

**MINUTES  
NUTRITION ADVISORY COUNCIL  
THURSDAY, OCTOBER 31, 2013  
ROOM 1023**

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

Excused: Phyllis Laabs-Darkow, Rudy Tonz

**CALL TO ORDER**

The meeting was called to order at 1:05 PM by Chairperson Sue Hafert.

**NOTICE OF POSTING**

Notice of Posting was given by Chairperson Sue Hafert.

**APPROVAL OF AUGUST 29, 2013, MINUTES**

Moved by Ann Lydon, seconded by Joan Gindt to approve the August 29, 2013, minutes as presented. Motion carried.

**THANKSGIVING EXTRA MEALS**

Thanksgiving cold meals- The Senior Dining Program will be closed on Thursday, November 28 and Friday, November 29 due to the Thanksgiving Holiday. We will be offering additional cold meals for those two days for anyone that needs a meal. Those holiday meals will be delivered on Wednesday, November 27<sup>th</sup>. The extra cold meal order forms have been sent to each meal site and are due back on Friday, November 15.

Kristen also mentioned that there will be a Community Thanksgiving Dinner taking place in Germantown, Jackson and West Bend for those who would otherwise be alone.

**HOLIDAY PARTIES**

The Council was informed that each meal site has set a date for their holiday meal. The dates are as follows: Meadowbrook Manor and Jackson – Tuesday, December 10<sup>th</sup>; Germantown and Kewaskum – Thursday, December 12<sup>th</sup> and Slinger, Hartford and West Bend on Friday, December 13<sup>th</sup>. The Council then discussed a potential holiday meal to be served. Kristen will work with the caterer.

**SLINGER MEAL SITE**

Kristen updated the Council members on the recent decision by the ADRC Board to move the Slinger meal site in 2014. The Slinger meal site will be at Scenic View Apartments in Slinger as of Monday, January 6<sup>th</sup>. This move has been approved by GWAAR.

**BONE HEALTH STUDY**

Kristen reported that the next Bone Health Study with UW-Madison is set to begin at the Jackson Community Center on Monday, November 4<sup>th</sup>. The study will then be implemented at a third location, which will hopefully be the West Bend Senior Center. Kristen will talk with Deb Anderson, Senior Center director, to get this in place and some dates set.

### **HEALTHY LIVING WITH DIABETES**

Healthy Living with Diabetes is a new evidence based class that will begin in Washington County starting in 2014. It is a six week class that aims to help diabetics better manage their diabetes. The first class is scheduled for Thursdays, January 23 through February 27<sup>th</sup>, at the Kettle Moraine YMCA. Class time will be 5:30 PM – 8:00 PM.

### **SITE SHARING**

Jackson- Ann Lydon shared that their Christmas party will be held on Tuesday, December 17<sup>th</sup> and will be catered. They have a special menu and all attending are asked to bring a donation for the Jackson food pantry.

Kewaskum- Betty reported that the Kewaskum meal site has no complaints and no problems to share.

West Bend- Joan stated that the West Bend Senior continues to be busy. They recently had two trips planned to Memories Theater and both were sold out.

Germantown- Sue informed the group that their Christmas party will be on Wednesday, December 11<sup>th</sup>. The party is catered and they have afternoon entertainment.

Sue Hafert then thanked the group for another great year.

### **DESIGNATION OF FUTURE MEETINGS**

The next meeting of the Nutrition Advisory Council will be held in April 2014, exact date to be determined.

### **ADJOURNMENT**

Moved by Ann Lydon, seconded by Betty Hallen to adjourn the meeting at 1:55 PM. Motion carried.