



COUNCIL ON AGING NUTRITION ADVISORY BOARD MINUTES
Wednesday, May 19, 2021

Call to Order: The meeting of the Council on Aging Nutrition Advisory Board was called to order at 10:20 a.m. by Chuck Wilson, via Zoom conference, in lieu of being in person at the Council on Aging office, 3328 US Highway 51 North, Janesville, Wisconsin.

Approval of Agenda: A motion was made by Sue McGinness, seconded by Pat Burhans, to approve the agenda. Motion carried.

Roll Call:

Present: (via phone call or Zoom) Pam Bostwick, Tom Brien, Patricia Burhans, Rena DeWar, Vicki Gobel, Jack Kooyman, Debbie Kraus, Sue McGinness, Vicky O'Donnell, Janice Turner, and Chuck Wilson

Excused: Karen Ferguson, Sherril Gilbertson

Staff Present: Paula Schutt, Lisa Messer, Linda Hardie, Tatiana March

Introduction of Visitors: Amy Karas, Nutrition & Health Associates

Approval of April 21, 2021 Nutrition Advisory Board Minutes: A motion was made by Tom Brien, seconded by Janice Turner, to approve the April 21, 2021, Nutrition Advisory Board minutes. Motion carried.

Citizen Participation, Communications and Announcements: None

Staff Report:

Staffing: Linda Hardie stated that Tatiana March is mid-way through her fourth week and has already been a huge asset to the program. Tatiana was asked to introduce herself; she stated that she is a Janesville native; graduated from UW-Green Bay with a degree in Nutrition and Dietetics; had most recently worked at a nursing home in Stoughton; and is excited to be working with the Nutrition Program. With the assistance of Lisa Messer's contacts, there have been two summer interns secured. Both attended orientation Monday. The first intern, Katie Legatzke, is finishing her required 64 internship hours, in order to be eligible to take her exam to become a registered dietitian. She is interning a total of just 8 days, so will be done before the end of next week. The second intern, Hannah Soukup, the, a Health Promotion and Health Equity major at UW Madison, will start her eight-week internship June 7; finishing July 30.

Volunteers: There is still a great need for more volunteer drivers – particularly in Janesville. Debbie Kraus suggested that Council on Aging develop a brochure of volunteer opportunities,

which could then be shared with Wednesday Walk participants, board members, etc.; it could also be given out at the senior fair to those looking to volunteer.

Happenings: To date, more than \$900 has been donated to the Nutrition Program in memory of Jeff Didelot. Earlier this month, the Nutrition Program facilitated getting information to home delivered meal recipients, about an opportunity for homebound individuals to get COVID vaccines via a partnership between the Health Department and the Janesville Fire Department.

New Business: No New Business

Old Business:

Senior Farmers' Market Vouchers: Linda shared that the Senior Farmers' Market vouchers were received on Monday. There are 554 sets of vouchers for a total value of \$13,850. Required Civil Rights training was completed on Monday. Also on Monday, Tatiana and Katie started working on voucher calls. Voucher fliers were supplied to all Nutrition Program participants. Chuck Wilson stated that he misses the voucher distributions. Janice Turner shared that there is a new farmers' market in Evansville, hosted by Wind in the Willows coffee shop. If a farmers' market or a farmer is interested in participating in the voucher program, they should contact Kristin Weber, at the local WIC office. It is suggested that farmers sign up as early in the year as possible.

Reports:

Best Events: Rod Oksuita was not present.

Nutrition & Health Associates: Amy Karas will have Katie's assistance (for a few hours, at least) with working on the menu. Amy stated that she has been doing some nutrition counseling; at times she feels a physician referral would be appropriate, to obtain more help and/or guidance; she inquired if there were a referral form (there is not). Lisa Messer indicated that she has heard people say "I don't know what to eat". But then, when Lisa has suggested that they visit a registered dietitian (RD), they often cannot be seen, as many RDs are allowed only to see people who have diabetes or who are obese. "Eat Smart; Move More; Weight Less" is an online class taught by the University of North Carolina; if Amy sees clients who need to lose weight, that class could be a referral avenue for additional help, in the absence of the availability of a local RD. Lisa mentioned the possibility of a summer session of the "Healthy Eating" class; however, she is still looking for available physical space. Debbie Kraus has requested that Amy provide a "Heart Healthy" presentation at Grinnell on September 24 at 10am.

Dining Center /Curbside Pick-up Meal Visits: none.

Home Delivered Meal Ride-Alongs: none.

Adjournment: A motion was made by Sue McGinness, seconded by Pat Burhans, to adjourn the meeting. Motion carried. Meeting adjourned at 11:03 a.m.

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