

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, OCTOBER 25, 2007
PUBLIC AGENCY CENTER, ROOM 1023**

THOSE PRESENT: Kristen Hosking, Sue Hafert, Phyllis Laabs-Darkow, Mary Secor, Betty Hallen, Evelyn Thiemer, Ruth Miskinis, Carol Bennett, Marge Dailey-Salberg, Catherine McCaffrey, Emily Ryan

CALL TO ORDER

The meeting was called to order at 1:08 p.m. by Catherine McCaffrey.

NOTICE OF POSTING

Notice of posting was given by Catherine McCaffrey.

APPROVAL OF AUGUST 23, 2007 MINUTES

Motion Evelyn Thiemer; second Emily Ryan to approve the minutes of the August 23, 2007 meeting. Motion Carried.

**ADVOCACY CAMPAIGN – “GET ON THE A-TRAIN”-
PAT POLLWORTH, SEWAAA**

Pat Pollworth from SEWAAA presented the “Get on the A-Train” campaign to the Council. The campaign involves three A’s – Aging, Advocacy and Action. Pat reviewed the Older Americans Act of 1965 and reminded everyone of its purpose: to help older adults remain in their homes and communities and to fund community based services for older adults. The Older Americans Act also requires seniors to be involved in creating local planning to meet their needs.

Pat provided an overview of the national aging services network and our local aging network. The Legislative Committee has a goal of empowering people to take action. Contacting your local, state and federal government was emphasized, and this can be done via phone, mail and/or e-mail.

The Legislative Committee will provide each meal site with advocacy placemats to help roll-out the campaign. They are also looking for a representative at each meal site to be in charge of promoting the advocacy issues.

EVIDENCE-BASED WELLNESS PROGRAMMING

Kristen announced two new wellness programs that will be provided in Washington County starting in 2008. The first is a chronic disease self-management class (called Living Well with Chronic Conditions in Wisconsin). This is a workshop that is given once a week, for six weeks, in a community setting and is led by two trained leaders. The purpose of the workshop is to help people manage their chronic health conditions.

The second program is called Stepping, on which is a community based falls prevention program. This workshop is given once a week for seven weeks and is also led by two trained leaders.

MEMBERSHIP

Kristen informed the Council that there are two new members. They are Phyllis Laabs-Darkow, representing Meadowbrook Manor and Betty Hallen representing Kewaskum. Also, Rudy Tonz has resigned from the Council.

A very special thank you goes out to Carol Bennett, Marge Dailey-Salberg, Shirley Larisch and Mary Secor for serving on the Council the past five (5) years. Thank you ladies for your time, input and invaluable ideas.

DESIGNATION OF FUTURE MEETINGS

The next meeting of the Nutrition Advisory Council will be held on Thursday, April 24, 2008 in Room 1023 of the Public Agency Center, 333 E. Washington Street, West Bend, WI 53095.

ADJOURNMENT

Motion Sue Hafert; second Emily Ryan to adjourn the meeting. Motion Carried.

Meeting adjourned at 2:15 p.m.