**Marquette County Department of Human Services**

**Nutrition Advisory Council**

*DATE 7/10/2018*

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

Others Present: Amelia Cisewski, Jan Krueger

Not present: Virgina Beitzel, Naomi Fritz,

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| 1. Call to Order
 | Ed called the meeting to order at 10:29am |
| 1. Pledge of Allegiance
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| 1. Approval of Agenda
 | Marian Made the motion to approve. Marilyn seconded the motion. Motion carried  |
| 1. Introduction and Welcome of Attendees
 | Everyone introduced themselves.  |
| 1. Review and approval of Minutes
 | Marilyn Made the motion to approve. Lucy seconded the motion. Motion carried |
| 1. Add LIFE Centers
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| 1. Representation from all sites and HDM
 | The committee welcomed Sally Witz form the Nehskoro dining site. She is the replacement for Shirley.  |
| 1. Discussion on ideas & Activities from each site
 |  Oxford chair exercise, talking when hot, and playing cards. Packwaukee has more people lately and the main activity is socialization. Endeavor site is doing really well. In the summer there are less speakers. However, Brian Nole with the K9 unit will be coming. Westfield had Wii bowling 2x a week and cards 2x a week. They have started a walking group. Montello – mostly plays cards in the afternoon. Exercise still going well. Neshkoro tries to have 2-3 speakers a month. Wii bowling in the morning and cards in afternoon.  |
| 1. Discussion on quality and service of meals
 | Meals have been really good. Trying new things can be interesting at times. People have all types of different tastes. Egg plat was good. Boiled dinner had good seasoning, but the ham was a bit tough. Request for Meatloaf at least one time a month! All sights were in agreement that meat loaf should be served more often. Dining site would like the menu as soon as possible. Recommendation for Council members to ask for the menu from the dining site managers. The Menu is sent out so they know what is happing a week prior.  |
| 1. Senior Picnic September 6, 2018
 | Discussion on activities for the senior picnic. Request for volunteers to coordinate the games. Barb will call BINGOMarilynn will organize the Water Balloon tossMinute to win it - Bean Bag tournament (Amelia will ask Dick to run bag toss game)Suggestions for entertainment: Hal Smith or maybe Prairie Sands group. |
| 1. Evening Meals – Activities for August.
 | Oxford – Country Fair theme will have bingo. Montello – nothing planned yet. Westfield – mark’s DJ and bingo |
| 1. ADRC
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| 1. Nutrition Coordinator updates and projects
2. Health and Safety within the Nutrition Program
3. GWAAR training for the Nutrition Council as ambassadors of program.
4. Review suggested Aging Plan Goals

  | Amelia coming around to dining sites and making bean burgers. Try them before going on the menu. Let’s talk about pain medication. Presentation at Montello and Westfield sites.Walking with Ease – Health Promotion program coming to Marquette County. Working on locations and dates. Reminder that at the next meeting GWAAR will there for a presentation. Reviewed the Aging Plan Goals. Marilyn made a comment to add senior and technology goals. Joyce liked how things are covered and a lot of options for different people.  |
| 1. Informational items
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| 1. Memory Cafe – 1st Wednesday of each month in Westfield
2. 2018 meeting dates:

September/Westfield 9/18/18November/Neshkoro11/14/18 | Next Memory Café is August 1st and they are going on a field trip to a farm.  |
| 1. Next Meeting
 | 9/18/18 10:30 am in Westfield.  |
| 1. Motion to Adjourn
 | Marilyn Made the motion to Adjourn 11:37. |

Minutes Submitted by Jan Krueger

(Drafted 7/10/2018)