

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, AUGUST 29, 2013
PUBLIC AGENCY CENTER
ROOM 1113 A**

THOSE PRESENT: Sue Hafert, Ann Lydon, Phyllis Laabs-Darkow, Joan Gindt, Betty Hallen, Rudy Tonz, Kristen Hosking

CALL TO ORDER

The meeting was called to order at 1:00 PM by Chairperson Sue Hafert.

NOTICE OF POSTING

Notice of Posting was given by Chairperson Sue Hafert.

APPROVAL OF JULY 25, 2013, MINUTES

Moved by Joan Gindt, seconded by Phyllis Laabs-Darkow to approve the July 25, 2013, minutes as presented. Motion carried.

BONE HEALTH UPDATE

The initial Bone Health Study with UW-Madison has been completed in Germantown. There were 12 participants who completed the class and overall the classes went very well. Each participant was given paperwork to complete and mail back to UW-Madison. The results of the evaluations will be sent to Kristen Hosking. The next offering of the Bone Health Study will be at the Jackson Community Center, Wednesday, September 25 through October 30 from 10:00-11:30 AM.

WELLNESS CLASS UPDATE

Kristen stated that the ADRC currently has a Strong People class running in Germantown on Mondays and Thursdays and that a new Walk with Ease Program will be coming to the Jackson Community Center this fall. This class will be instructed by Nancy Gloede. Kristen also informed the Council that Washington County was invited to be trained in a new program called Living Well with Diabetes. The training will take place this month and there will then be four (4) new leaders.

INFORMATION ON MEAL AVERAGES 2010 – 2012

Kristen provided the Council members with information about the total cost of the Senior Dining Meals, average donations per meal and total meals served for the time period of 2010 thru 2012. Discussion occurred on the information presented. Kristen also presented the current Senior Dining Rates per meal and the increase for 2014. She also mentioned that the Senior Dining program will have to go out for bid again next summer, as this is a Federal Requirement.

SITE SHARING

Kewaskum- Nothing to report

West Bend

Joan reported the Senior Center has two (2) upcoming trips to Memories and both are full. She also mentioned that they are changing up some of the programming for fall/winter.

Meadowbrook

Phyllis stated that all is going smoothly at the meal site and she feels the meal count may increase come fall.

Jackson

Ann stated that on Tuesdays at the Community Center, produce from Milwaukee gardens is brought to the Center and set out for the seniors to take home. The seniors are enjoying the fresh produce.

Germantown

Sue mentioned that the Germantown Senior Center will be holding their Bazaar on October 26, 2013, from 9:00 AM – 3:00 PM. The Bazaar will include crafts, rummage and food. She also mentioned that the Senior Club will be hosting their annual Chili Dump on October 30.

DESIGNATION OF FUTURE MEETINGS

The next meeting of the Nutrition Advisory Council will be held Thursday, October 31, 2013, at 1:00 PM in Room 1023 of the Public Agency Center, 333 E. Washington Street, West Bend, WI 53095.

ADJOURNMENT

Moved by Ann Lydon, seconded by Rudy Tonz to adjourn at 1:50 PM. Motion carried.