

**Council on Aging Nutrition Advisory Board Minutes
Wednesday, April 20, 2016**

Call to Order: The meeting was called to order by Vice Chair Char Levezow at 10:11 a.m.

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

Roll Call:

Present: Jean Boyle, Jim Farrell, Dawn Fossum, Jo Ann Koltyk, Char Levezow, Supervisor Norvain Pleasant, Cherie Scholz-Baker, Pam Strom, Chuck Wilson

Excused: Nancy Arnold, Sonja Heiser, Sue Rasmussen, Jenny Schmidt, Peg Slaback

Unexcused: Aaron Thomas

Staff Present: Ranee Goodroad

Introduction of Visitors: Kim Whitford, Best Events; Maggie Sanna, Nutrition and Health Associates

Citizen Participation, Communications and Announcements: None

Approval of March 16, 2016 minutes: A motion was made by Supervisor Norvain Pleasant, seconded by JoAnn Koltyk, to approve the minutes of the March 16, 2016 meeting. Motion carried.

Staff Report:

Lunch and Learn Update. The first of the Lunch and Learn series, "Cooking for 1 or 2", was successfully completed at Grinnell Hall and the Clinton Senior Center. Both sites were well attended. Chelsea Roth, RD from Nutrition and Health Associates, was the presenter along with Maggie Sanna.

Food Resource Guide Copies of the recently revised Food Resource Guide were distributed.

Old Business:

2016 Participant Survey Update: The customized questions for Rock County that were developed by the Advisory Board at the last meeting were reviewed for accuracy.

Presenters for Future Lunch and Learn Sessions: A list of topics that was developed by the Advisory Board will be sent to each of the dining centers for review and feedback as to which would be of interest for future Lunch and Learn sessions. The Advisory Board will assist in identifying potential presenters.

New Business:

Senior Farmers' Vouchers 2016. Rock County will receive 489 sets of vouchers which is the same number as 2015 with the annual allowance per eligible household remaining at \$25. It is anticipated that voucher distribution will begin in late June. Copies of the 2015 Issuance Redemption Report were distributed.

JoAnn Koltyk recommended exploring the possibility of a Council on Aging information table at the Farmers' Markets in Beloit and Janesville.

Reports:

Best Events: Kim Whitford reported that the spring/summer menu began on April 1.

Nutrition & Health Associates: Maggie Sanna reported she will be conducting the site sanitation visits and Chelsea Roth will be conducting the nutrition education component at the dining centers. Ms. Sanna also reported that the "Healthy Eating for Successful Living in Older Adults" class just began at Grinnell Hall.

UW Whitewater Intern: Susan Powers distributed a final summary of her internship which will conclude on April 27.

Dining Center Visits: Supervisor Norvain Pleasant reported on his visit to Grinnell Hall.

Adjournment: A motion was made by Supervisor Norvain Pleasant, seconded by JoAnn Koltyk, to adjourn the meeting. Motion carried. Meeting adjourned at 10:55 am.

Minutes not official until approved by the Nutrition Advisory Board.