

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, OCTOBER 15, 2009
PUBLIC AGENCY CENTER ROOM 1023**

THOSE PRESENT: Kristen Hosking, Rudy Tonz, Phyllis Laabs-Darkow, Evelyn Thiemer, Joan Gindt, Betty Hallen, Emily Ryan, Ruth Miskinis, Carol Bennett, Sue Hafert

CALLED TO ORDER:

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

NOTICE OF POSTING

Notice of posting given by Chairperson Tonz.

APPROVAL OF AUGUST 27, 2009 MINUTES

Motion Sue Hafert; second Evelyn Thiemer to approve the minutes of the August 27, 2009 meeting.
Motion Carried.

FARMERS' MARKET UPDATE

At the start of the Farmers' Market season, Washington County distributed 221 sets of Farmers' Market vouchers. Toward the end of the season, we received an additional 10 sets of Farmers' Market vouchers from the state. These vouchers were from other counties that were unable to distribute their allocated number of vouchers. The new sets had to be distributed by September 30, 2009. All 10 sets were given out to eligible Washington County seniors.

ADVOCACY INFORMATION

Kristen Hosking reported that there is no new advocacy information. The main issue at this time for the National Council on Aging is health care reform. Also, aging groups are still advocating for a 12% increase in Older Americans Act funding.

HOLIDAY MEALS

With the holidays fast approaching, the Senior Dining program is starting to plan for "extra cold holiday meals". These meals will be offered to meal participants on the days that the meal program and the ADRC are closed. Dates include: Thursday, November 26 and Friday, November 27; Thursday December 24, and Friday December 25; Thursday, December 31 and Friday, January 1. Order forms will be available at all meal sites and will also be sent out to all home delivered meal participants. All extra cold meals will be delivered on the Wednesday before the holiday.

The Holiday Christmas Party for Senior Dining has also been set. Meadowbrook Manor's party will be on Tuesday, December 8. Kewaskum Senior Dining's party will be on Thursday, December 10 and all other sites' parties will be on Friday, December 11. Reservations will need to be made one week in advance. The menu will be out shortly.

Sue Hafert reported that Robert's in Germantown also provides a beautiful Thanksgiving meal to those in need. Anyone interested should sign up with Robert's Frozen Custard directly.

Carol Bennett stated that a church group in Hartford hosts a Thanksgiving dinner at the Hartford Senior Center.

ADRC UPDATE

Kristen explained to Council members that the Washington County Health Department no longer has a Loan Closet for medical equipment. This may affect many of the seniors at their various locations. Betty Hallen suggested that seniors may want to call their local VFW or American Legion to see if they offer a similar service.

Kristen stated that the ADRC is currently very busy scheduling appointments for Medicare Part D. ADRC staff will be out in the community doing appointments and additional appointments are available at the office. Medicare Part D appointments will begin on Monday, November 2.

The new Jackson Community Center is set to be open soon and the Jackson Senior Dining Program is set to move there on December 1, 2009.

Kristen reported that the ADRC would like to set up Health and Wellness Clinics at all of the Senior Dining meal sites. These would be run by the ADRC nurse, Nancy Gloede. Kristen asked the Council for their ideas about what would be most helpful to seniors in Health and Wellness Clinics. Ideas included blood pressure screenings, reviews of medications, light exercise and/or chair exercises, and balance or stretching exercises. These clinics will be set up and advertised via newsletters, flyers, newspaper articles, backs of menus, etc.

SHARING OF SITE INFORMATION

Sue Hafert reported that the Germantown Senior Center will be having their Bazaar on October 17 from 9:00 am -3:00 pm. The Bazaar includes rummage sale, crafts, silent auction, etc. and the admission is free.

Rudy Tonz reported that the West Bend Senior Center has a dance coming up. Kristen also reported that the West Bend Senior Center participated in Active Aging Week which gave seniors the opportunity to try new activities. These activities were well attended.

DESIGNATION OF FUTURE MEETINGS

This is the last meeting of the Nutrition Advisory Council for 2009. The next meeting will be held on Thursday, April 22, 2010.

ADJOURNMENT

Motion Sue Hafert; second Emily Ryan to adjourn the meeting. Motion Carried. Meeting adjourned at 2:07 pm.