rane Goodroad.

*Minutes not official until approved by the Advisory Board.*