

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, MAY 24, 2012
PUBLIC AGENCY CENTER
ROOM 1023**

PRESENT: Sue Hafert, Ann Lydon, Joan Gindt, Betty Hallen, Kristen Hosking

Excused: Phyllis Laabs-Darkow, Carol Maas

CALL TO ORDER

The meeting was called to order at 1:03 by Chairperson Sue Hafert.

NOTICE OF POSTING

Notice of posting was given by Chairperson Sue Hafert.

APPROVAL OF OCTOBER 20, 2011

Moved by Joan Gindt, seconded by Ann Lydon to approve the October 20, 2011, minutes as presented. Motion carried.

ELECTION OF COUNCIL CHAIRPERSON

All in attendance approved Sue Hafert to continue to be Chairperson.

FARMERS' MARKET VOUCHERS

Kristen informed the group that Washington County will again receive 230 sets of farmers' market vouchers for 2012. Vouchers will be worth a total of \$25 and are valid for Wisconsin grown fruits and vegetables. Kristen provided each member with a listing of when and where the vouchers will be distributed. Vouchers will be given on a first come, first serve basis. To qualify for the vouchers, participants must meet the following:

- Be a Washington County resident
- Be 60 years of age or older
- Have a monthly income of - \$1723 for a 1 person household and \$2333 for a 2 person household.

ADRC UPDATE

Kristen reported that the ADRC will be starting the 2013-2015 County Aging Plan. She asked the Council for any suggestions regarding what services they feel are needed, what things could be improved and/or what could be added to the current operations. The Council will take this information back to their sites and try to gather input/suggestions. The items that did come up included possible education/information about Seniors and Scams and education on medications (using one pharmacy, etc). The Council also agreed that it is nice to call the ADRC and get a "live person" answering the phone.

The group then discussed the congregate meal sites. Kristen asked each of the members to think about their site and try to imagine themselves as a new person coming to the site. She asked them to think about how comfortable they would feel and what other impressions they would have. Discussion about this process occurred and it was decided to trial a Welcome Packet at the sites. This packet would have some information about the menu, donation process, site specific information, etc. The Council members and site managers will continue to think of ideas on how to improve the sites as we look at the meal site through the eyes of a new member/participant.

SUMMER MENUS/ACTIVITIES

The Council discussed options for summer menus. The meal sites will be having theme meals to coincide with the ethnic festivals in Milwaukee. This will include a Polish Fest, German Fest, Bastille Days, and Italian Fest. We will also be having a 4th of July picnic meal on Tuesday, July 3. The group also discussed having an ice cream sundae bar at the meal sites again. This was a popular event last year. The “at site” participants were able to have “make your own sundaes” for dessert and the home delivered participants received an ice cream sundae cup.

HEALTH AND WELLNESS UPDATE

Kristen shared the number of health and wellness activities taking place throughout the county. There is currently a Strong People workshop running at the Germantown Senior Center on Mondays and Thursdays. A “Walk with Ease” (arthritis foundation) program is finishing up at the Jackson Community Center. The ADRC will also be offering at least one Stepping On falls prevention class and one Living Well with Chronic Conditions class in late summer/fall. The West Bend Senior Center, along with the YMCA, holds an aerobics class every Monday and Thursday morning.

2011 SENIOR DINING MEAL COUNTS

Kristen presented the members with the total number of meals served in Washington County for the year 2011. She also gave each site their specific number of at site and home delivered meals served in 2011. We then discussed donations at the site and the fact that some participants donate at the site and others receive a donation statement in the mail. The total amount of donations received for 2011 was also discussed. It was then agreed to continue with our current suggested donation amounts.

SITE SHARING

West Bend: Joan shared that Rudy Tonz, Council member, went to Washington DC with the WWII veterans. We are hoping Rudy will share that experience at the next meeting.

Jackson: Ann reported that the Seniors had a Ladies Crazy Hat contest in May and they will be having a Men’s Ugly Tie contest in June. Three people will win each time.

Germantown: Sue stated the Germantown Senior Center will be having a Memorial Day program on Wednesday, May 30. There will be a guest speaker, a catered lunch and afternoon entertainment. They will also be having their Senior Club picnic in June.

DESIGNATION OF FUTURE MEETINGS

The following tentative meeting dates have been set for the Nutrition Advisory Council: June 28, August 23 and October 25, 2012 at 1:00 pm in Room 1023 of the Public Agency Center. All dates fall on the fourth Thursday of that month.

ADJOURNMENT

Moved by Betty Hallen, seconded by Joan Gindt to adjourn the meeting at 2:24 pm. Motion carried.