

**MINUTES
JOINT MEETING
NUTRITION ADVISORY COUNCIL AND ADVISORY COUNCIL ON AGING
THURSDAY, OCTOBER 27, 2005
PUBLIC AGENCY CENTER, ROOM 1000 A**

THOSE PRESENT: Linda Olson, Mary Secor, Shirley Larisch, Carol Bennett, Dorothy Blumer, Evelyn Thiemer, Marge Dailey-Salberg, Emily Ryan, Kristen Hosking, Nutritionist OOA , Cheryl Gray, Benefit Specialist OOA

CALL TO ORDER

The meeting was called to order at 1:02 p.m. by Chairperson Carol Bennett.

NOTICE OF POSTING

Notice of posting was given by Chairperson Bennett.

APPROVAL OF AUGUST 18, 2005 MINUTES

Approval of the August 18, 2005 minutes was tabled until a quorum was present.

SENIOR DINING PROGRAM REPORT

Kristen Hosking, Nutritionist OOA gave a presentation on “Low Fat, Low Cholesterol Eating: How Do We Do It?” Kristen had made this presentation in Waukesha County at the Senior Lifestyles Conference.

The Washington County Senior Dining program is trying out new containers for home delivered meals. The West Bend, Slinger and Hartford meal sites are currently using these containers. The containers are microwavable. They are not aluminum. They are more like t.v. dinner trays. They also have a plastic sealed cover. The containers are working well.

Kristen handed out low fat recipes and information on how to modify recipes to be low fat. She also distributed a guide to understanding fats which showed how some fats are good for you. The handouts showed the role of dietary fat in our bodies. We do need some fat in our diets so the body functions properly.

Kristen encouraged reading food labels and looking at types of fat. By January 1, 2006, labels will be required to list trans fatty acids listed.

MEDICARE PART D PRESENTATION

Cheryl Gray presented information on the Medicare Part D program. The program goes into effect January 1, 2006. Open enrollment is November 15, 2005 – May 15, 2006.

SeniorCare has been deemed creditable coverage. They will send letters out, stating that they are creditable coverage, beginning November 15, 2005. SeniorCare has been extended to go through June 30, 2007. Anyone on SeniorCare should be sure to keep the letter of creditable coverage.

Cheryl distributed information on the Medicare Part D program. Open enrollment each year, after the initial open enrollment, is November 15 – December 31. If someone

chooses not to enroll during the open enrollment they will still receive the 1% per month penalty added on to the premium. This penalty will follow you for the rest of your life.

When SeniorCare or any creditable coverage ends mid-year you have 63 days to enroll in Medicare Part D without the penalty. Cheryl also discussed enrolling over the phone or on the internet. Cheryl warned the Councils about the scams to watch out for.

2006 BUDGET

Linda distributed the Office on Aging 2006 Budget requested. Program areas listed where funds come from. All decision items that were requested were approved.

The $\frac{3}{4}$ time Program Assistant position will go to a full time position. Cedar Community will provide educational programs. There will be more Health and Wellness programs.

The OOA budget provides a grant to the Hartford Senior Center for operations. Senior Dining has a meal site out of there and the center will be used as a satellite for Benefit Specialist services.

The budget will assist in funding Alzheimer's services. Some of the goals set will help to prevent more serious problems for the elderly. Funding will aid in keeping seniors independent.

The County Board will meet on November 14, 2005. This is a Public Hearing and the 2006 budget will voted on.

AGING UNIT PLAN

An amendment for 2006 extended the Aging Unit Plan for one more year. Part of the plan will involve more Information and Assistance and OOA will have to get more technology to help us do this. Next year we will have to do a whole plan and reevaluate our goals.

The Washington County Senior Conference will be held on Thursday, May 4, 2006. Linda requested if the Council members would consider serving on the Senior Conference Planning Committee. This would be an opportunity to have representation of the Councils on the Planning Committee.

Today will be the last meeting of the year for the Advisory Councils. It was discussed as to whether all members want to continue serving on to next year.

The next meeting will be in April, 2006. The meeting will be held at 1:00 p.m. in Room 1000 A of the Public Agency Center.

The Councils discussed which days of the week to meet. Friday mornings work well with most members. The date of the next meeting will be announced.

ADJOURNMENT

Motion Dorothy Blumer; second Emily Ryan to adjourn the meeting. Motion Carried. Meeting adjourned at 2:28p.m.