

**MINUTES
NUTRITION ADVISORY COUNCIL
THURSDAY, OCTOBER 20, 2011
PUBLIC AGENCY CENTER
ROOM 1113 B**

PRESENT: Kristen Hosking, Ann Lydon, Sue Hafert and Rudy Tonz

Excused: Carol Maas, Joan Gindt, Phyllis Laabs-Darkow

CALL TO ORDER

The meeting was called to order at 1:31 p.m. by Chairperson Sue Hafert.

NOTICE OF POSTING

Notice of posting was given by Chairperson Sue Hafert.

APPROVAL OF AUGUST 25, 2011 MINUTES

Moved by Ann Lydon, seconded by Rudy Tonz to approve the August 25, 2011, minutes as presented. Motion carried.

CONGREGATE AND HOME DELIVERED PARTICIPANT SATISFACTION SURVEYS

Kristen informed the group that satisfaction surveys are always done once a year. Both surveys have been revised this year, in hopes of deleting questions that are unnecessary and making the surveys easier to complete. Kristen provided the Council members with a copy of last year's surveys and the revised surveys for 2011. Members were asked if they would recommend any changes. All present approved of the changes and decided that the 2011 surveys were appropriate to send out.

VOLUNTEER GUIDE UPDATE

Kristen presented the new volunteer guides. We have updated from one large volunteer guide to 2 smaller guides – one for congregate volunteers and one for home delivered volunteers. The reason for the change was to condense the information and bullet point the items that are most important for each of the categories. We will also have volunteers sign a sheet stating they have received, read and understand the guide. The Council members reviewed the new manuals which will also be reviewed by the meal site managers.

PREVENTION PROGRAM UPDATE

Kristen informed the Council that another Strong Women/Strong People class is scheduled to begin at the Germantown Senior Center. This class is a strength training class for seniors. The class will be held on Mondays and Thursdays from November 7 thru December 19. Class time is 10:00-11:00 am and the cost is \$10.00.

Nancy Gloede, RN has started a new prevention program at the Jackson Community Center. This is a Walk with Ease Program that was developed by the Arthritis Foundation. The Walk with Ease program has been proven to reduce pain, fatigue and stiffness; improve balance and coordination; improve posture; and restore/maintain joint range of motion.

HOLIDAY MEALS AND DATES

The Senior Dining program is having a Thanksgiving meal on Thursday, November 17. We will also be offering extra cold meals to participants for the days the meal sites are closed due to the holiday (November 24 and 25). Extra cold meal order forms will be at the meal sites starting next week and order forms will be due back to the sites by Friday, November 11.

Kristen also handed out posters for the Free Community Thanksgiving Dinner that will be held on Thursday, November 24, from 11:30 a.m. to 1:00 p.m. in both West Bend and Jackson.

The Senior Dining Christmas holiday meal will be served at the following locations on the following dates: Jackson – Tuesday, December 6; Meadowbrook – Wednesday, December 7; Hartford/West Bend/Slinger and Germantown – Friday, December 9; Kewaskum – Thursday, December 15. The meal has not been set yet, but the attending Council members did recommend serving roast beef with burgundy sauce as the entrée along with a potato and possibly harvard beets.

Kristen also mentioned that we will be providing an extra cold meal for those participants who need it for Friday, December 23 and Friday, December 30, as the meal sites are closed.

SITE SHARING

West Bend – Rudy stated the West Bend Senior Center will have a new director starting on November 1. He also mentioned that the center usually has fun programs set up on the last Friday of each month.

Jackson – Ann stated that the Jackson Community Center offers “Bingo for a Buck” every Thursday after the Senior Dining meal. They also have the Community Lending Library coming to the center, and last Tuesday they held their “Shoo the Flu” clinic, sponsored by Walgreens.

Germantown – The Germantown Senior Center will be holding their Bazaar on October 22 from 9:00 a.m. – 3:00 p.m. Admission is free and there will be a variety of craft vendors, bakery and a rummage sale. The club will also be holding their Christmas party (catered meal) on December 14 which will coincide with their election of officers.

DESIGNATION OF FUTURE MEETINGS

The next meeting of the Nutrition and Advisory Council will be held on Thursday April 19, 2012, at 1:00 p.m. in Room 1023 of the Public Agency Center.

ADJOURNMENT

Moved by Ann Lydon, seconded by Rudy Tonz to adjourn the meeting at 2:40 p.m. Motion carried.