**Marquette County Department of Human Services**

**Nutrition Advisory Council**

*DATE 9/18/2018*

Members Present: Edwin Stelter, Marilyn Merrill, Judy Johnson, Marian Heller, Sally Witz, Barb Haefner. Joyce Komorowski

Others Present: Amelia Cisewski, Jan Krueger, Sammy, Barb Wade

Not present: Virgina Beitzel, Naomi Fritz, Cathy Kampen, Lucy Dewsnap

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| 1. Call to Order | Ed called the meeting to order at 10:37am |
| 1. Pledge of Allegiance |  |
| 1. Approval of Agenda | Joyce made the motion to approve the agenda and Marilyn seconded the motion. Motion passed. |
| 1. Introduction and Welcome of Attendees | Ed, Barb, Sammy Tousie, Amelia, Marilyn, Joyce, Barb Wade, Judy, Marian, Sally, & Jan. |
| 1. Review and approval of Minutes | A few typos were addressed and corrected. With the corrections Marilyn made the motion to approve and Marian seconded the motion. Motion passed. |
| 1. Add LIFE Centers 2. Ideas and Activities 3. Quality and Service of meals 4. Senior Picnic | Westfield has an active puzzle group. They usually have one large puzzle at a time and all are welcome to help put it together. Other sites would like to try to start a puzzle activity. However, storage would be an issue. Puzzle mats would be a nice addition to all of the dining sites. (Westfield stated that they do not need one).  Westfield has exercise at least 3 times a week.  Neshkoro has Wii in the AM and Cards in the afternoon. Then they talk and drink coffee.  Packwaukee exercises 10-11 Monday and Friday.  Quality and services of meals. Peanut butter sandwiches. In March requested “no more” then it is back on the menu. September 12th had mashed potatoes and quinoa – maybe a vegetable instead of so many carbs. The red cabbage in Montello did not go over very well.  Endeavor – pasta salad should be cold not hot, ice-cream served in cups, meatloaf -cut not separated, raspberry dessert was not good. Kale salad was the best, cod was too small.  Neshkoro - Potato pancakes should have apple sauce.  Oxford – dumplings were hard in the hamburger hot dish would have preferred rice. Corned beef was very salty. Hawaiian meatballs were very good.  Majority of meals are very good. Westfield loves salad and wraps. They want more of those.  Amelia discussed some of the new food guidelines.  Senior Picnic: Sammy stated it was a lot of fun. Barb stated to the group that “you should have been there”. Bags, bingo, and minute to win it. Announce a few things better. Could eliminate some of the speakers. Good reports on how much fun it was. |
| 1. ADRC 2. Nutrition Coordinator updates and projects 3. Health and Safety within the Nutrition Program 4. GWAAR training for the Nutrition Council as ambassadors of program. | Coordinator updates – Amelia is going to the dining sites and doing a presentation on meat alternatives including bean burgers.  Reminder: Caregiver luncheon is November 2 at the catholic church in Montello.  Walk With Ease in Westfield has started. MWF for 6 weeks. Have the full spectrum of people from active to very limited.  Montello is starting the WWE on October 1st. MWF 9-10:30 at the senior center.  Living Well with chronic Conditions starting in Westfield – October 23rd for 6 weeks 1x/week.  GWARR rep had to cancel today – hope to reschedule for November.  Discussion on assessment of Nutrition program. Review of the Assessment form. |
| 1. Information items 2. Memory Café’ 3. 2018 Meeting Dates | Questions about CPR at the cites. Request to have the dining site managers certified. Request to have and AED in all the sites. All sites (except Monello) are municipal owned. Requested members of the council go to their municipal board meeting and ask for one if they don’t already have one. Westfield, Oxford and Packwaukee have them.  1st Wednesday of each month in Westfield  Neshkoro 11/14/18 - review date (misprint in the past) set location. It is set for 11/14/18 in Neshkoro. |
| 1. Next Meeting | November 14th in Neshkoro at 10:30 am. |
| 1. Motion to Adjourn | Marilynn, Joyce to adjourn |

Minutes Submitted by Jan Krueger

(Drafted 9/18/2018)