

**MINUTES  
NUTRITION ADVISORY COUNCIL  
THURSDAY, AUGUST 26, 2010  
PUBLIC AGENCY CENTER ROOM 1113 A**

**THOSE PRESENT:** Phyllis Laabs-Darkow, Sue Hafert, Joan Gindt, Evelyn Thiemer, Betty Hallen, Carol Maas, Ruth Miskinis. **Excused:** Rudolph Tonz, Emily Ryan

**Also Present:** Kristen Hosking, RD, Aging & Disability Resource Center

**CALLED TO ORDER**

The meeting was called to order at 1:02 p.m. by Sue Hafert.

**NOTICE OF POSTING**

Notice of posting given by Sue Hafert.

**APPROVAL OF JUNE 24, 2010 MINUTES**

Moved by Joan Gindt, seconded by Phyllis Laabs-Darkow to approve the June 24, 2010, minutes as presented. Motion carried.

**ITEMS FOR DISCUSSION AND POSSIBLE ACTION**

Meal Site Update

Kristen informed the Council that the meal sites would soon be trialing new delivery bags for the home delivered meal program. The bags are easy to clean and come in a variety of sizes. Each meal site will determine what sizes they need and then a large order will be placed.

Kristen provided each member with a copy of the policy regarding the appearance of political candidates at senior dining sites. She informed them that the meal site managers have also received a copy of the policy. The policy was discussed and all Council members were in agreement with the policy.

The topic of emergency preparedness was brought up. Each Council member was asked to verify that their site had a copy of both tornado and fire procedures posted.

Kristen reminded the Council that the Older Americans Act is up for reauthorization. The group discussed a letter that was sent by the Wisconsin Association of Nutrition Directors in regards to the reauthorization. Kristen also provided each member with information about joining Senator Herb Kohl and US Assistant Secretary for Aging Kathy Greenlee at an event to discuss how to improve aging services for Wisconsin's seniors. The event will take place on Tuesday, September 7, 2020, at 1:00 PM at the Wilson Senior Center in Milwaukee.

Congregate Survey Results

The annual congregate satisfaction survey has been completed and Kristen provided the Council with the results of the survey. There were 90 surveys turned in and the results were positive. The goal was to see at least a 90% approval rating for each question asked and this goal was met.

Survey percentages ranged from 94%-100% for the questions asked. Survey comments were also provided and discussed.

### September = Falls Prevention

There will be a Stepping On falls prevention class held at the Jackson Community Center starting September 15 and going until October 27. Kristen also provided the Council with some statistics from the newest "The Burden of Falls in Wisconsin" injury report; stressing why Falls Prevention is so important. In Wisconsin:

- Falls have surpassed motor vehicle crashes as the most common cause of injury-related death.
- A large majority of fall-related deaths (87%) and inpatient hospitalizations (70%) involve people age 65 or older.
- Hospitalizations and emergency department visits due to falls result in \$800 million in hospital charges each year in Wisconsin.
- Over 70% of the costs for fall-related hospitalizations and emergency department visits are paid by government insurance programs such as Medicare and Medicaid.
- The majority of falls that result in death occur in the home.
- Approximately 40% of those admitted to a nursing home had a fall in the 30 days prior to admission.

### Medicare Part D

Kristen informed the group that Jen Fechter, Elderly Benefit Specialist, will be out in the community doing Part D appointments again this year. She is in the process of setting up her calendar and appointments will be made through the ADRC.

### Site Sharing

Joan stated the West Bend Senior Center had "a day at the park" and many members were at the Brewers game today.

Sue mentioned that the Germantown Senior Center will be having an open house on Saturday, September 25 from 12-4. The open house will include lunch and entertainment. She also stated the club members will have their annual chili dump on September 29 and Saturday, October 16, they will have their Fall Bazaar from 9-3.

### **DESIGNATION OF FUTURE MEETINGS**

The next meeting of the Nutrition Advisory Council will be held on **Thursday, October 21, 2010, at 1:00 p.m. in Room 1113 B** of the Public Agency Center, 333 E. Washington Street, West Bend, WI 53095

### **ADJOURNMENT**

Moved by Ruth Miskinis, seconded by Evelyn Thiemer to adjourn the meeting at 2:20 p.m. Motion carried.