



**COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
December 19, 2018**

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

Approval of Agenda: A motion was made by Supervisor Norvain Pleasant, seconded by Cherie Scholz-Baker, to approve the agenda. Motion carried.

Roll Call:

Present: Jean Boyle, Jim Farrell, Vicki Gobel, Sonja Heiser, Char Lezvow, Vicky O'Donnell, Supervisor Norvain Pleasant, Mark Richardson, Cherie Scholz-Baker, Peg Slaback, Pam Strom, Janice Turner, Chuck Wilson

Excused: Johnny Owens, Suzanne Rasmussen

Staff Present: Joyce Lubben, Linda Hardie

Introduction of Visitors: Also present were Robert Borremans, Patricia Burhans, Sherril Gilbertson, Janet Smith and Arianna Coleman.

Citizen Participation, Communications and Announcements: None

Approval of November 15, 2018 Nutrition Advisory Board Minutes: A motion was made by Janice Turner, seconded by Peg Slaback, to approve the November 15, 2018 Nutrition Advisory Board minutes. Motion carried.

Staff Report:

Menu Planning Meeting: Linda Hardie shared that she, Arianna Coleman, Ellen Wiegand, and the site managers had a preliminary spring/summer menu planning meeting, taking into consideration feedback from the diners.

Blizzard Boxes: Shelf stable meals were delivered yesterday to those who had requested them. Each box contains 3 meals, intended to be used for those days on which meal delivery must be cancelled due to inclement weather.

Accommodating the Holidays: Additional frozen meals are made available to home delivered meal recipients whenever there is a holiday.

New Business:

Cooking Class Proposal: Sonja Heiser proposed organizing a cooking class for senior men, which would also be taught by a man. In addition to learning how to measure, follow a recipe, etc., this might aid conversations about grief and loss, facilitating emotional healing following the loss of a spouse. Some hurdles to overcome would be finding a facility which would accommodate, finding a teacher for the class, and finding students to participate. It was suggested that a church kitchen would likely be the most accommodating and that partnering with the Boy Scouts might be a good fit. Other thoughts included teaching how to shop for a recipe, safety in the kitchen, and having participants recruit a buddy for the class. The possibility of using space at Blackhawk Technical College or Festival Foods was also mentioned. Consensus was that this topic be discussed further at the next meeting.

Reports:

Best Events: No report

Nutrition & Health Associates: Arianna Coleman spoke of the planning stages for the upcoming spring/summer menu cycle.

Dining Center Visits: Reports were provided by Char Levzow, Peg Slaback, and Supervisor Norvain Pleasant for visits to The Gathering Place and Grinnell Hall.

Home Delivered Meal Ride-Alongs: No report

Adjournment: A motion was made by Sonja Heiser, seconded by Peg Slaback, to adjourn the meeting. Motion carried. Meeting adjourned at 10:34 a.m.

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