



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, August 16, 2017

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order by Chair Pam Strom at 10:05 a.m. at the Rock County Council on Aging, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Chuck Wilson, seconded by Nancy Arnold. Motion carried.

Roll Call:

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

Excused: Jo Ann Koltyk, Jenny Schmidt, Cherie Scholz-Baker

Staff Present: Ranee Goodroad, Linda Hardie

Introduction of Visitors: Also present were Rodney Oksuita from Best Events and Arianna Coleman from Nutrition & Health Associates.

Citizen Participation, Communications and Announcements: On August 23 there will be a picnic at Grinnell Hall; on September 14 Riverview will host a picnic. On July 26 Chuck Wilson played for a Grinnell Hall dance party, which seemed to be enjoyed by all present.

There was a question regarding background checks on volunteers. Ms. Goodroad explained that background checks are conducted via CCAP and through the sex offender registry. Background checks are required and are not optional. This is for the safety of participants and protects us from liability.

Approval of July 19, 2017 Nutrition Program Advisory Board Minutes: A motion was made by Nancy Arnold, seconded by Sonja Heiser, to approve the July 19, 2017 minutes. Motion carried.

Old Business:

Suggested Donation Amounts for Meals: The current suggested donation is \$3.25 per congregate meal and \$3.65 per home delivered meal. These amounts have not changed for approximately 10 years. Wisconsin state average suggested donation is \$4 per meal. There was discussion regarding increasing the amount of the suggested donation to \$4 per meal. The final consensus was that requesting \$4 per meal would make the most sense, and might increase overall donations. (In Rock County, the current average donation per home delivered meal is \$1.60; and \$1.20 per congregate meal.) An explanation will be given to participants regarding the need to increase the suggested donation for meals.

Summary of 2017 Home Delivered Meal Participant Surveys: All surveys have been entered and tabulated. There was a 25-45% survey response, which is good. Home Delivered Meal surveys were distributed to Janesville, Clinton, Milton, and Evansville participants. Many respondents stated that home delivered meals provide one-half to two-thirds of their daily food intake, demonstrating the critical need for this service. Many of the participants requested increased time with the volunteer deliverers, as they are lonely and appreciate conversation. There was inquiry by board members about a possible program to provide companionship on a limited basis to the participants which expressed a desire. Sonja Heiser, Jean Boyle, Chuck Wilson, Jim Farrell, and others stated that they would be willing to visit one or two participants each month. Chuck Wilson suggested that perhaps the Lions Club members might be willing to do some visitation. Sonja suggested that she could speak to the Lions Club in Evansville; Chuck Wilson said he could speak to the Beloit Lions Club. However, the surveys are anonymous, so even though some participants would like more visiting time with volunteers, there is no way to know who these participants are without making additional inquiry.

Suggestions for Revising Future Participant Surveys: There was discussion that some survey questions need tweaking for clarification purposes. Although online surveys were available, many participants do not use the internet so many forms had to be entered by Council on Aging. Rock County is able to customize only one to three questions on the survey as it is a document which is used statewide. Ms. Goodroad spoke with the state representative who does the survey wording and welcomes suggestions. However, we can only do minimal customization for Rock County, not for individual meal sites.

Volunteer Appreciation Event: Best Events will cater the volunteer luncheon which will take place Friday, September 29, 2017 from 2-4 p.m. at Rotary Gardens. Pam Strom will speak to the volunteers. Chuck Wilson has volunteered to provide music for the event. Rane Goodroad will pursue the purchase of a small gift for each volunteer who attends.

Miscellaneous: Volunteers are checked via CCAP and through the sex offender registry. Chapter 8 regulations require that we do background checks on the volunteers; background checks are not optional, and are done for the safety of the elderly participants.

New Business:

Report on WAND Conference: In September Rane Goodroad will attend the WAND conference which includes a workshop focused on how to better make use of advisory boards.

Reports:

Best Events: Many meal options are regulated by cost (e.g. having salmon every week is not feasible due to cost). Best Events coordinates with multiple counties and cities. Due to the popularity of breakfast items they have incorporated some of these into the regular menu. Fall/Winter menus are currently in progress. Inquiry was made as to whether Best Events receives any food from Second Harvest Food Pantry; it does not.

Nutrition & Health Associates: Arianna said she will be distributing a produce survey to see how frequently participants would like to see certain vegetables and produce offered. It must be kept in mind that this is a nutrition wellness program, so nutritional content of food is a major factor. When inquiry was made as to if alternatives could be offered to certain less popular vegetables such as Brussels sprouts, it was noted that it would be impossible to do so because of logistics

and the fine tuning of nutritional requirements which comprise each menu. Meal pattern compliance must be in place by December 31, 2018.

Dining Center Visits:

Sonja Heiser reported that at her August 10 visit to Clinton she was welcomed, had good conversations, and was informed as to the location of the donation box (even before inquiring). Participants stated that they like the food, like not having to cook or clean up afterwards and enjoy the social interaction of the congregate meals.

Char Levzow reported on her visit to Riverview on July 27, participants stated that they enjoyed the meal and the socialization. The site was warm, inviting, and clean and the food was hot, however, parking was a bit of a challenge.

Chuck Wilson state there were 75 participants at the Grinnell picnic on July 26. It was a good experience. He noted that special events might be a good time to ask survey questions since there are higher participation numbers. He had positive interactions; however, parking was a challenge.

Adjournment: A motion was made by Sonja Heiser, seconded by Peg Slaback, to adjourn. Meeting adjourned at approximately 10:55 a.m.

Minutes submitted by Linda Hardie

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