

**MINUTES  
MEETING NUTRITION ADVISORY COUNCIL  
THURSDAY, OCTOBER 23, 2008  
PUBLIC AGENCY CENTER, ROOM 1113 A**

**THOSE PRESENT:** Kristen Hosking, Phyllis Laabs-Darkow, Carol Bennett, Evelyn Thiemer, Sue Hafert, Marge Dailey-Salberg, Rudy Tonz, Betty Hallen, Emily Ryan, Cathy McCaffrey

**CALL TO ORDER**

The meeting was called to order at 1:02 p.m. by Chairperson Rudy Tonz.

**NOTICE OF POSTING**

Notice of posting was given by Chairperson Tonz.

**APPROVAL OF JUNE 26, 2008 MINUTES**

Motion Sue Hafert; second Phyllis Laabs-Darkow to approve the minutes of the September 4, 2008 meeting. Motion Carried.

**HEALTH AND WELLNESS UPDATE**

Kristen indicated that Living Well and Stepping On classes continue to be scheduled throughout the county. The next Stepping On falls prevention class will be held at the Hartford Senior Center, on Mondays, November 10 – December 22. The time is 1-3 pm and cost is \$10/person. This workshop takes 10 participants and there are currently eight (8) people signed up.

Kristen introduced a new wellness program that focuses on maintaining the brain. The program is “Breakfast for Your Brain” and the goal is to implement it at meal sites in 2009. Kristen presented one of the program’s activities to the Council members and everyone thought it would be a good program to start.

**ADVOCACY UPDATE**

The Southeastern Area Agency on Aging has an advocacy campaign that focuses on increasing Older Americans Act funding by 9% for 2009. Kristen showed the advocacy postcard to the Council members and noted that they were available at all Senior Dining meal sites. The goal is to get as many seniors as possible to fill out a postcard. These cards will then be sent to SEWAAA and a mass mailing to Washington D.C. will be done. There is about one week left to get seniors to fill out the postcards.

**HOLIDAY MEALS**

The ADRC and Senior Dining program will be closed on Thanksgiving Day. Kristen reported that all Senior Dining participants will have the opportunity to order a cold meal for that day. Order forms for these holiday meals will be available next week. The same process will be done for the Christmas and New Year holidays.

The Senior Dining Christmas party will be held on Friday, December 19, 2008. Sites are all ready taking reservations.

## **MEDICARE PART D UPDATE**

Kristen provided information from Jen Fechter, Elderly Benefit Specialist. In regard to SeniorCare, it is now known that it will continue through all of 2009. Medicare Part D plans will be changing either premiums, cost of medications or both. If seniors need help figuring out their plan, the ADRC is scheduling Part D appointments now. Jen Fechter will also be taking appointments at Meadowbrook Manor, Hartford Senior Center and Germantown Senior Activities Center on scheduled days. For those seniors who are computer savvy, plans can also be checked at [www.medicare.gov](http://www.medicare.gov).

## **SHARING OF SITE INFORMATION**

Kristen reported that the ADRC would like to move the Hartford Senior Dining meal site. Currently, our Hartford site has very few congregate participants and the goal is to increase this number. Also, the current site serves their own meals twice a week and occasionally our caterer has difficulty getting into the building. Kristen asked the Council's approval to move the Hartford meal site to Parkside Senior Village in Hartford. Motion Cathy McCaffrey; second Sue Hafert to approve relocating the Hartford meal site to Parkside Senior Village. Motion Carried.

Marge Dailey-Salberg indicated that the West Bend Senior Center is having a Halloween Masquerade on Friday, October 31<sup>st</sup>.

Cathy McCaffrey reported the Germantown Senior Center will be having their open house to see the new center on October 25<sup>th</sup> from 1:00 – 4:00 p.m. Ribbon cutting will be at 1:30 p.m.

Carol Bennett reported that the Hartford Senior Friends membership dues are increasing for next year. She also reported that everyone is enjoying their meals served on Tuesdays and Thursdays.

## **DESIGNATION OF FUTURE MEETINGS**

The next meeting of the Nutrition Advisory Council will be held on Thursday, April 23, 2009, at 1:00 p.m. in Room 1113 A of the Public Agency Center, 333 E. Washington St., West Bend, WI 53095.

## **ADJOURNMENT**

Motion Sue Hafert; second Phyllis Laabs-Darkow to adjourn the meeting. Motion Carried.  
Meeting adjourned at 2:27 p.m.