

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, MAY 5, 2011
PUBLIC AGENCY CENTER
ROOM 1113 A**

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

CALL TO ORDER

The meeting was called to order at 1:02 PM by Chairperson Sue Hafert.

NOTICE OF POSTING

Notice of posting given by Chairperson Sue Hafert.

Chairperson Sue Hafert asked the members to introduce themselves and state which town/meal site they represent.

APPROVAL OF OCTOBER 21, 2010 MINUTES

Moved by Rudy Tonz, seconded by Joan Gindt to approve the October 21, 2010, minutes. Motion carried.

ITEMS FOR DISCUSSION AND POSSIBLE ACTION

Farmer' Market Vouchers

Kristen reported that Washington County will receive 230 sets of Farmers' Market vouchers this summer. Each set will be worth \$25, to be used for purchasing Wisconsin grown fruits and vegetables. In order to qualify for the vouchers, participants must be at least 60 years of age and monthly income needs to be at or below \$1679 for a one person household and \$2268 for a two person household. The vouchers will be distributed mid to late June, throughout the county.

Nutrition Program Assessment

Kristen explained that Senior Dining programs throughout the state are assessed by the Area Agency on Aging once every 3 year planning period. The Washington County Nutrition program assessment was completed on April 19, 2011, at the Jackson Community Center. Mike Glasgow, RD from GWAAR came to the site to complete the assessment. Kristen reviewed the nutrition assessment procedures, categories, and the results. Kristen passed the assessment results around so each Council member could review. Chairperson Sue Hafert read the assessment letter (overview of results) to the Council. The Washington County Senior Dining program did meet expectations in all categories.

Senior Dining Bid

Every 3 years the nutrition program is required to put the program out for bid. Our senior dining program is currently in the last year of our contract, so we need to go out for bid this fall. This

new bid will cover 2012-2014. Kristen explained how the bid process works and stated the bid results would be shared with the Nutrition Advisory Council members. Kristen asked the members if there are any items that should be looked at to consider adding to the bid packet. Phyllis Laabs Darkow suggested having more chocolate milk on the menu. Kristen will make sure this is included in the bid packet.

Health & Wellness Programs

Kristen reported that a Falls prevention class is currently being held in West Bend and going well. A new wellness program has also been started called Strong Women. This class is a strength training program for older females and it is currently being held at the Germantown Senior Center. Betty Hallen reported that the aerobics class at the West Bend Senior Center has a new instructor and is going well.

ADRC Update

As stated per Linda Olson, the ADRC Board is currently working on setting priorities for 2012.

Site Sharing:

The West Bend Senior Center is having a rummage and bake sale on May 14th. All proceeds will benefit the Senior Center.

Carol Maas stated that the Hartford Senior Center had an Easter bonnet showing for the Easter dinner.

Phyllis Laabs-Darkow reported that Meadowbrook has had an increase in congregate participation.

Sue Hafert reported that the Germantown Senior Center had an Easter lunch that 96 people attended. She also stated that they have had some Intergenerational programming that is well received.

DESIGNATION OF FUTURE MEETINGS

The next meeting of the Nutrition Advisory Council will be held on June 23, 2011, at 1:00 PM in Room 1113 A of the Public Agency Center.

ADJOURNMENT

Motion Phyllis Laabs Darkow, seconded by Rudy Tonz to adjourn the meeting at at 2:22 PM.
Motion carried.