

MINUTES

JOINT MEETING

NUTRITION ADVISORY COUNCIL AND ADVISORY COUNCIL ON AGING

THURSDAY, JUNE 23, 2005

PUBLIC AGENCY CENTER, ROOM 1000 A

THOSE PRESENT: Linda Olson, Mary Secor, Rudolph Tonz, Shirley Larisch, Catherine McCaffrey, Jim McCaffrey, Evelyn Thiemer, Dorothy Blumer, Marge Dailey-Salberg, Emily Ryan.

CALL TO ORDER

The meeting was called to order at 1:00 p.m. by Chairperson Dorothy Blumer.

NOTICE OF POSTING

Notice of Posting was given by Chairperson Blumer.

APPROVAL OF APRIL 29, 2005 MINUTES

Motion Shirley Larisch; second Rudolph Tonz to approve the minutes of the April 29, 2005 meeting with correction to show that Dorothy Blumer was present at the meeting. Motion Carried.

NEW FOOD PYRAMID DISCUSSION, KRISTEN HOSKING, DIETITIAN

Kristen Hosking, Office on Aging Dietician, distributed copies of the new Food Guide Pyramid. The pyramid now has serving size guides and calories based on activity level. The web site MyPyramid.gov contains information listing the amount of calories appropriate for each person. The Washington County Senior Dining menus will be developed with these new guidelines.

STEPS TO HEALTHIER AGING UPDATE, KRISTEN HOSKING, DIETITIAN

Kristen presented a report on the Steps to Healthier Aging program. Classes in West Bend and Kewaskum have just been completed. There will be classes scheduled for Hartford on Wednesday's beginning July 20, 2005 and in Germantown beginning on Thursday, July 29, 2005.

In the timed Get up and Go tests given to participants at the beginning of the class, 100% of the West Bend group improved by the end of the class. All but one person in the Kewaskum group improved their times.

REVIEW OF MILK FOR SENIOR DINING, KRISTEN HOSKING, DIETITIAN

Kristen Hosking proposed a change from 2% and skim to all 1% milk for the Washington County Senior Dining meals. The 1% milk will not adversely affect the diets of diabetics or those watching their cholesterol. It contains more calcium than 2% milk. Providing all 1% milk is more cost effective and will result in less problems with expiration dates

on the milk. The Councils suggested that the participants at the meal sites be surveyed as to their opinion. The consensus of the Councils was that the change would be good for the program and the meal participants.

DIRECTOR'S REPORT

Senior Day at the Fair will be Thursday, July 28, 2005. A schedule of events for the day was distributed.

The 2006 Budget process is beginning. Decisions will be made regarding programs and service priorities. Benefit Specialist service is a priority. It was suggested that Cheryl go to the Senior Center in Hartford and Germantown only one time every quarter and that appointments be required. Funding for Senior Centers was also discussed. Further discussions will take place on this subject.

The next meeting will be on Thursday, August 18, 2005, at 1:00 p.m. in Room 1000 A of the Public Agency Center for a budget review. This will be a joint meeting of the Nutrition Advisory Councils.

ADJOURNMENT

Motion Cathy McCaffrey; second Mary Secor to adjourn the meeting. Motion Carried. Meeting adjourned at 2:30 p.m.