

Marquette County Department of Human Services

Nutrition Advisory Council

DATE 9/16/2019

Members Present: Barb Haefner, Sammie Tousey, Ed Stelter, Joyce Komorowski, Judy Johnson, Sally Witz, Marian Heller

Others Present: Amelia Cisewski

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| 1. Call to order | |
| 2. Pledge of Allegiance | |
| 3. Approval of Agenda | Marian Heller made a motion. Joyce seconded. |
| 4. Introduction and Welcome of Attendees | Everyone knows each other |
| 5. Review and approval of minutes | Joyce motioned. Marian seconded. |
| 6. ADRC | |
| <ul style="list-style-type: none"> A. Nutrition Coordinator updates and projects B. Community Garden – update C. Evening Meals – Planning D. Picnic – how did it go E. Health Promotion Program F. Caregiver Luncheon – nominations G. Closed for training – looking forward | <p>Community Garden- the seniors enjoy the fresh produce. Some recommendations for next year: get apple trees, plum trees, green onions, plant more radishes, melons</p> <p>Senior Picnic- Everyone had a great time. Entertainment was excellent. Meal was great. Worked out well inside.</p> <p>Evening meals Tuesday October 8th at 5:00pm: Montello- Football Night- jeopardy and games Oxford- Home on the Range- Sing Along with Annie and farm games Westfield- Harvest Time Celebration- Berthon Singers & bingo Health promotion classes- looking for interest in more classes and locations Caregiver luncheon- Friday November 1st Former Gov Marty Schreiber will be speaking- more details coming soon</p> |
| 7. Add LIFE Centers | |
| <ul style="list-style-type: none"> A. Discussion on Ideas & Activities form each site B. Discussion on quality and service of meals | <p>Oxford- Sammie may possibly do exercises there Westfield- going to Amish store in October Neshkoro- plays cards and likes their meat and potatoes Montello- plays cars Packwaukee- like to socialize Have a lot of foods mixed together, very good to try new foods Healthy turkey skillet- dry, many didn't like it Kielbasa and sauerkraut- would like more sauerkraut Moon blend veggies- don't like the mixed colors Recommended liver and onions in November- more onions with it and on a Wednesday Requested more gravy with mashed potatoes, send extra gravy Gazpacho- some people liked it at all sites, would have liked it warm</p> |
| 8. Informational Items | |
| <ul style="list-style-type: none"> A. 2019 meeting dates November - Neshkoro 11/18/19 | <p>Central kitchen tour- set up for January in Montello and meeting at building? Next time plan meeting dates and set up set reviews</p> |
| 9. Next meeting | November 18, 2019 at Neshkoro |
| 10. Motion to Adjourn | Joyce motioned. Barb seconded. |

Minutes Submitted by: Amelia Cisewski
(Drafted 09/16/2019)