

Marquette County Department of Human Services

Nutrition Advisory Council

DATE 7/16/2019

Members Present: Edwin Stelter, Marian Heller, Sally Witz, Judy Johnson, Joyce Komorowski, Cathy Kampen, Lucy Dewsnap, Sammy Tousey, Barb Haefner

Others Present: Amelia Cisewski

Not present: Naomi Fritz, Virginia Beitzel

1. Call to Order	Ed called the meeting to order at 10:34am
2. Pledge of Allegiance	
3. Approval of Agenda	Joyce made the motion to approve the agenda and Lucy seconded the motion. Motion passed.
4. Introduction and Welcome of Attendees	Introduction of all participants.
5. Review and approval of Minutes	Cathy made the motion to approve and Sally seconded the motion. Motion passed.
6. Add LIFE Centers a) Ideas and Activities b) Quality and Service of meals	<p>Endeavor- Now playing bingo they also do show and tell</p> <p>Oxford- Play cards, there is a consistent group that plays Euchre and a group that play 31.</p> <p>Packwaukee- Play cards and talk that is what we like to do.</p> <p>Neshkoro- Tea for Mother’s Day, and “Tie one on” for Father’s Day. Donated ties from Blessings shop. Show and tell has started. Also play cards. Number of participants has increased.</p> <p>Montello- Starting to get back to normal. Getting to the site is much better. Still need to deal with construction. Alex the K9 was down there last week. Play cards and work on puzzles.</p> <p>Westfield – shena is not there – still exercise and puzzles</p> <p>Menu: Some of the sites feel that the participation would increase if the meals were meat, vegetables, and potato. Less of the different grains. Name things clearer. Not Fancy items. Discussion on how some people like the fancy items and spices and others do not. Discussion on special diet vs general cooking.</p>
7. ADRC a) Nutrition Coordinator updates and projects b) Community Garden c) Evening Meals d) Picnic e) Health Promotion Program	<p>B: Community Garden Amelia reported on the community garden. It is growing well. Asked Nutrition Council to spread the word about the garden and recruited volunteers for the garden.</p> <p>C: Evening Meal First Evening meal was in June and the next one is August 1st. Montello - is having “Summer Nights” Games and Snacks, Meal and Smores after Dinner. Oxford - is doing “Hot Air Balloon- Up Up and Away” with Music (Geezer), Games, and Bingo. Westfield – Last evening meal is October 8th. It is a Tuesday so Montello, Westfield and Oxford with host.</p> <p>D: Picnic</p>

	<p>Senior Picnic is September 12th at Westfield Park starting at 11am. VFW Presentation, Speaker, Bag Toss, and Minute it to win it.</p> <p>E: Health Promotion Walk with ease worship coming up in Westfield. July 30 – September 6th Just finished one in Montello. Living well with chronic conditions. Just finished one in Montello. Looking for another location to host another class in a different location. Cathy will assist Amelia at looking into hosting one in Endeavor on Wednesdays.</p>
<p>8. Information items</p> <ul style="list-style-type: none"> a) 2019 Meeting dates b) Memory Café 	<p>January - Montello 1/21/19 March – Endeavor 3/13/19 May - Packwaukee 5/20/19 July – Oxford 7/16/19 September - Westfield 9/16/19 November - Neshkoro 11/18/19 Reminder of the memory café. 1st wed of the month. Decorating cookies for next month.</p>
9. Next Meeting	September 16 th in Westfield at 10:30
10. Motion to Adjourn	Joyce made a motion to adjourn. Lucy seconded the motion 11:15am.

Minutes Submitted by: Jan Krueger

(Drafted 7/16/2019)